



# EMPLOYEE WELLNESS PROGRAM



Rhodes University has partnered with Company Wellness Solutions to provide an Employee Wellness Program. The program is designed to support and improve the general health and well-being of Rhodes University staff. You will gain access to multiple platforms that will assist you in your daily challenges. The Employee Wellness Program provides support and advice in mental health, fitness, nutrition, debt and legal issues

## SERVICES OFFERED



### MENTAL HEALTH SUPPORT

Our fully qualified counsellors (that are HPCSA registered) are available 24/7 and can assist with challenges that may affect your staff's well-being. Our EAP App allows members to get immediate support anywhere in the world.

**Mental Breakdown, Motor accidents, HIV&AIDS, Depression Anxiety**

### FINANCIAL WELL-BEING ASSISTANCE

Our advisors offer a range of financial well-being solutions to assist employees with their financial status. Includes face to face debt counselling sessions.

**National Credit Act, Interest Rates, Sequestration, Debt Repayments**



### LEGAL ADVICE

Our expert legal advisors offers unlimited legal advice and documentation, helping you lighten the stress that comes with legal disputes.

**Criminal Offenses, Property Matters, Contracts, Divorce**

### FITNESS & NUTRITIONAL ADVICE

Our fitness and nutritional experts are available on both instant chat and telephonically. Our EAP solutions cater for everyone's needs, no matter what the requirement is.

**Calorie Specific, Diets, Custom Exercise, Routines**



## FAQs



### How much will it cost me?

Rhodes University is paying the cost for the Employee Wellness Program

### Who would have access to the services?

The services will be available to all permanent and long-term contract staff members and their 8 nominated beneficiaries

### Is there a limit on the number of times a day I can call in?

No there is no usage limitation

### Can I use the toll-free number if I have no airtime?

Yes, our toll-free line is free of charge from any landline or mobile device

### Do you offer financial services?

No, we offer debt counselling and budgeting advice. We do not provide financial services such as investment policy, retrenchment and FSP.

### Are the counsellors qualified?

Yes, all our counsellors are registered with the Health Professions Council of South Africa and hold a BPsych Degree

### Who will have access to my information?

All information shared will be kept private and confidential



### USSD

**\*134\*1449#**

This service is available on all mobile phones with SMS functionality. By entering the USSD number, employee can request that an expert call them back by selecting the category they need assistance with.



### WEB APP

**[www.cwseap.co.za](http://www.cwseap.co.za)**

### TO DOWNLOAD THE WEB APP

1. Type in your browser and search for **[www.cwseap.co.za](http://www.cwseap.co.za)**.
2. You will be asked to add the CWS app to your home screen. Please accept.
3. Select Register and enter your details.
4. Add your emergency contacts to your EAP app.
5. The menu is displayed by 3 lines in the top right-hand corner of the screen.
6. Select Chat to an Expert.
7. Accept Terms & Conditions and start chatting with your expert of choice.

## CONTACT US



### TOLL FREE

**0800 014 818**

A toll-free number that employees can call at no expense to themselves. Callers are not charged to use this service.



### MOBILE APP

**My Company Wellness**

**TO DOWNLOAD THE MOBILE APP SCAN THE QR CODE**

