



# kaelolifestyle

family wellbeing: **AskNelson**

**KaeloLifestyle** helps your team members cope with stressful situations at work and in their personal lives, whether related to their career, personal finances, health or relationships.

**Speak to your healthcare advisor today.**

**Talk to us.**



Confidentiality  
Guaranteed

**kaelo**  
Simply  
healthcare

The AskNelson Programme, powered by KaeloLifestyle, provides valuable support to employees and their families to ensure both their physical and psychological wellbeing and assists them to cope with problems they may encounter at work and at home. Healthier, happier employees enhances morale and improves overall performance.



Service	Benefits
Confidentiality	Employees and their families are guaranteed privacy and confidentiality, enabling them to deal openly with problems affecting their home and work lives. KaeloLifestyle Programme is a trusted and independent health provider.
Telephonic Counselling	Unlimited telephonic access to counselling, health information and education from registered health professionals, available 24/7/365 in all 11 official languages.
Face-to-Face Counselling	Approved unlimited psychological counselling to deal with issues such as stress, anxiety, depression, addictions, relationship and marriage problems, parenting, abuse, rape and trauma.
Soft Skills Coaching	Soft-skills coaching to manage interpersonal work conflict, career goals and work/life balance.
Financial Advice	Advice and support for common financial problems such as debt, budgeting, loan finance, tax, wills and estate planning.
Legal Advice	Advice, information and discounted legal services to deal with issues such as divorce, maintenance, law suits, getting arrested, garnishee orders, repossessions, black listings etc.
Trauma Intervention	Telephonic and onsite containment, debriefing and counselling in the event of a work-related trauma incident such as an injury on duty, death, assault, suicide, armed robbery etc.
Children and Teenagers	Today's hectic pace of life often leaves children and teenagers without the support they need to cope with their own challenges. The AskNelson Programme powered by KaeloLifestyle deals with the issues of bullying, peer pressure, exposure to drugs, depression, performance anxiety and self-image.
Road Accident Cover	Assistance for Road Accident Claims.
Managerial Support	Exclusive coaching, orientation sessions and support for managers, to assist them to cope with stressful situations, to help them manage employees and to equip them with more effective inter-personal skills.
Reporting	Company reports detailing utilisation, key problem areas, follow-up interventions and tailored recommendations.
Launch	Launch and ongoing awareness campaigns, email alerts, SMSs, posters, welcome letters, membership cards, monthly newsletters, brochures and easy access to the Kaelo Portal.
Corporate Account Management	Proactive professional account management, consulting and advisory services regarding health and wellness trends, policies and integration.

Fee for service	Description
Training	Selection of workshops aimed at supporting employees' emotional well-being, including trauma management workshops, dealing with grief workshops and retrenchment workshops.
Workman's Compensation Cover	Advice for injury on duty claims.
Retrenchment Support	Group interventions supporting employees impacted by retrenchment. Group interventions supporting employees remaining behind after retrenchment.

This is a Fee-for-Service offering, with a negotiated discount for participating employers.

