



WHAT IS MULTIPLY?

Momentum's wellness programme available to you, our valued Moto Health Care members.

Multiply, provides the tools, information and incentives for you to improve your overall wellbeing. Multiply's journey to Wellness is an easy, step-by-step commitment to a sustainable healthy lifestyle. The Multiply Journey to Wellness is based on 4 cornerstones:

1. **Assess** your wellness
2. **Move**, i.e. actively pursue improvement
3. **Check** your progress
4. **Enjoy** the rewards, i.e. in addition to enjoying the actual health benefits, you get to reward yourself, not only for progress, but also for your commitment and effort

Multiply is:

- South Africa's 2nd largest Wellness Programme
- Offers discounted access to products and service from more than 35 providers
- The affordable way to adopt a healthy lifestyle at R115 for individuals, R130 for families of two and R140 for families of three and more

You earn Multiply points through participation on the programme, in fact we give you 2 000 points just for joining! These points accumulate to determine and improve your Multiply status level. As your status increases, the rewards improve!

Benefits:

Multiply providers are carefully selected with you in mind, which means you will find a broad spectrum of the country's leading brands to choose from, whether you are looking to travel, relax, get fit, or save money on the journey to wellness. Multiply includes the following great tools and rewards to give members of Moto Health Care a head start on the Journey to Wellness:

Health Tools:

- An online wellness profile that will give you an overview of your general health
- A discounted world-class pedometer and online exercise community for getting fit the easy way
- Discount on Annual Fitness Assessments to measure your progress
- 10% discount on Bioharmony Nutritional Supplements
- 10% discount on Patrick Holford Books
- Special packages for Contours Express and Shapes for Women
- Informative monthly newsletter and nutritional advice and tips online

Lifestyle Rewards:

- 10% discount on selected Canon products
- 15% discount on Jenna Clifford Jewellery
- 15% discount on Mercedes-Benz Dynamic Driving courses (Zwartkop raceway only)
- 10% discount on selected Garmin products
- Free annual membership to Flexibreaks (holiday and accommodation services)
- Great deals on getting connected to the internet and email via Momentum net

Visit www.motohealthcare.org and click on the Multiply button for more information.

I count my steps, do you?
Elana Meyer
Elana Meyer

every step counts!

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multiply
OMRON
momentum
SET MODE MEMO
MODE EVENT

To find out how to get hold of your pedometer visit www.multiply.co.za or call **0860 66 66 77**

making a success of life
momentum

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Wellness Programme
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