

# Momentum Wellness

Empowering you  
to live a happier,  
balanced and more  
fulfilled life.

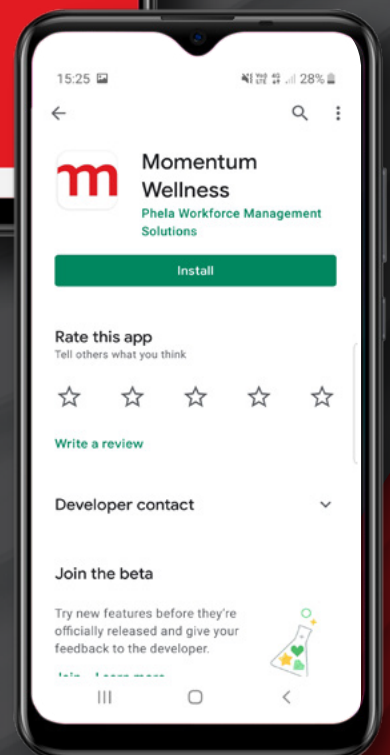
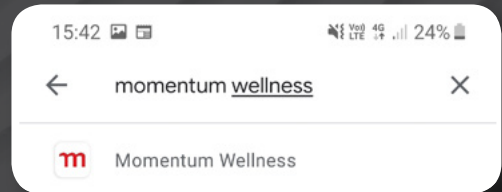
momentum  
corporate

## Downloading the app

Step  
1

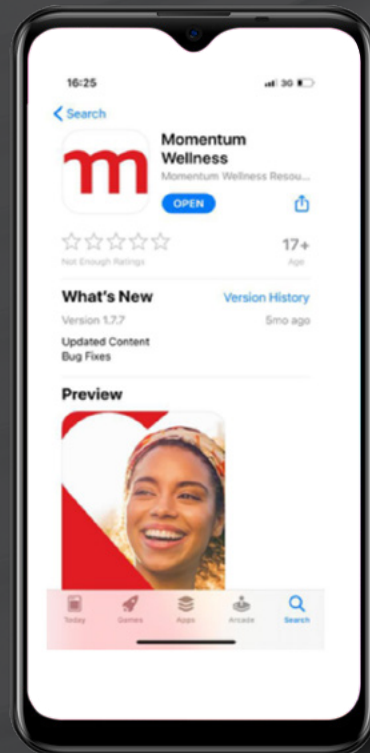
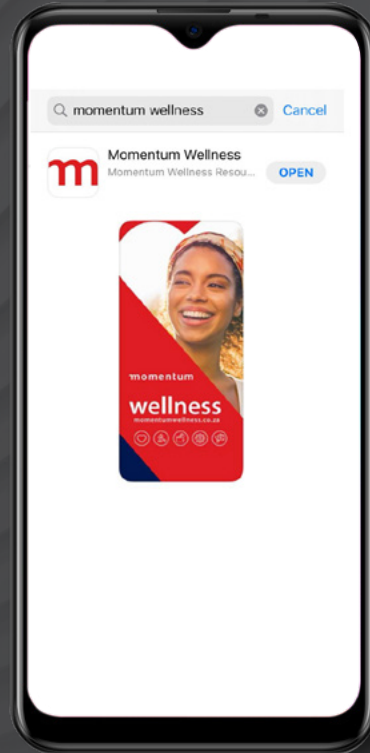
Open the App store or Play store  
Search for "**Momentum Wellness**"  
and then download.

## Android Play store





## Apple iOS App Store

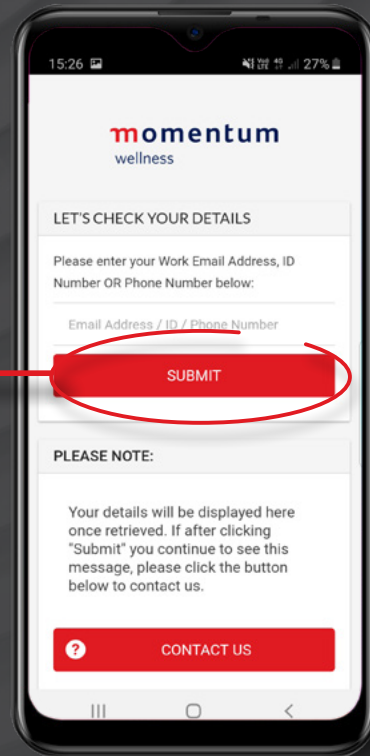
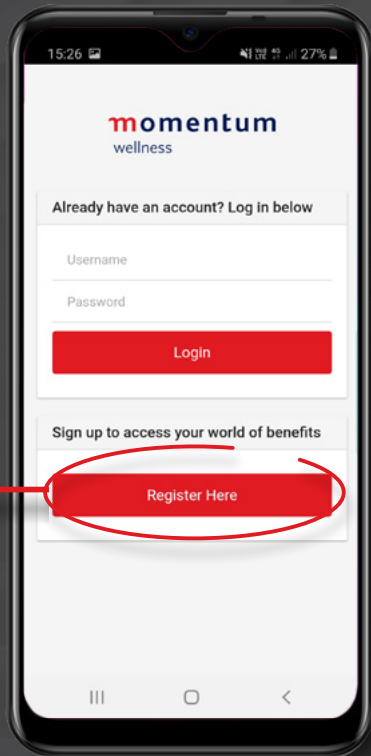




## Register your credentials.

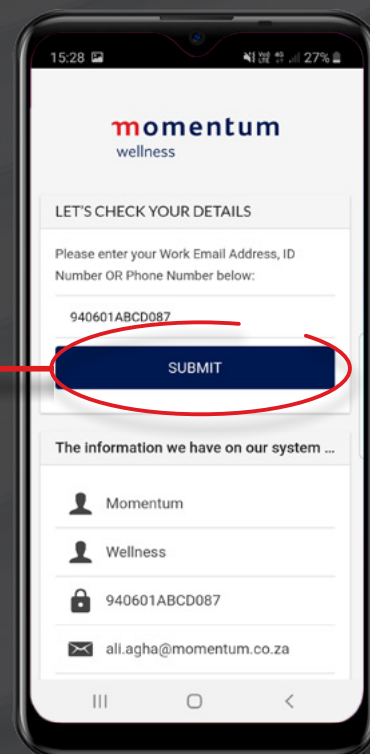
**Step  
2**

Tap **"Register Here"** to setup your profile on the Wellness app. Fill in your ID, Email or Phone Number to pull up your profile and the tap **"SUBMIT"**.

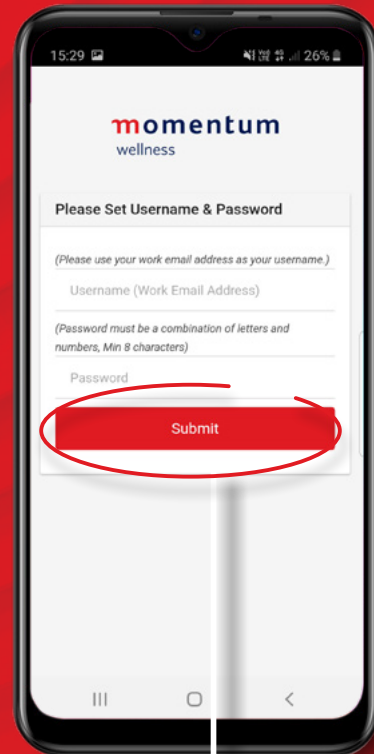
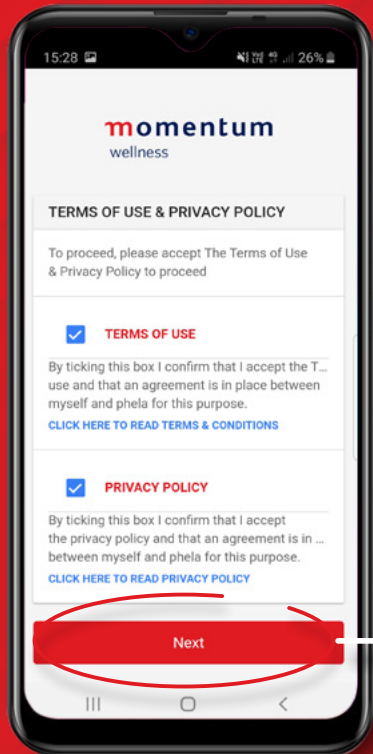


All Members profiles are pre-populated on the system but not registered, so you should be able to find your details as show on the image below.

**Tap  
"PROCEED"  
complete the  
registration**

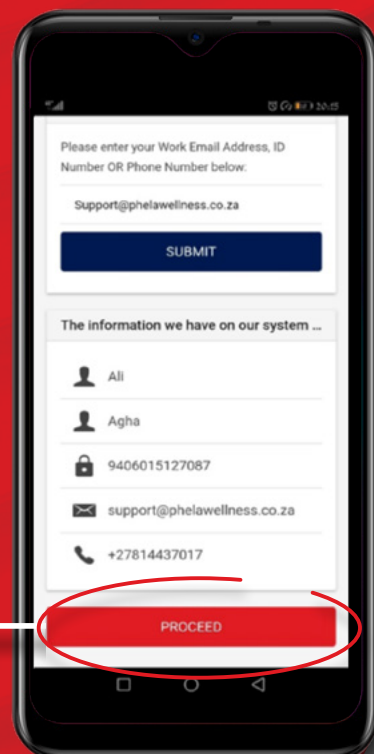


Tap **"NEXT"** after reading **"TERMS OF USE & PRIVACY POLICY"**



Set a Username & Password and the tap **"SUBMIT"**

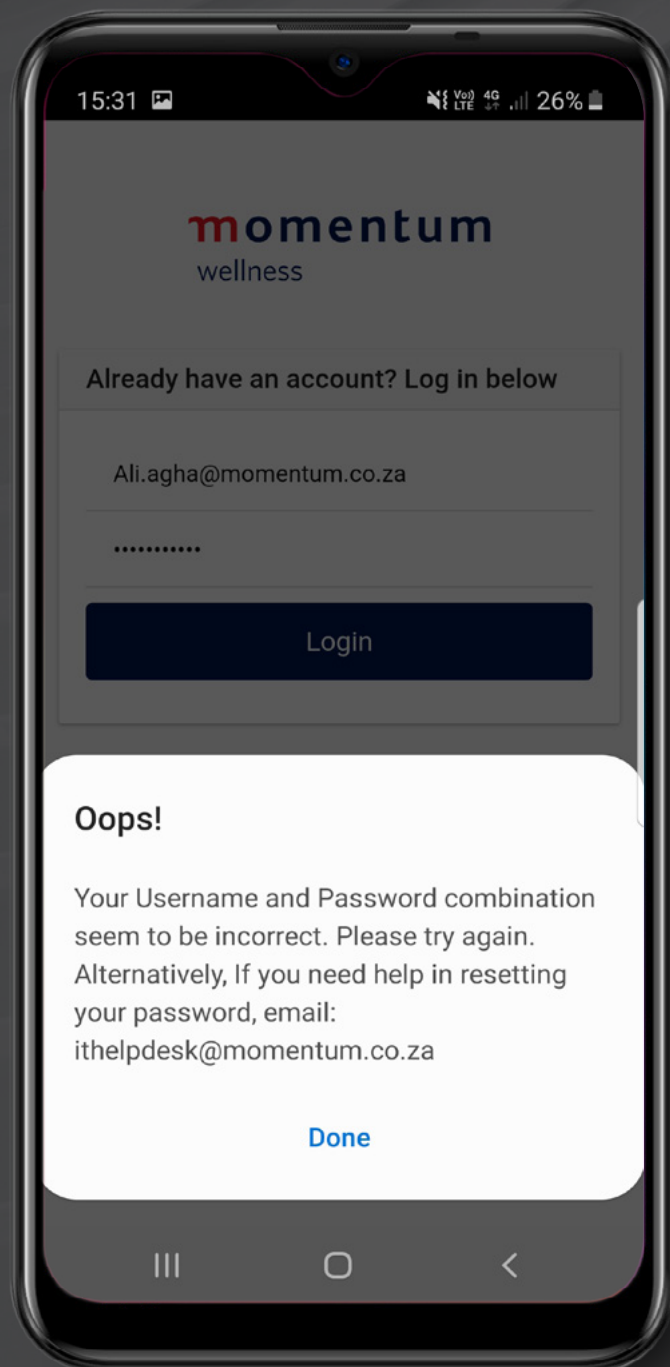
Once  
registered you  
will be logged in  
successfully.



If you are registered and don't know your password, a message will pop up to email [ithelpdesk@momentum.co.za](mailto:ithelpdesk@momentum.co.za), and you will get responds back within 24 hours.

## What to email when requesting to reset your password:

- Full names and surname
- Identity number
- Email address (preferably work email)
- Cell number



## Browsing functions.

**Step  
3**

Once logged in, you will see a tab of options with the images below.





## Service tab functions

Each tab offers different services that a member can use in their daily lives.

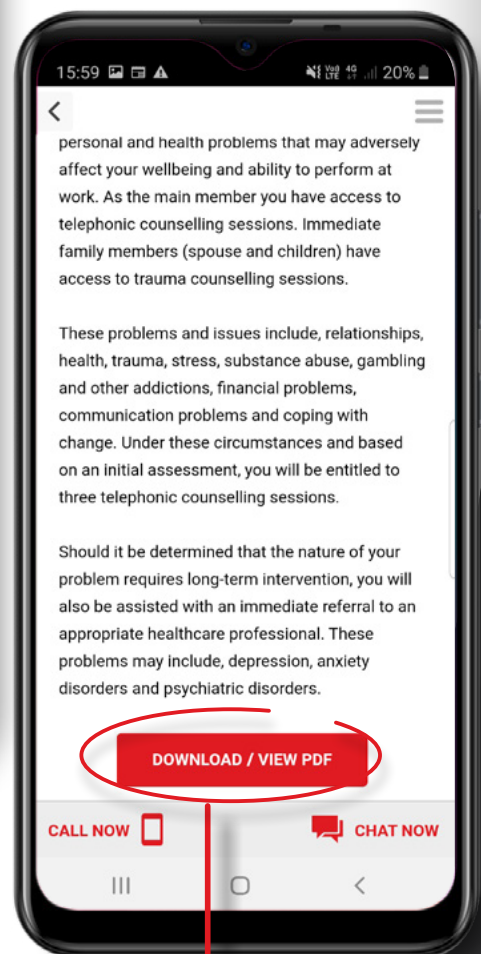
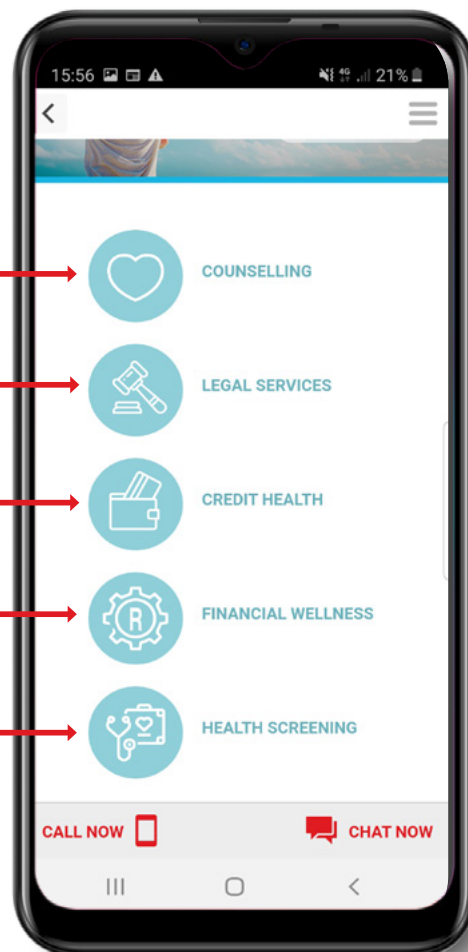
**Counselling** - Provides confidential preventative and proactive interventions for the early detection, identification and/or resolutions for work, personal and health problems that may adversely affect wellbeing and ability to perform as work.

**Legal services** - Provides a telephonic service for legal services or professional guidance.

**Credit health** - Guides you on how you can check your credit.

**Financial wellness** - You can communicate with a finance consultant for guidance

**Health screening** - Informs you to look out for wellness days near you.



Each tab contains a PDF for members to download and view more information about each service.

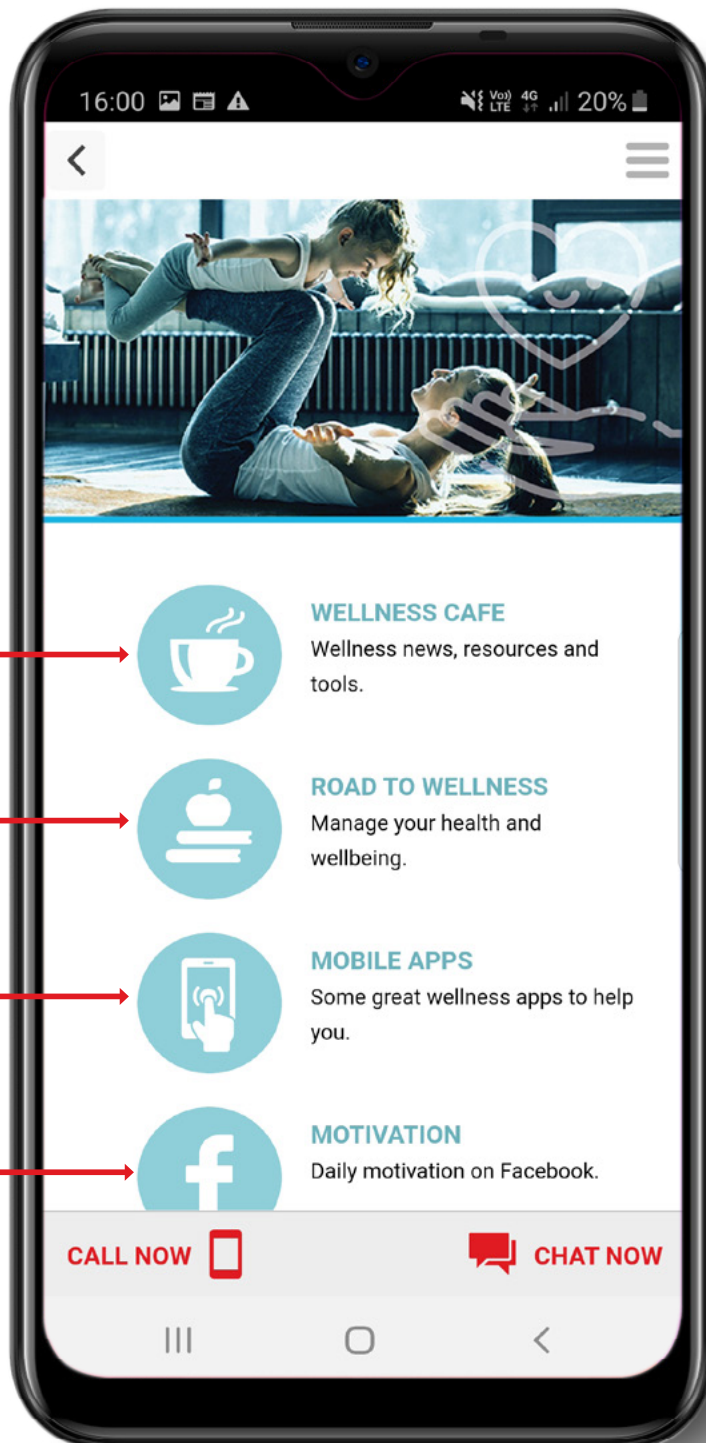
## Resources

**Wellness Café** - Provides you with articles on how you can follow a healthy lifestyle.

**Road to wellness** - Is there to help you manage health conditions.

**Mobile Apps** - Provides information on how and what apps you can use to help you.

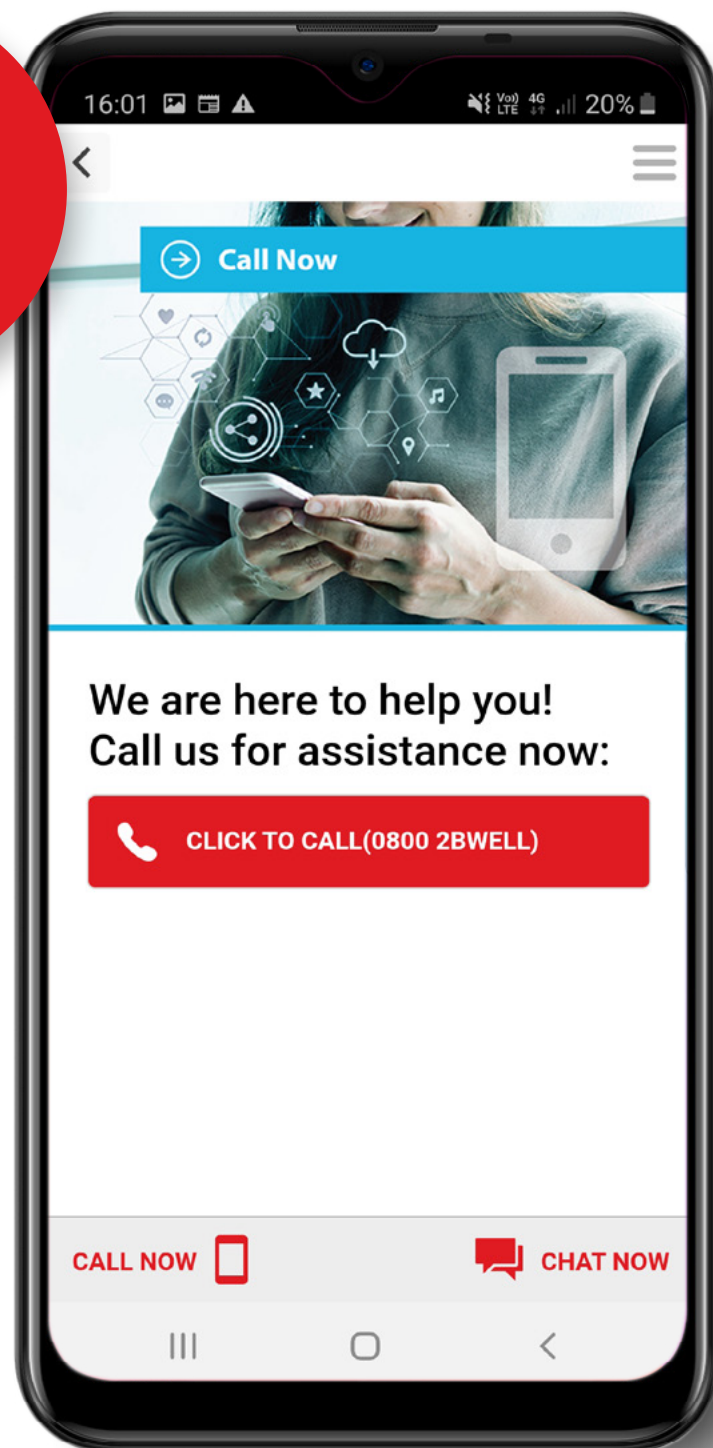
**Motivation** - Is a link on Facebook that provides motivational quotes, day to day health guidance etc





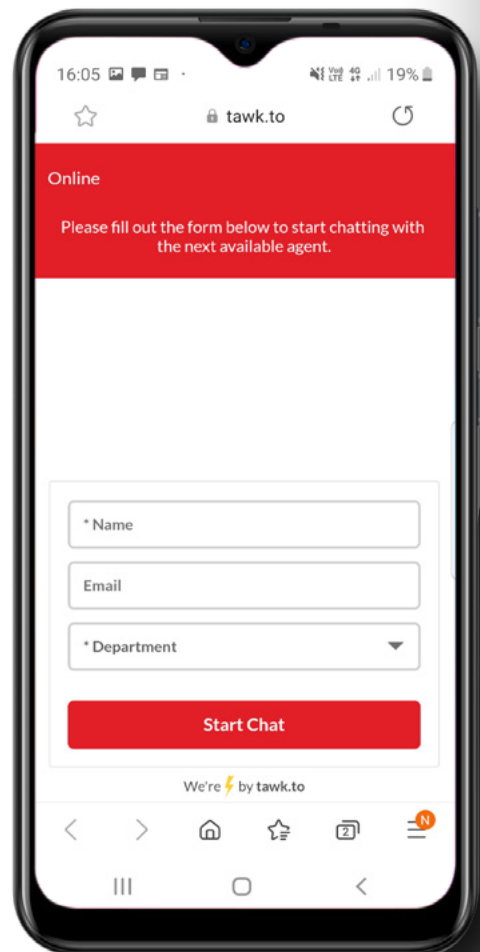
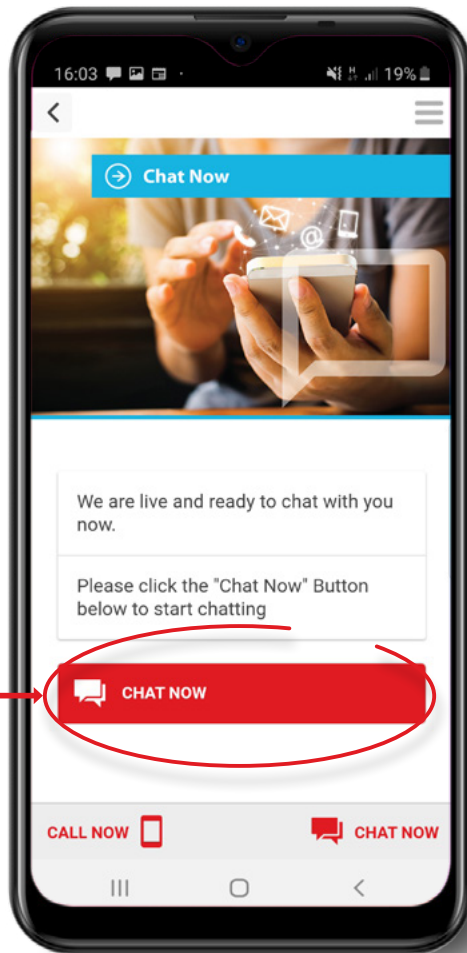
## Call Now

You can call for a consultant for assistance on the services provided on the Momentum Wellness App.



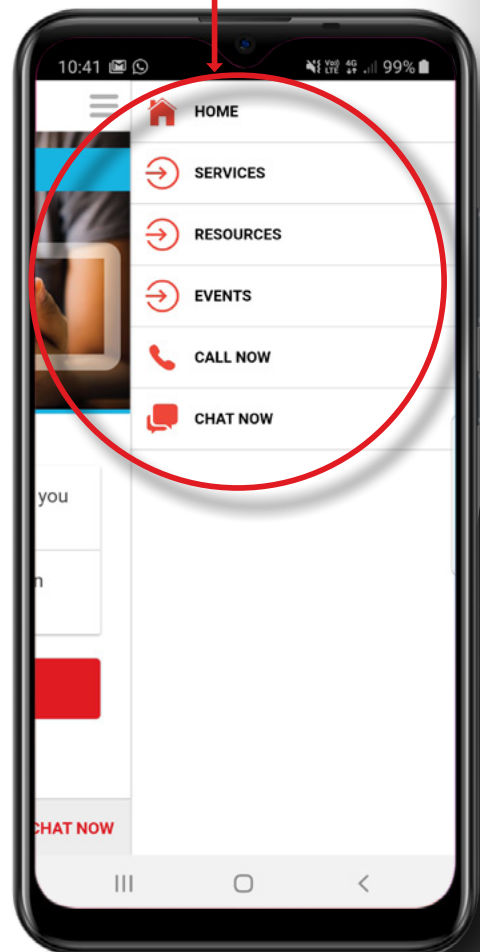
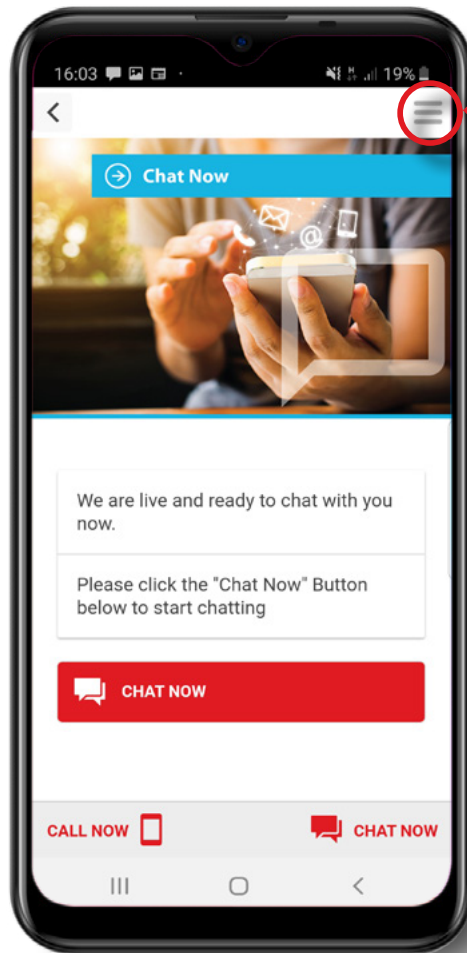
## Chat Now

When you tap on Chat Now, it will take you to a portal to fill your details and the next available consultant will assist via Chat.



## Sub-menu

While browsing through services and resources, the sub-menu allows you to jump to any other tab while you are in the section.







For more  
information, please  
contact your  
Momentum Corporate  
consultant.

[momentum.co.za](https://momentum.co.za)

[momentumwellness.co.za](https://momentumwellness.co.za)

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