A woman with curly hair is meditating in a lotus position on a beach. She is wearing a purple tank top and grey leggings. Her eyes are closed, and her hands are resting on her knees in a mudra. The background shows a sandy beach, blue waves, and a clear sky.

Emotional Wellbeing Journey

“How to Guide”

Welcome to your Emotional Wellbeing Journey!

IT'S YOUR LIFE. LIVE IT AT YOUR OWN TEMPO.

“emotional wellbeing”

1. an awareness, understanding, and acceptance of your emotions, and your ability to manage effectively through challenges and change
2. a person's ability to handle their emotions and the varied experiences they encounter in life *Definitions per the National Center for Emotional Wellness

*Definitions per the National Center for Emotional Wellness

WE ARE WITH YOU EVERY STEP OF THE WAY

At Bestmed, we realise that you often need support on your journey to develop an improved understanding and acceptance of your emotions, as well as how to deal with these emotions and any resulting mental health issues that you may be experiencing. In short, the Bestmed Tempo programme (and the team behind it) will be your partner to **KNOW, DO** and **ACHIEVE** on your journey to emotional wellbeing.

On this journey:

- You will have access to a library of information and resources to **KNOW** how to identify, understand and accept your emotions, including articles on relevant topics.
- You will also have access to various exercises to **DO** to improve your emotional and mental wellbeing, including videos on breathing, meditation, muscle relaxation, mindfulness etc.
- The available information and exercises should help you to **ACHIEVE** your desired emotional and mental state.

Remember, all Bestmed Tempo benefits are offered to members FREE of charge, regardless of your benefit option.

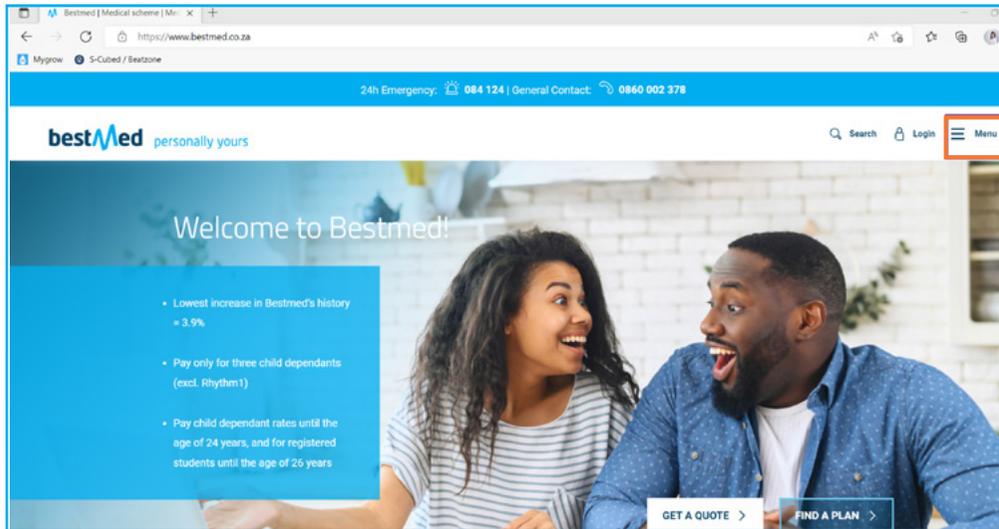
HOW TO START YOUR EMOTIONAL WELLBEING JOURNEY

Don't delay, start today! Access and activate your Emotional Wellbeing Journey by logging on to the [Member portal](#) on the [Bestmed website](#), (for Huawei devices, iOS or Android) or the Bestmed App (for [iOS](#) or [Android](#)).

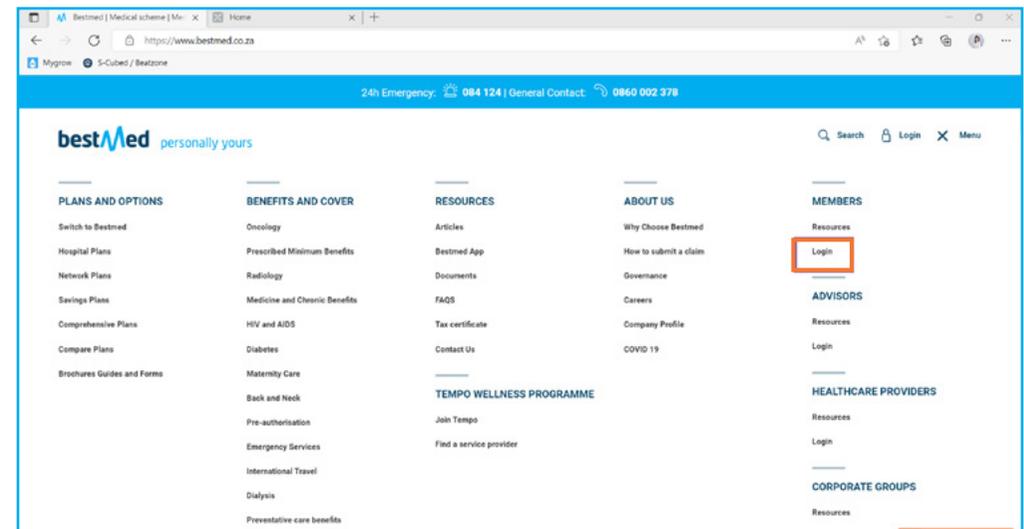
Members using [iOS](#) or [Android](#) mobile devices, can access the Emotional Wellbeing Journey via the **Bestmed App**. Members using Huawei devices will be redirected to the access the Emotional Wellbeing Journey via the **Member portal** on the Scheme's website.

MEMBER PORTAL – TIPS AND TRICKS TO GET THE MOST OUT OF YOUR JOURNEY:

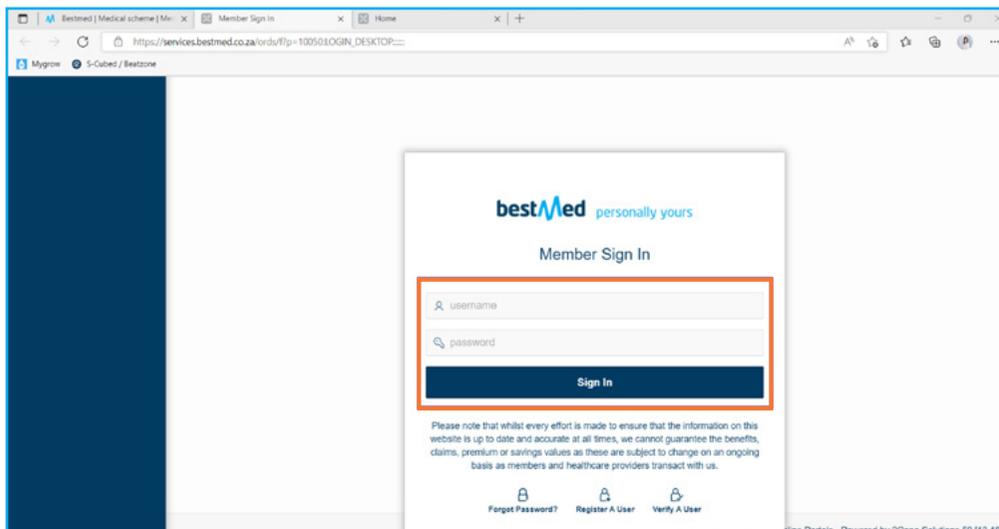
1. Click on the “Menu” option on the Bestmed home page (www.bestmed.co.za)



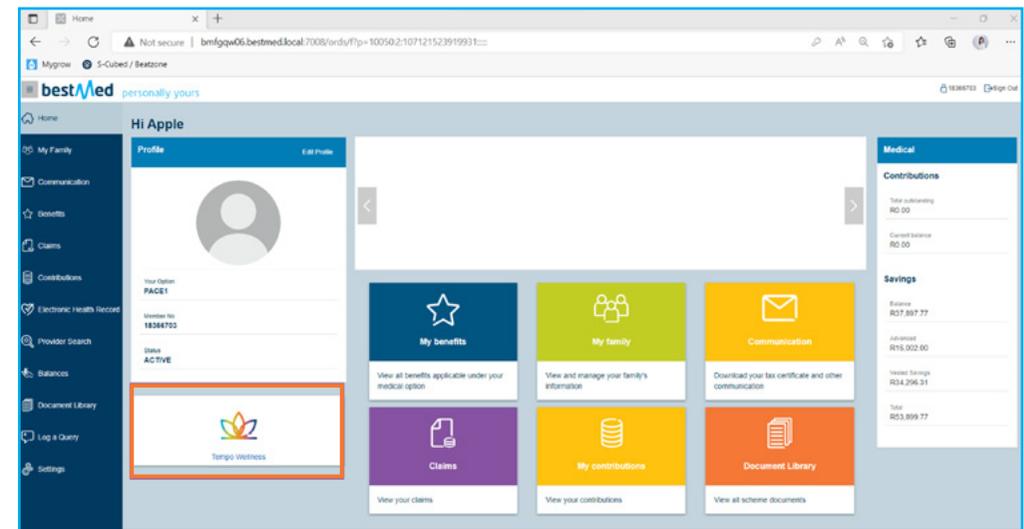
2. Under the “MEMBERS” section click on “Login”



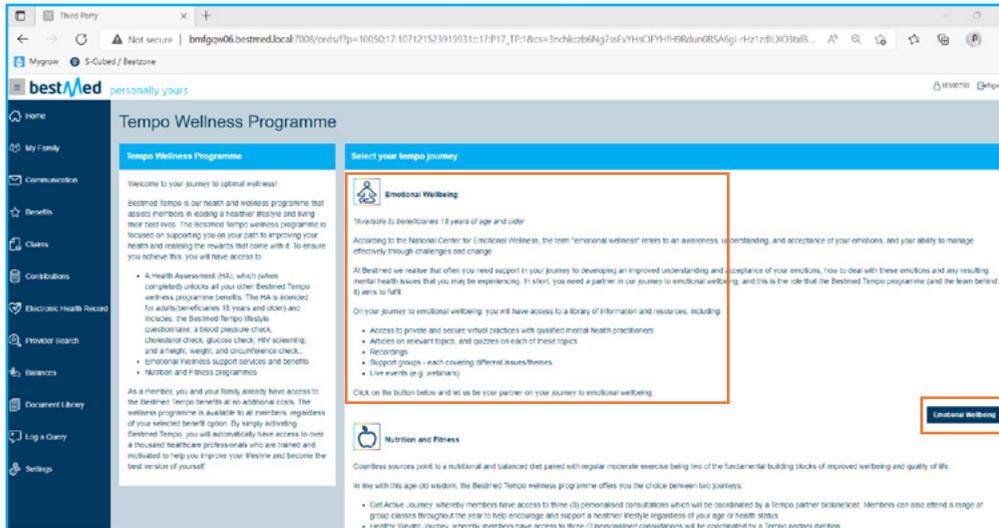
3. Insert your username and password and click the “Sign In” button



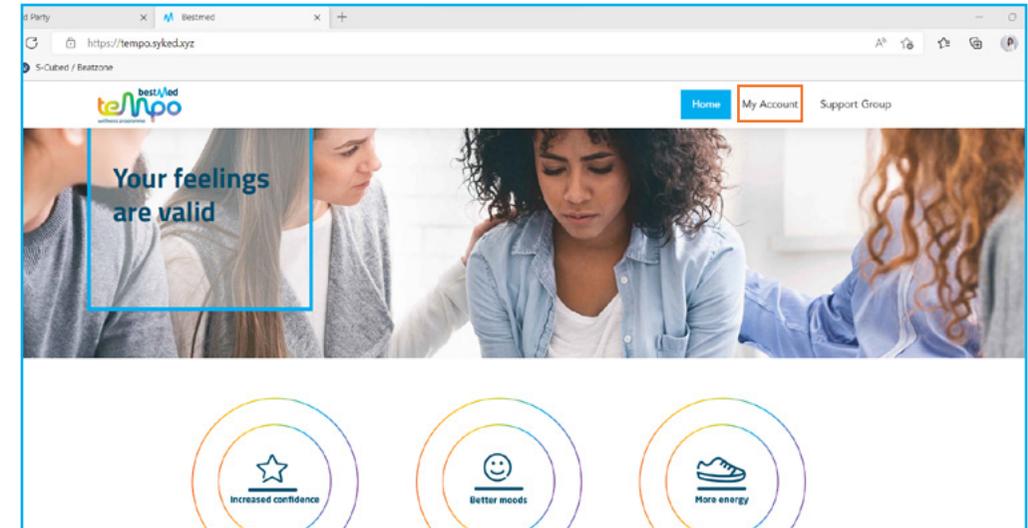
4. Click on “Tempo Wellness”



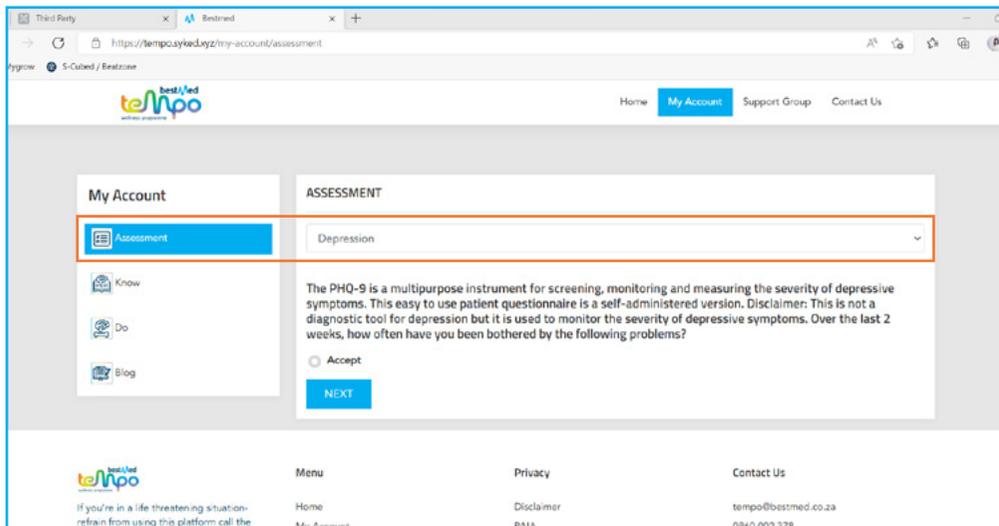
5. Read the overview of the journey and click on “Emotional Wellbeing”



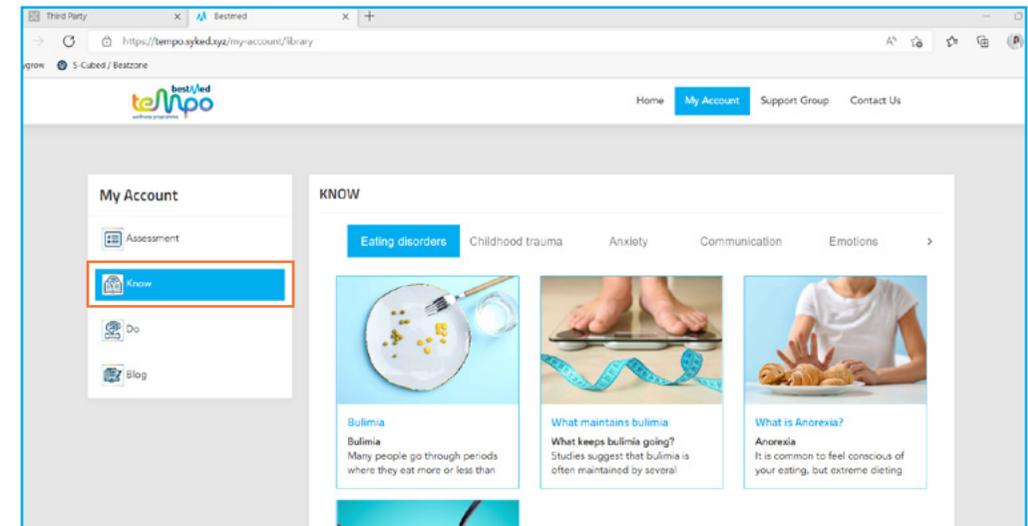
6. Your Emotional Wellbeing Journey begins on this page, scroll down to read what it's all about, then click “My Account”



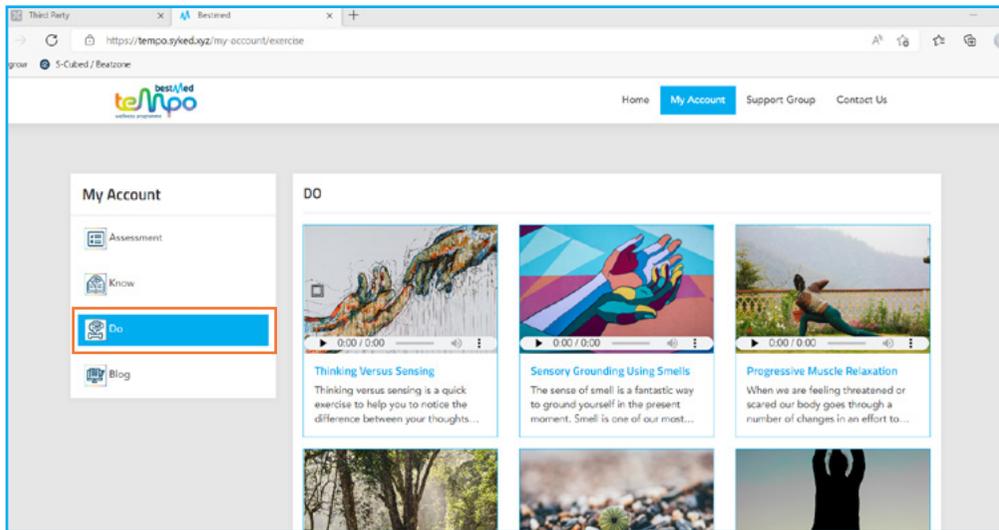
7. You can evaluate the severity of your symptoms by selecting either “Depression” or “Anxiety” from the dropdown available under the “Assessment” section of your account



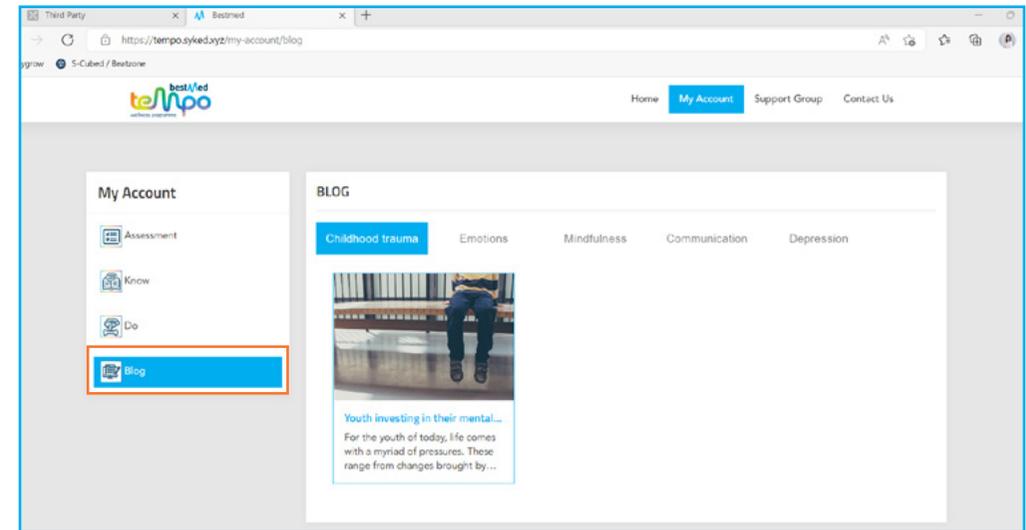
8. The “Know” section will equip you with articles on relevant topics that will help build your KNOWledge of various emotional and mental health issues



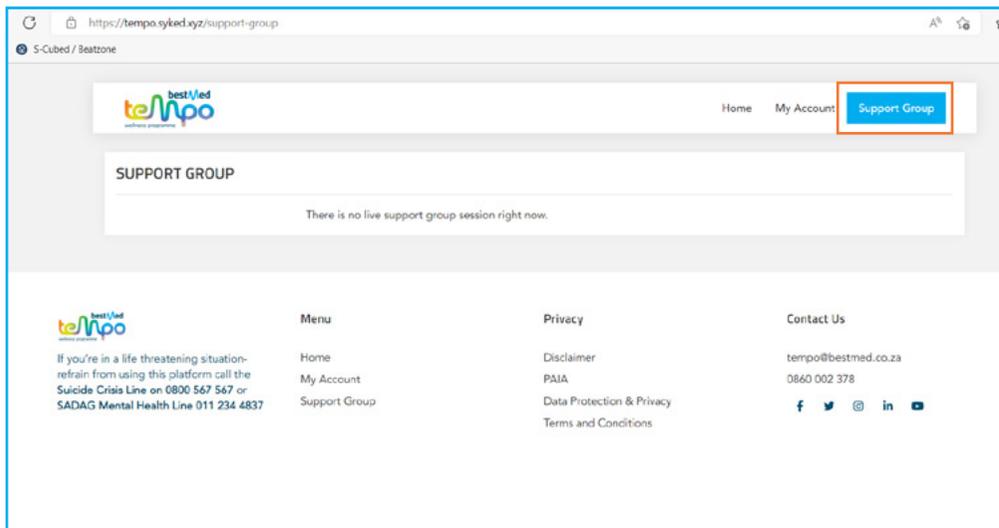
9. The “Do” section allows you to actively improve your emotional and mental wellbeing by completing various exercises available in video format (e.g. breathing and muscle relaxation)



10. Click on the articles in the “Blog” section and engage by leaving your comments regarding the content in the boxes provided below the articles

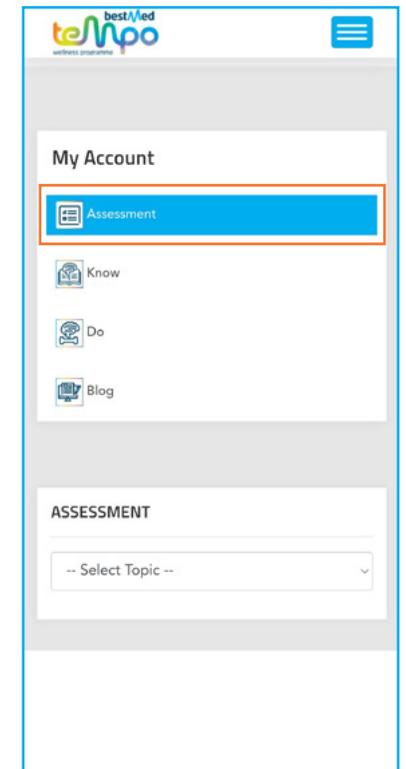
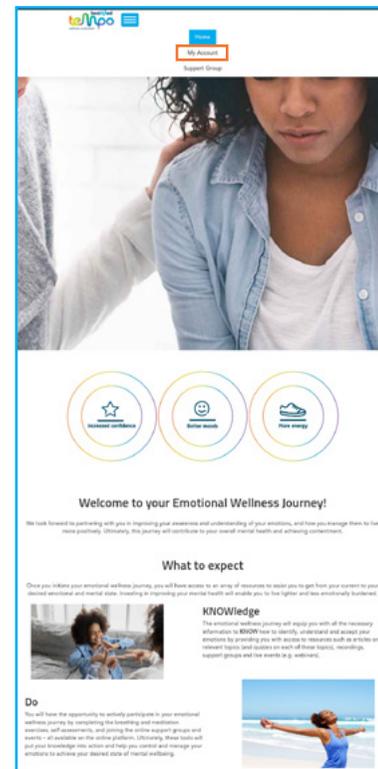
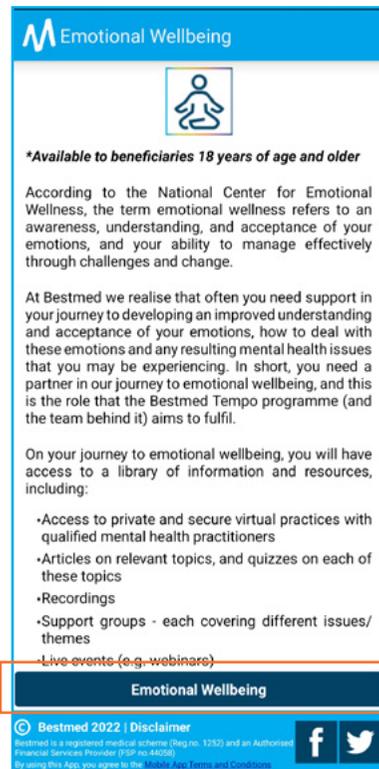
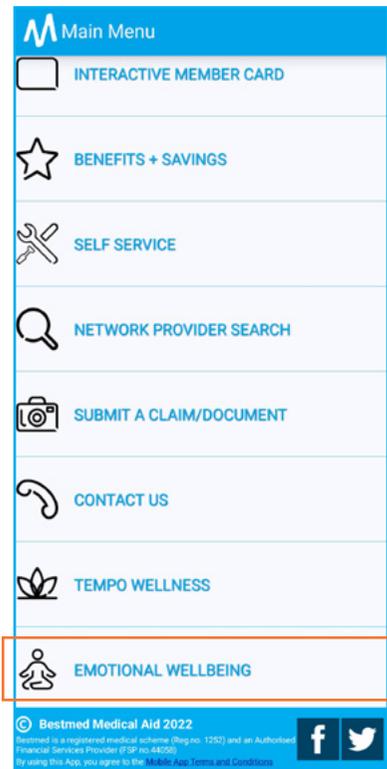
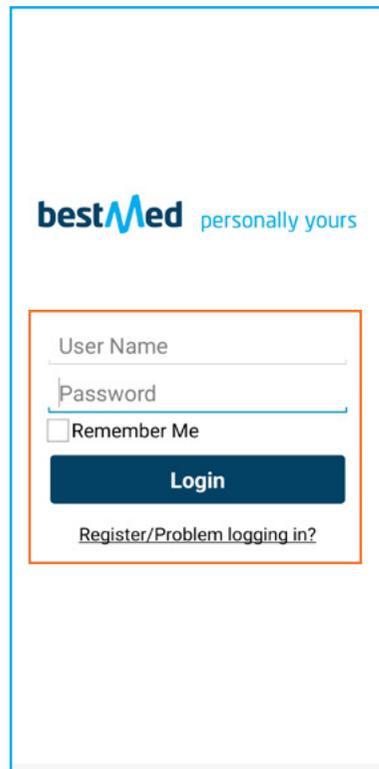


11. Click “Support Group” to join when these groups are meeting



BESTMED APP – TIPS AND TRICKS TO GET THE MOST OUT OF YOUR JOURNEY:

1. Insert your username and password on the login page of the App and click "Login"
2. Scroll to and select "Emotional Wellbeing" in the "Main Menu" of the App
3. Read the overview of the journey and click on "Emotional Wellbeing"
4. Your Emotional Wellbeing Journey begins on this page, scroll down to read what it's all about, then click "My Account"
5. You can evaluate the severity of your symptoms by selecting either "Depression" or "Anxiety" from the dropdown available under the "Assessment" section of your account



6. The “Know” section will equip you with articles on relevant topics that will help build your KNOWledge of various emotional and mental health issues

7. The “Do” section allows you to actively improve your emotional and mental wellbeing by completing various exercises available in video format (e.g. breathing and muscle relaxation)

8. Click on the articles in the “Blog” section and engage by leaving your comments regarding the content in the boxes provided below the articles

9. Click the “Support Group” option in the menu to join when these groups are meeting.

