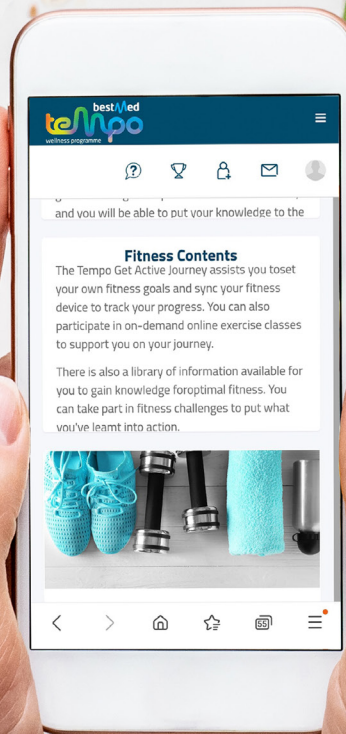


Fitness and Nutrition Journeys

"How to Guide"



Welcome to your Fitness and Nutrition Journeys!

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

Set personal goals, track exercises, get expert advice and so much more. The Tempo Fitness and Nutrition Journeys will give you everything you're looking for!

You can switch to the Tempo Fitness and Nutrition Journeys online at any time via the Bestmed App and/or Member portal that will provide you with the platform to:

- set personal goals.
- track your exercise (by syncing with your fitness device).
- track your nutritional intake.
- participate in challenges.
- access on-demand exercise classes.
- access a library of health and wellness topics.

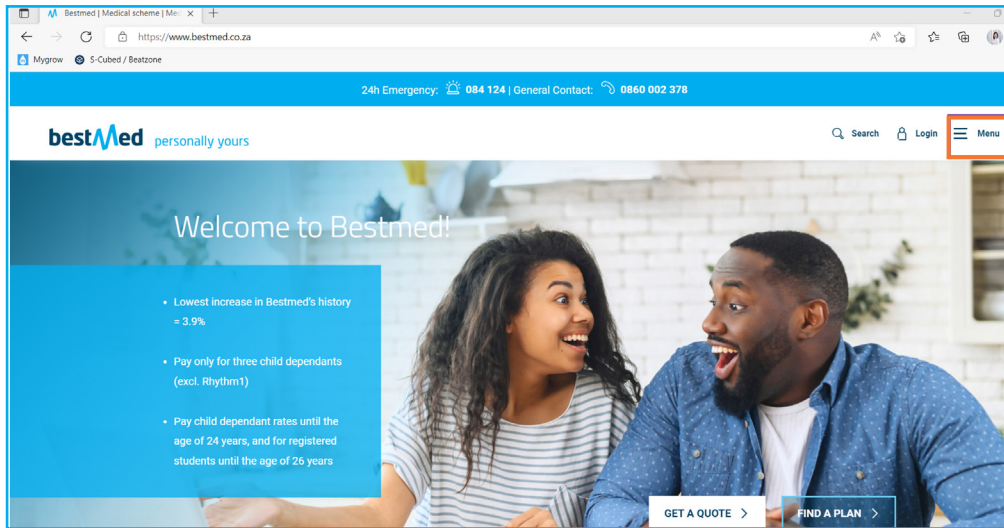
Beneficiaries still have access to one (1) face-to-face and a follow-up (face-to-face or virtual) consultation with Tempo partner biokineticists or dietitians for fitness and nutritional assessments and personalised exercise and eating plans.

HOW TO START YOUR FITNESS AND NUTRITION JOURNEYS

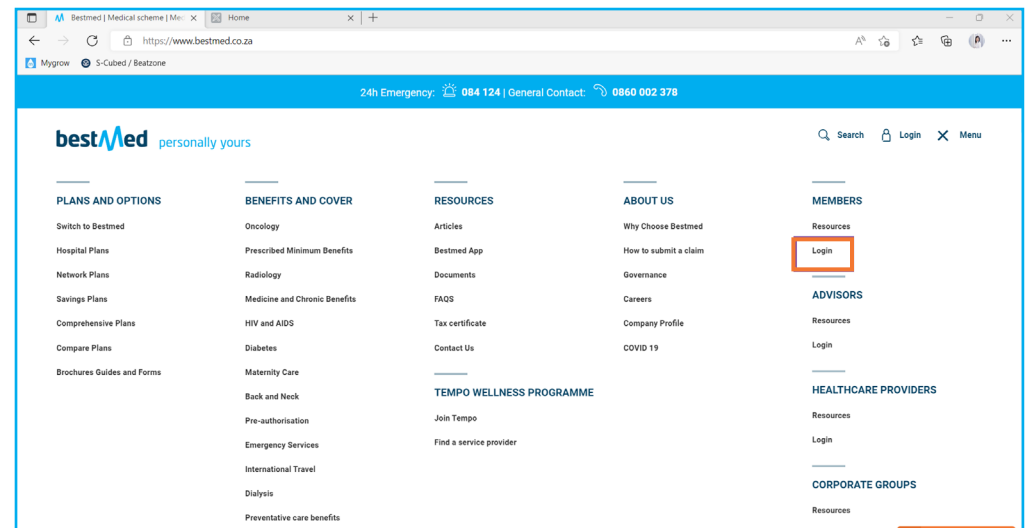
You can log in to the Bestmed [Member portal](#) at any time to start your Tempo Fitness and/or Nutrition Journey. These journeys can also be accessed via the [Bestmed App](#), available on iOS, Android and Huawei mobile devices.

MEMBER PORTAL – TIPS AND TRICKS TO GET THE MOST OUT OF YOUR FITNESS AND NUTRITION JOURNEYS

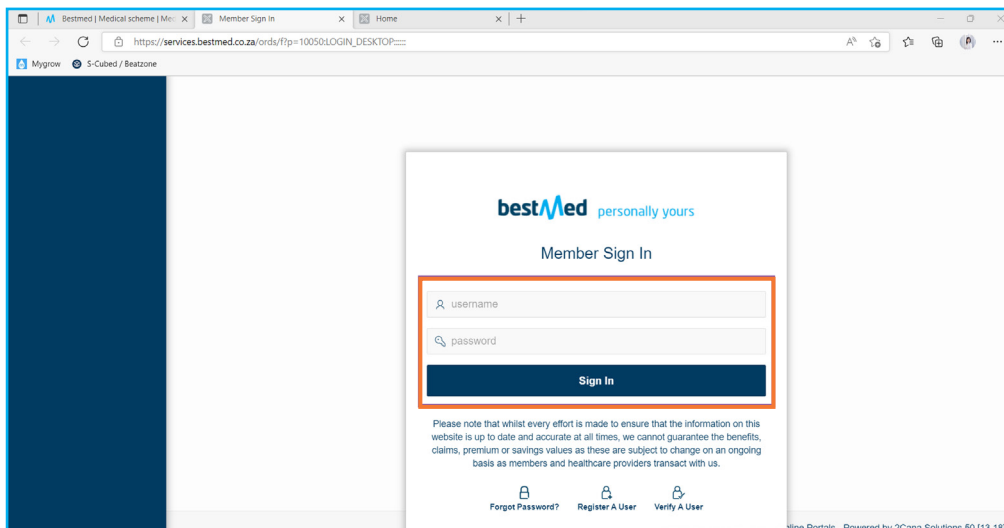
1. Click on the “Menu” option on the Bestmed home page (www.bestmed.co.za)



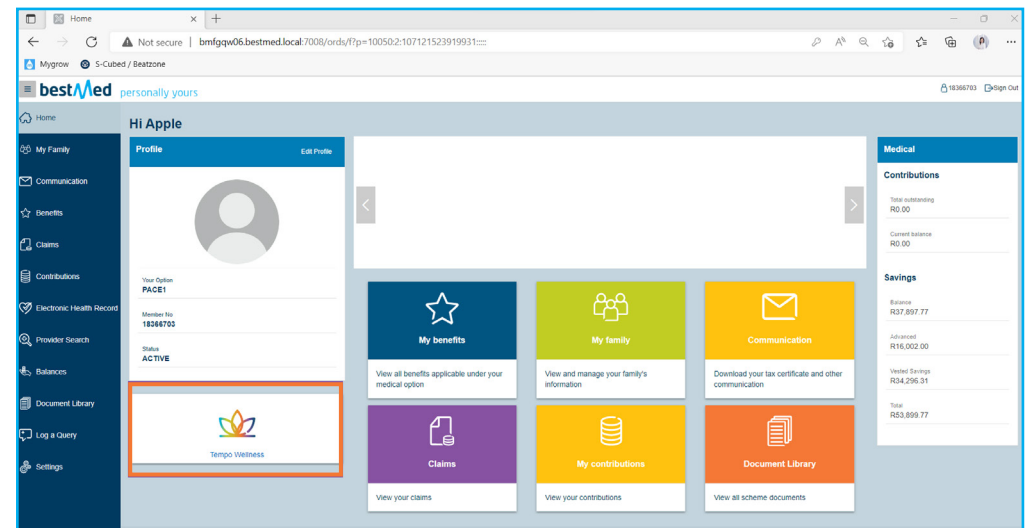
2. Under the “MEMBERS” section click on “Login”



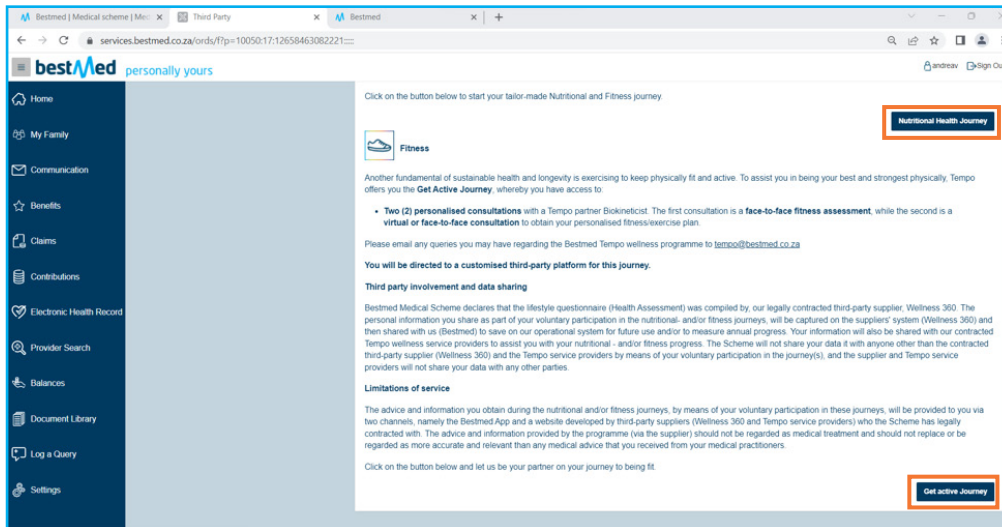
3. Insert your username and password and click the “Sign In” button



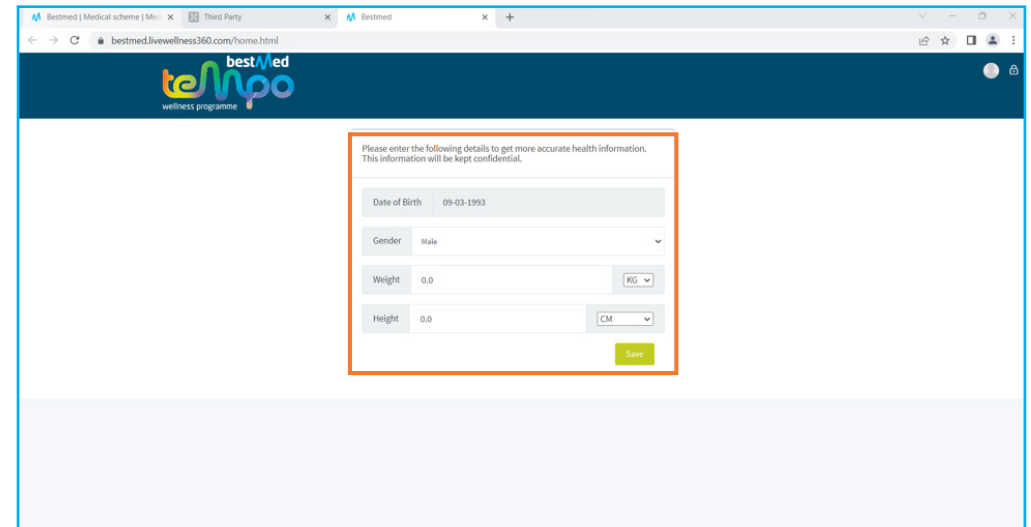
4. Click on “Tempo Wellness”



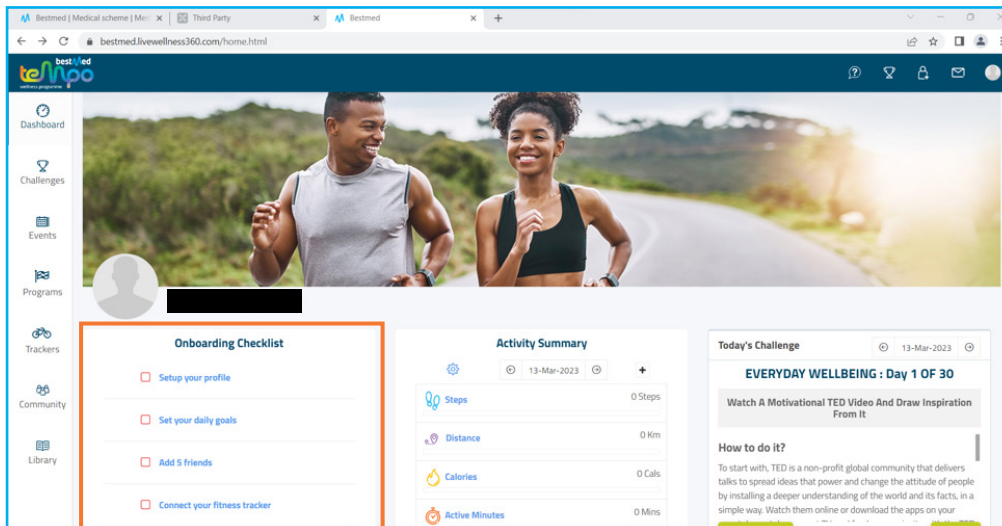
5. Scroll down and read the overview of the journey and click on “Get active Journey” or “Nutritional Health Journey”



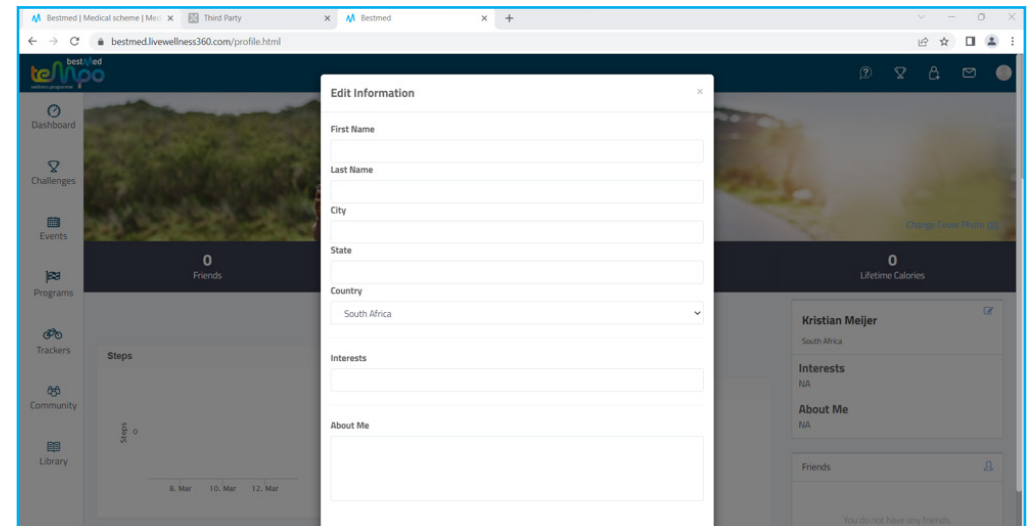
6. You'll need to fill in your details on this page to get more accurate health information and metrics.



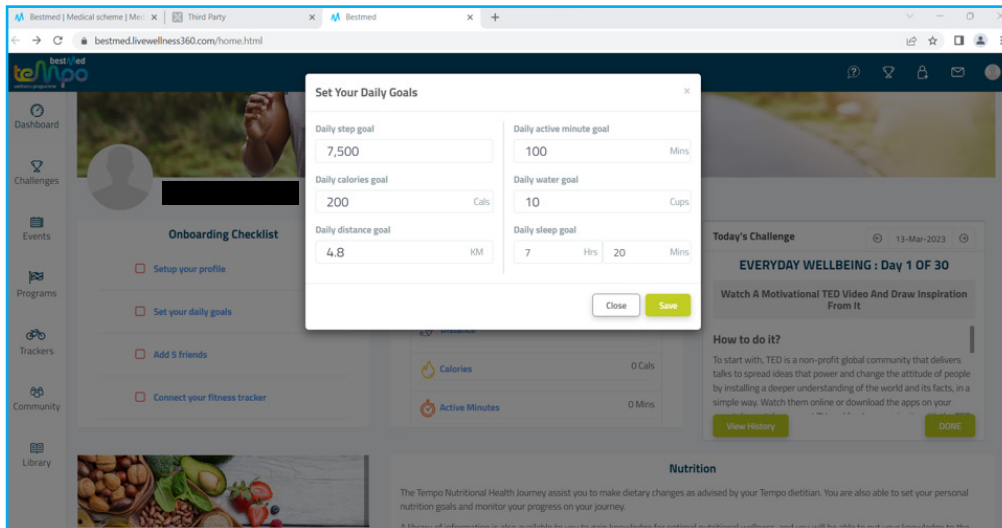
7. You'll be redirected to your Tempo dashboard. Here, you'll complete your Onboarding Checklist.



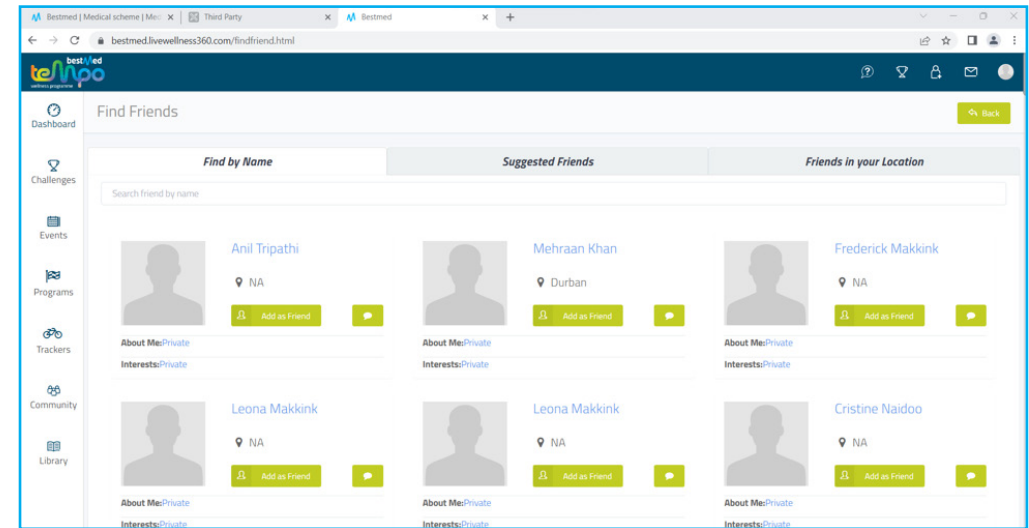
8. Click, 'Setup your profile', and tell us a bit more about your interests, and who you are.



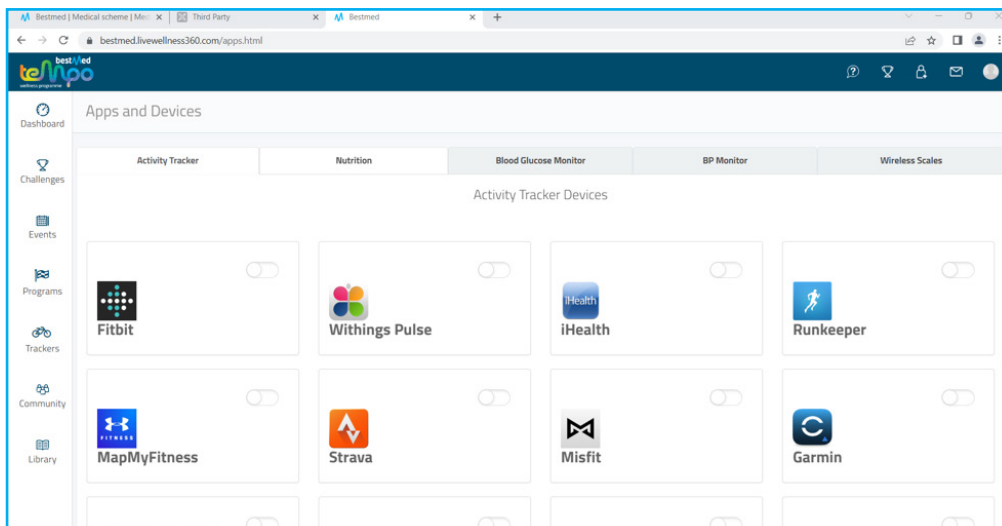
9. Click 'Set your daily goals' and decide what your goals are on your journey. It's all up to you.



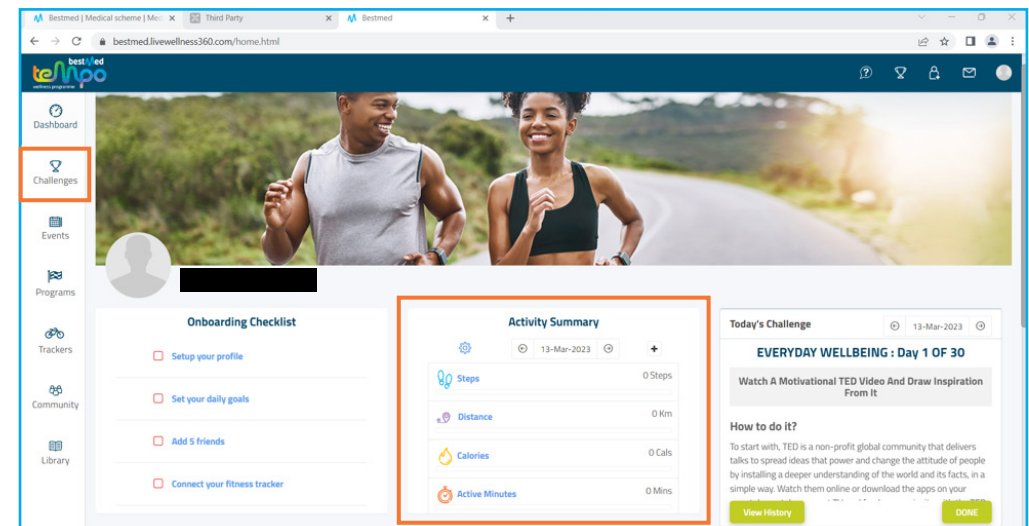
10. Click 'Add 5 friends' to add up to 5 people you know to the Tempo Fitness and/or Nutrition journeys. You can challenge them to events or share your progress.



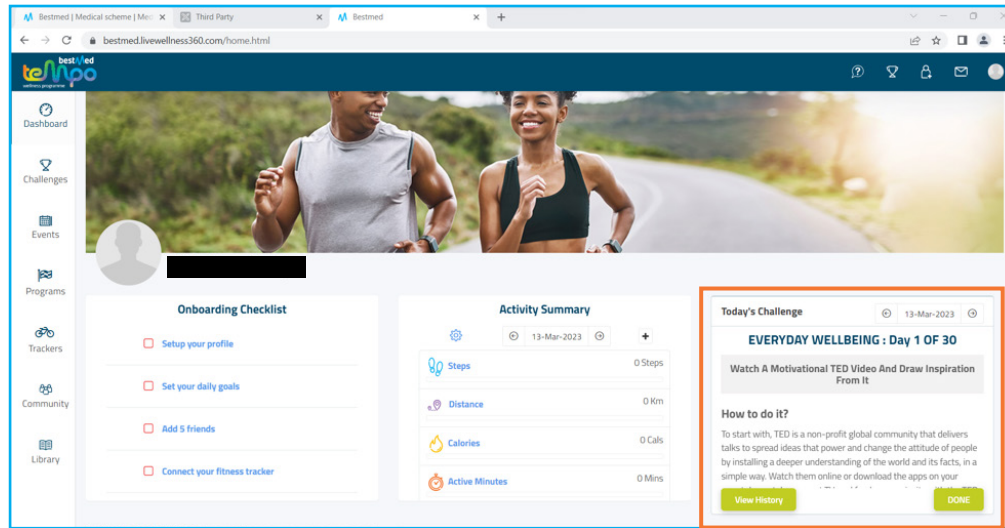
11. Click 'Connect your fitness tracker' and have your exercise information automatically logged.



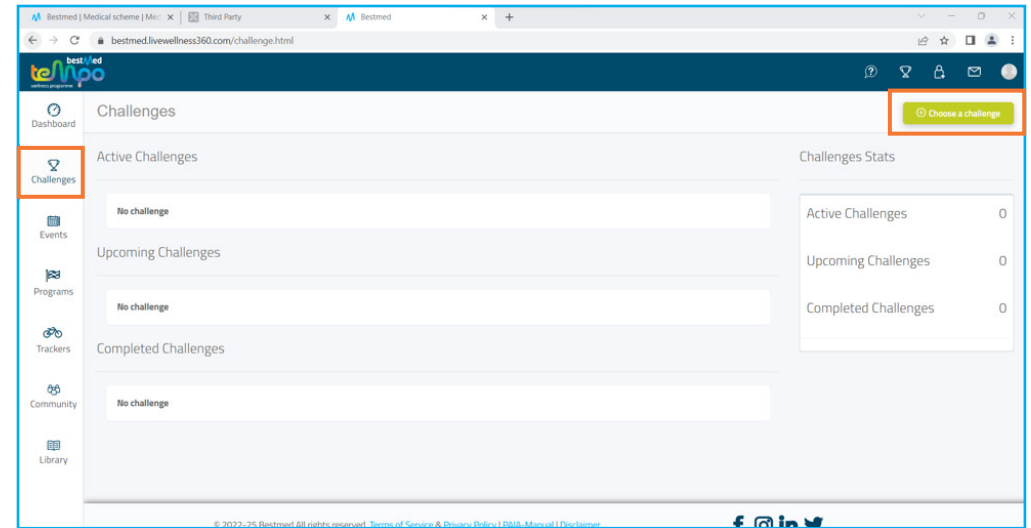
12. That's it. Your profile is set up, and you can start your Fitness and/or Nutrition journey. On the dashboard, you can see your Activity Summary. This includes your daily steps, calories burned, and so much more.



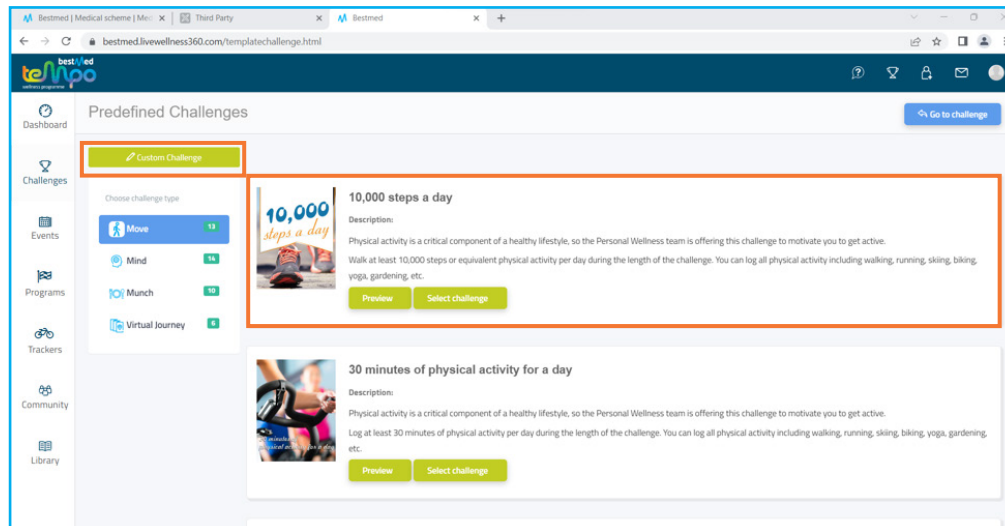
13. Click 'Today's Challenge' to see a summary of your daily challenge and to take part in 1 of 30.



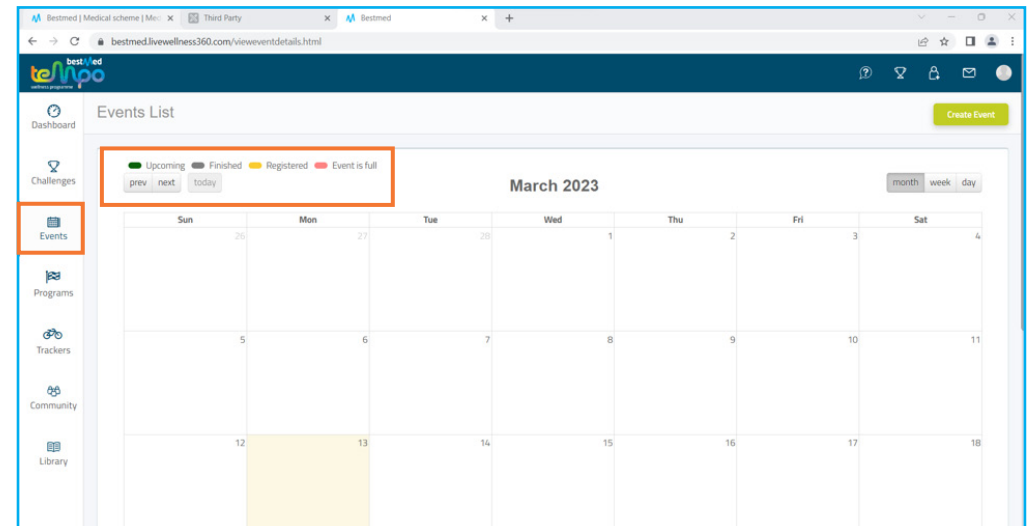
14. Click the Challenges icon in the tab to the left to see an overview of the Challenges you're taking part in or have completed. Click the 'Create a challenge' button to choose from a list of challenges to enjoy.



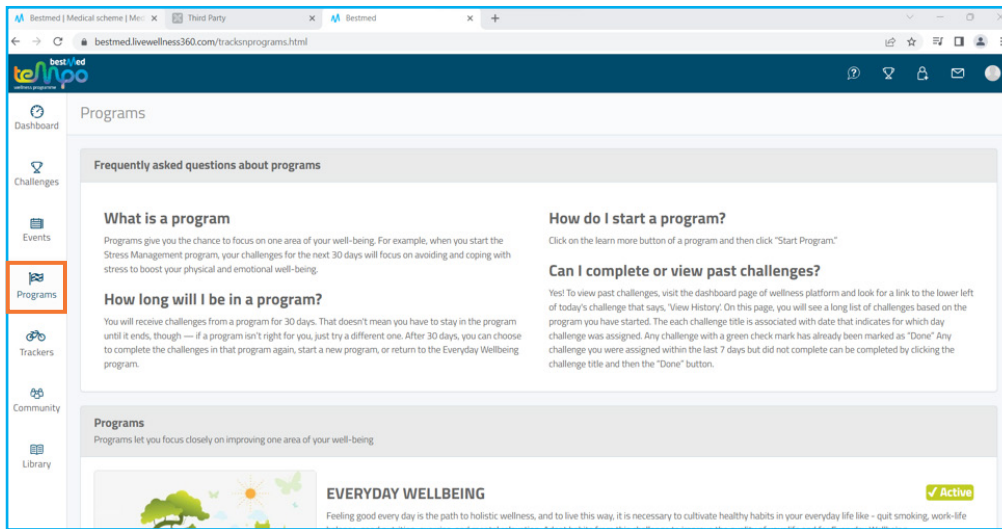
15. Choose your Challenge. You can select one of the great Predefined Challenges or create a 'Custom Challenge' of your own.



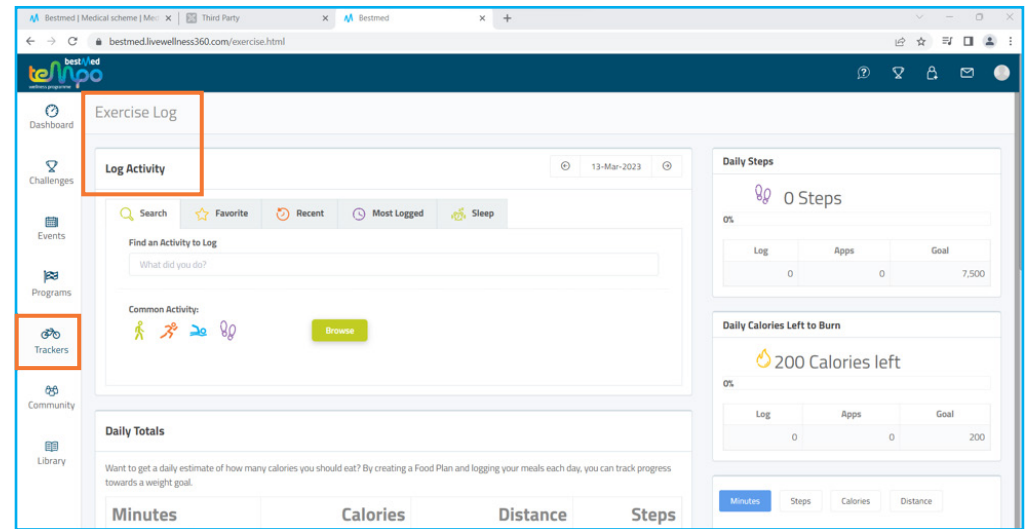
16. Click the Events icon in the tab on the left to see upcoming events you can register for, and the ones you have registered for.



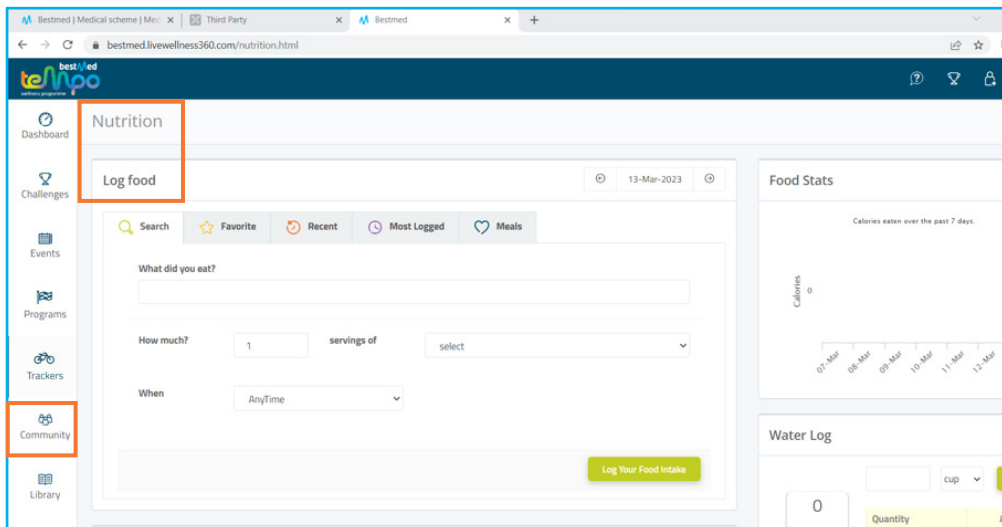
17. Hover over 'Programmes' and select 'Health Programmes'. Programmes give you the chance to focus on one area of your well-being. You can also choose to view 'Success Stories'.



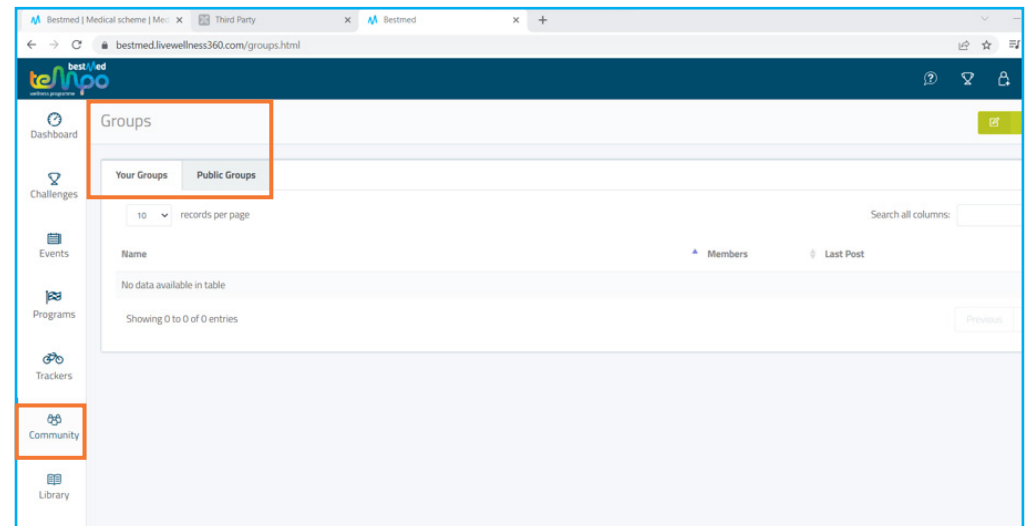
18. Logging an exercise or meal
18.1. Hover over 'Trackers' and select Exercise to log any exercise you did.



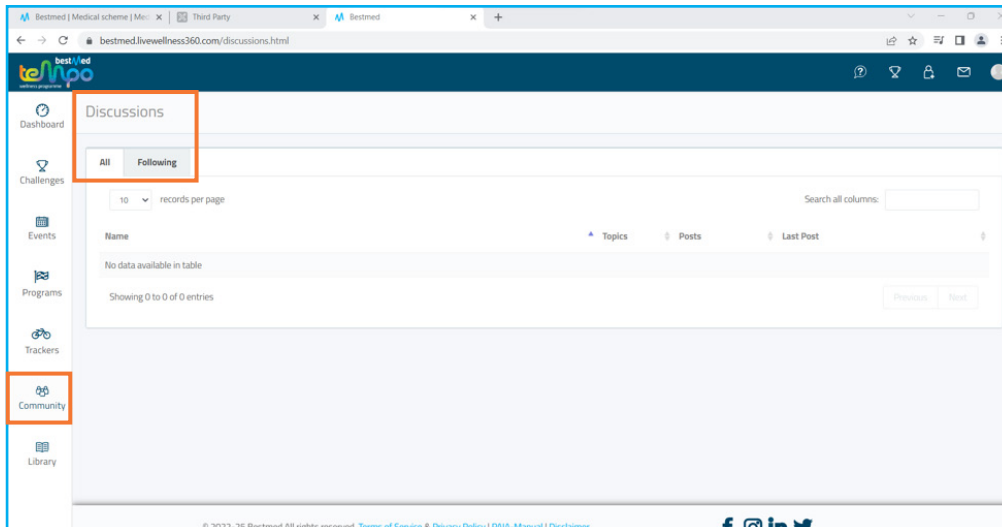
- 18.2. Hover over 'Trackers' and Nutrition Trackers to log any meal you ate.



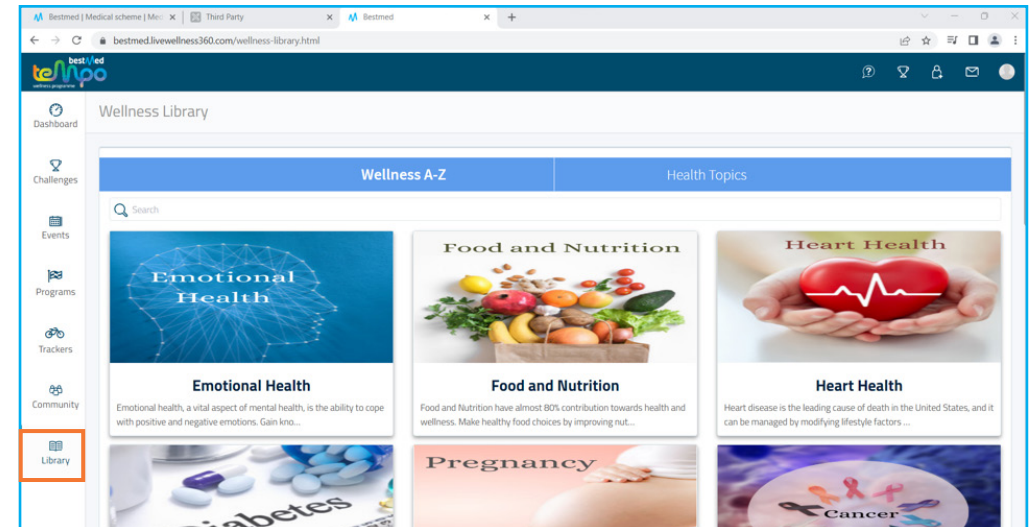
19. Groups or Discussions
19.1. Hover over the Community icon and select Groups or Discussions. You can join or create a Group or Discussion to engage with others on the platform about any exercise or nutrition topics.



19.2. The Discussions section.

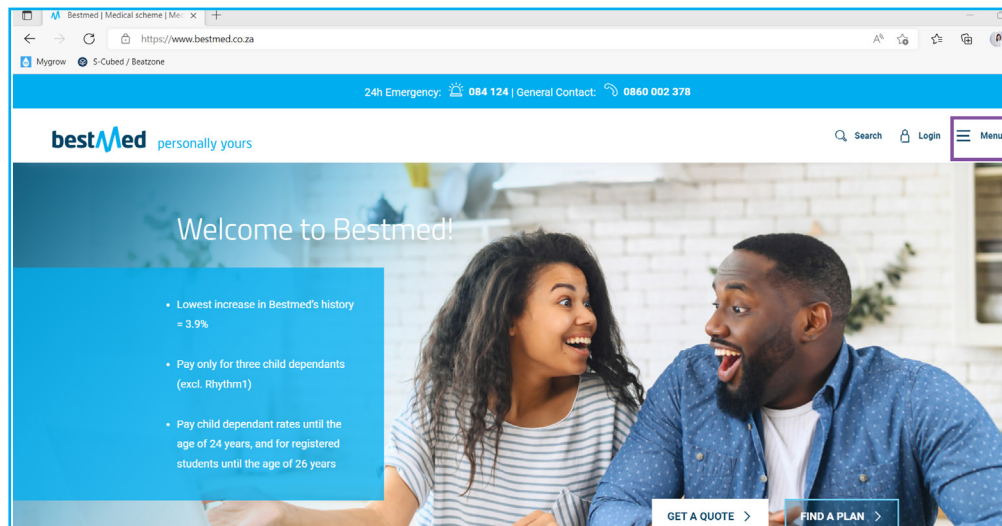


20. Click the Library icon to read any one of the hundreds of articles we have on health, nutrition, exercise, and more.

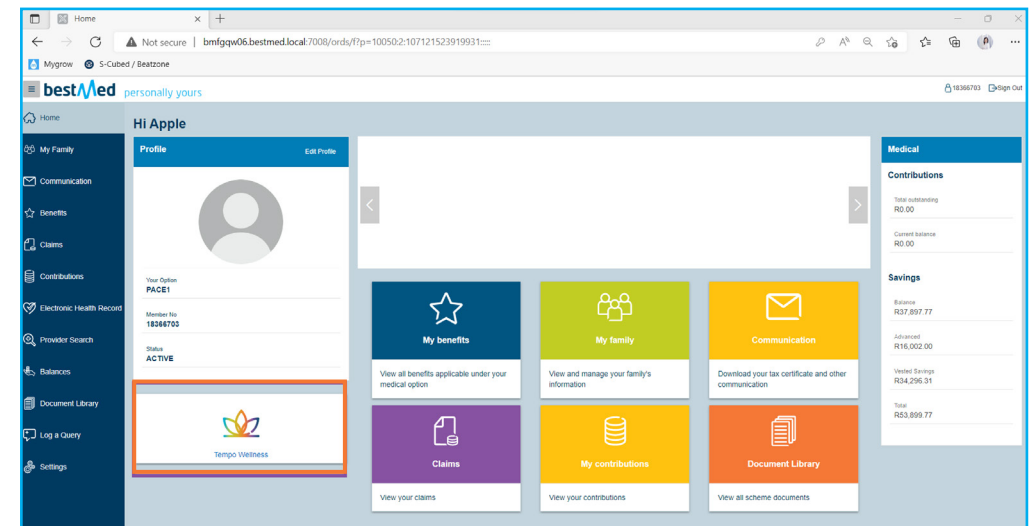


HOW TO ACCESS THE NEW TEMPO HEALTH ASSESSMENT - VIA THE BESTMED WEBSITE

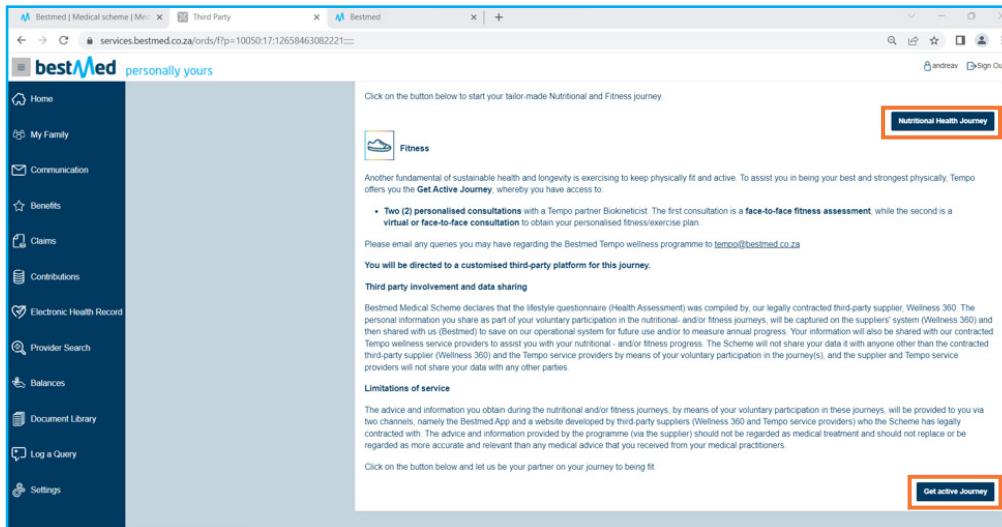
1. Log in as a member at <https://www.bestmed.co.za>



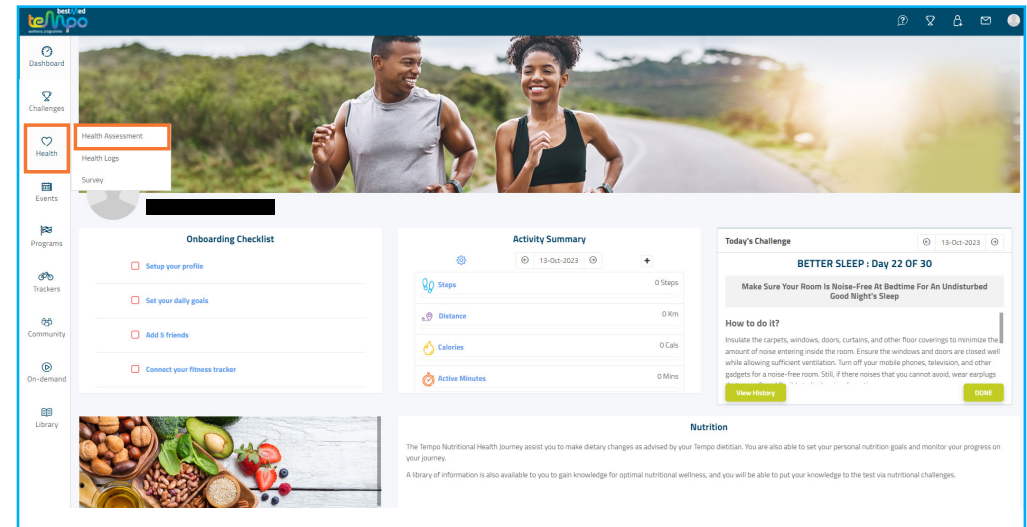
2. Click on "Tempo Wellness"



3. Click on either the 'Nutritional Health journey' or 'Get Active journey'

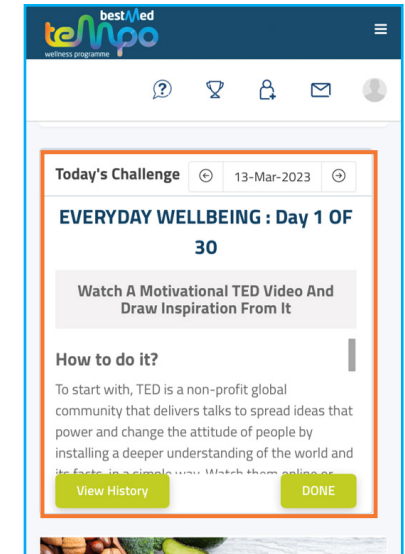
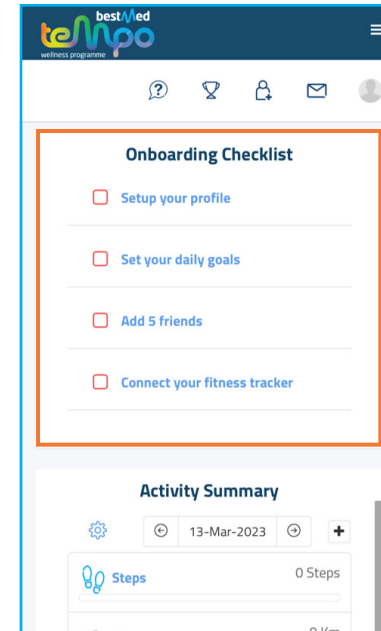
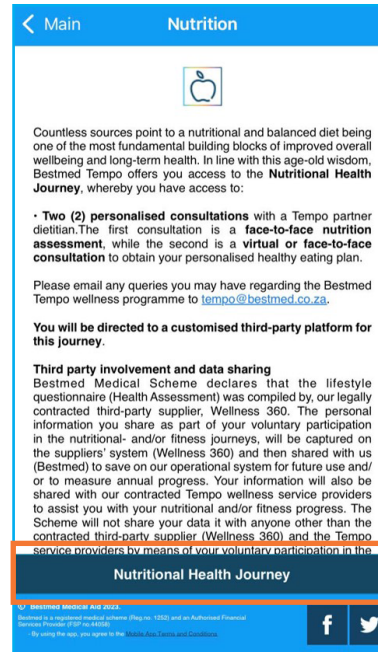
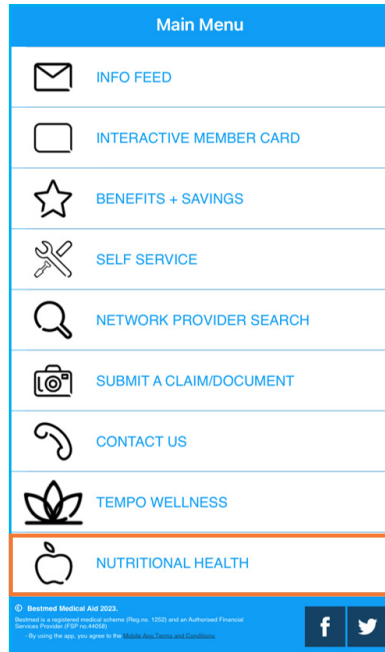
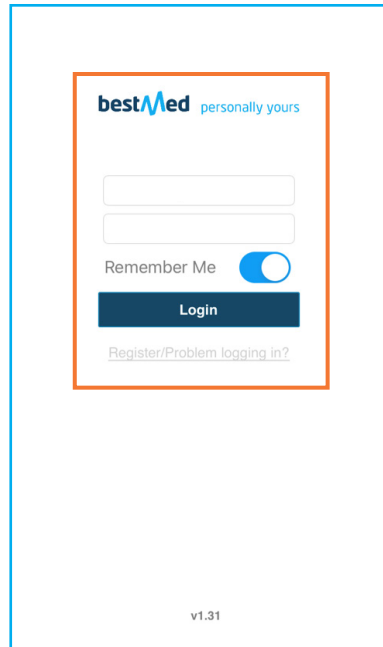


4. You will be redirected to a third-party platform. Click on 'Health' and then 'Health Assessment' on your menu items.

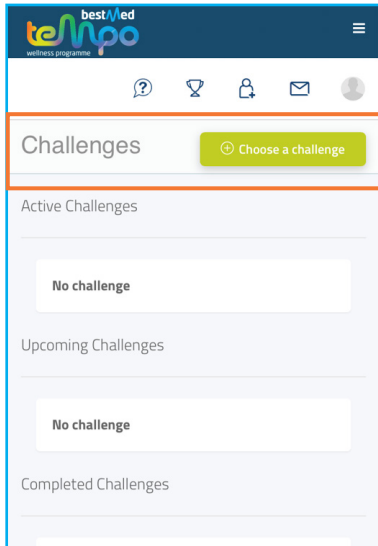


BESTMED APP – TIPS AND TRICKS TO GET THE MOST OUT OF YOUR JOURNEY:

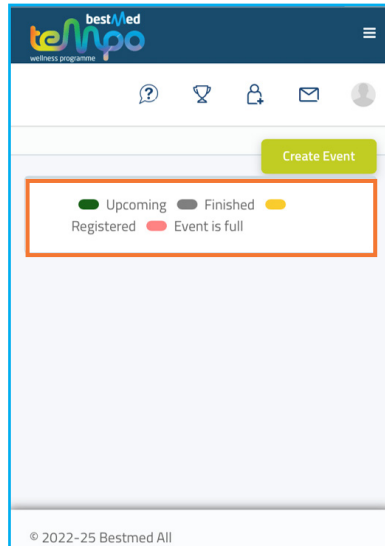
1. Insert your username and password on the login page of the App and click "Login".
2. Scroll to and select "Nutritional Health" or "Get Active" in the main menu of the App.
3. Read the overview of the journey and click on "Nutritional Health Journey" or "Get Active Journey" (dependent on which option you selected from the main menu) at the bottom to get started.
4. Your Onboarding Checklist includes: setting up your profile, setting your daily goals, adding up to 5 friends, and connecting your fitness tracker.
5. Once completed, you can swipe down and view your daily challenge. You can start taking part immediately.



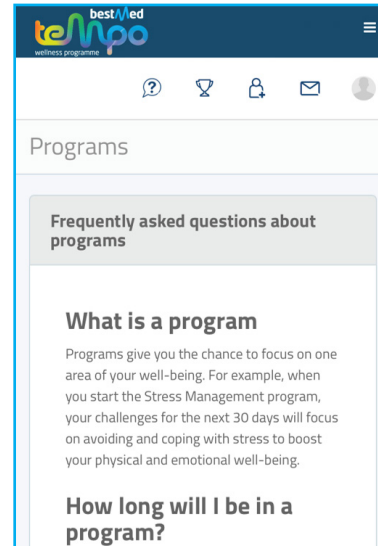
6. Select the Menu option in the top right-hand corner to see everything you can do. Select the Challenges icon to see Challenges you've completed and registered for.



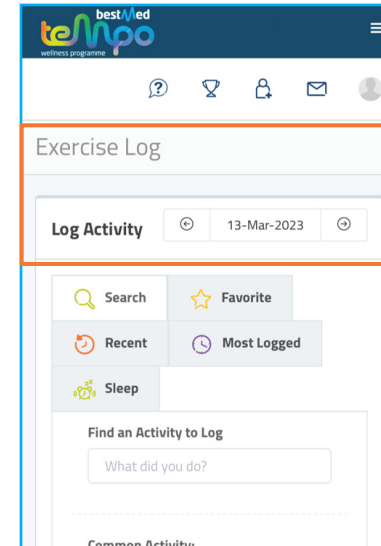
7. Select the Events icon to see upcoming events, as well as events you've registered for.



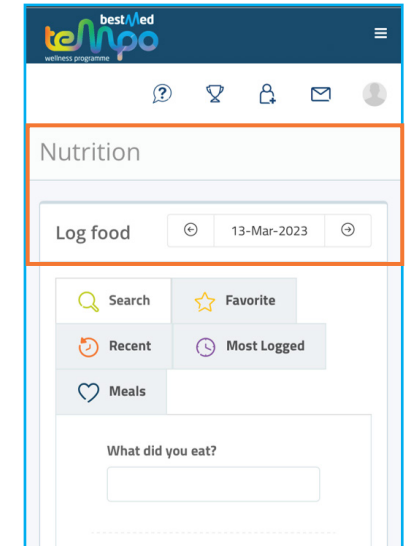
8. Select the Programmes icon to take part in a focused programme.



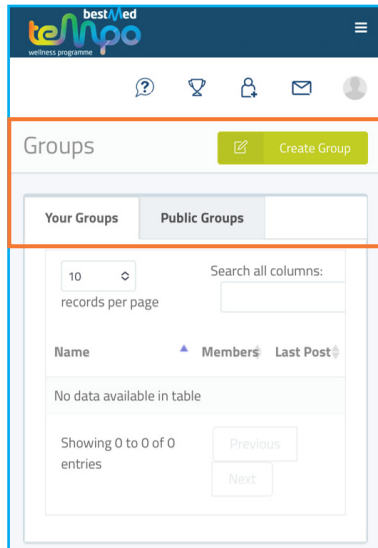
9. Log any exercise or meal
9.1. Select the Trackers icon to log exercises or any meals you've had.



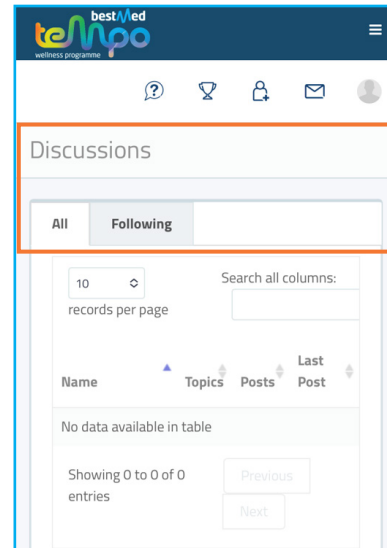
9.2. Select the Trackers icon to log exercises or any meals you've had.



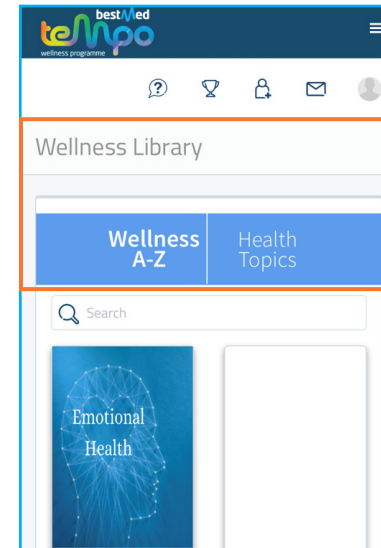
10. Groups or Discussions
- 10.1. Select the Community icon and select Groups or Discussions. You can join or create a Group or Discussion about any exercise or nutrition topics.



- 10.2. The Discussions section.



11. Select the Library icon to read any one of the hundreds of articles we have on health, nutrition, exercise, and more.



HOW TO ACCESS THE NEW TEMPO HEALTH ASSESSMENT - VIA THE BESTMED APP

1. Login to your Bestmed App
2. Choose either 'Nutritional Health' or 'Get Active'
3. Click either the 'Nutrition Health Journey' or 'Get Active Journey' to take you through to the third-party platform.
4. Lastly choose 'Health' and 'Health Assessment' to begin your new Health Assessment.

