

# Your Employee Health & Wellness Programme (EHWP)

Partner with your EHWP on your journey to optimal well-being. We provide professional support where your confidentiality is our priority.

## HOW CAN WE SUPPORT YOU?

-  Family challenges
-  Stress management
-  Financial advice
-  Substance abuse
-  Health and wellness
-  Trauma
-  HIV and AIDS
-  Legal advice
-  Work/Life support
-  Medical advice
-  Personal budgeting
-  Work-related challenges
-  Relationships

Toll-free number: **0800 111 011**  
 or send a USSD to **\*134\*664\*38#**  
 or Email: **wced@mhg.co.za**

Download the Hello Doctor application or visit the website at [www.hellodoctor.co.za](http://www.hellodoctor.co.za).