

Teacher Wellness Offerings

Four key offering categories to build your wellness product features.



Wellness Health Assessments

Comprehensive on-site wellness biometric screening with our Clinicians including: Blood pressure, Glucose and Cholesterol, BMI, Waist-to-hip ratio measurement, Grip strength, Balance Test, Eye screening.

Monthly Clinician Hot Desk

Onsite Multidisciplinary Team (e.g. Doctor, Dietitian and Biokineticist) at your facility to field medical questions.

Expert Health Talks

Our Expert Health Talks are designed to educate and inspire employees around key health pillars — from longevity (Stronger 4 Longer) and nutrition (Inside Out) to movement (Movement is Medicine), stress management (Colour Me Calm), and mental well-being.

Fun Wellness Activations

Wellness Activation Sessions offer engaging, hands-on experiences that promote relaxation, recovery, and connection — with options such as compression boot recovery, Pilates, Spinning or Yoga classes, and interactive meal prep demos.

Optional Additional Offerings

Optional extras that can be worked into your teacher wellness strategy.



01

Medical Aid Assessments

Vitality and Multiply assessments that guide teachers toward unlocking medical aid assessment benefits.

02

Eye Assessments

On-site screenings to detect vision issues early and reduce screen-related strain for healthier, sharper focus.

03

SSISA Membership discounts

Exclusive offers for access to SSISA's gym, classes, and HPC at reduced rates — supporting lasting healthy habits.

04

Group Exercise classes

Boost team energy and moral with fun, guided sessions like Yoga, Pilates, or Functional Fitness.

05

Personality and Leadership insights

Build stronger teams with interactive sessions that enhance communication, self-awareness, leadership, and collaboration.