

## New wellness app from Fedhealth

Fedhealth's new Wellculator App provides a fun and interactive way of creating and sustaining healthy and positive lifestyle behaviours.



Peter Jordan, Principal Officer of Fedhealth

Celynn Erasmus, a registered dietician, author, and Managing Director of NewCel Mobile Health Solutions, developed this free download App, which is available on Android and iOS platforms.

"It works as an evidence-based interactive pre-diagnostic assessment tool," says Peter Jordan, Principal Officer of Fedhealth. "The simple 16-question pre-diagnostic assessment gives members an honest gauge of their current health status as well as the opportunity to evaluate potential future risks.

"The future of medical care lies in preventative wellness treatment rather than just funding curative procedures. To do this we need to focus on promoting and rewarding people for being healthy."

With this in mind, the programme's methodology aims at managing energy and fatigue levels, increasing intellectual athleticism, promoting weight management and improving general health.

The App also features Fortune Cookie, a function that sends non-intrusive bite-size daily wisdoms. "The aim here is to keep people motivated and engaged while also serving as an educational and health lifestyle awareness raising tool," concludes Jordan.