



# 2026 FEMALE HEALTH PROGRAMME

*Bonitas*  
Medical Aid for South Africa

Our Female Health Programme, run in collaboration with CareWorks, is designed to complement our existing benefits and empower women to prioritise their health.

Through SHE, our online health assessment, and healthcare interventions like preventative screening, we enable women to take charge of their health. Following assessment results, a dedicated care coordinator will provide personalised guidance to ensure the best health outcomes.

## WHAT DOES THE FEMALE HEALTH PROGRAMME OFFER?

- Guidance, support, and education led by women's healthcare experts
- Early detection of diseases and seamless access to specialised care
- Proactive support in accessing essential healthcare services
- Promotion of preventative healthcare strategies tailored to women's needs
- Online SHE health assessments tailored to female health
- Supporting women throughout all life stages

## ACCESSING THE FEMALE HEALTH PROGRAMME

Through the Bonitas Female Health Programme, women are better informed, and are accessing preventative healthcare earlier. Members requiring support are contacted by the CareWorks team based on SHE online assessments, as well as claims data.

For further information, please reach out to us on **0860 999 121**.