



**REGENCY**  
employee benefits



# Your Additional Benefits

Exclusive additional  
FREE benefits for you.



## **FITNESS BENEFITS**

**Personal Training**



## **NUTRITION BENEFITS**

**Nutrition Advice**



## **CORONAVIRUS ENDORSEMENT**

**Coronavirus (COVID-19)**





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# Fitness Benefit

Regency Employee  
Benefits International  
Health Insurance  
provides access to:

**Personal Training**



## Be Strong, Healthy & Mobile

This benefit provides Regency Employee Benefits International Health Insurance Members with unlimited access to Regency's team of fully qualified personal trainers. Through tele/video conferences, members can consult Regency's health and fitness professionals and receive information, advice and fitness plans aimed at helping them achieve their health goals.

# Achieve your fitness goals



✔ BE STRONGER

✔ INCREASE FLEXIBILITY

✔ RECOVER FROM INJURIES

✔ INCREASE ENDURANCE

✔ ELIMINATE PAIN

✔ LOSE WEIGHT

✔ FEEL YOUNGER

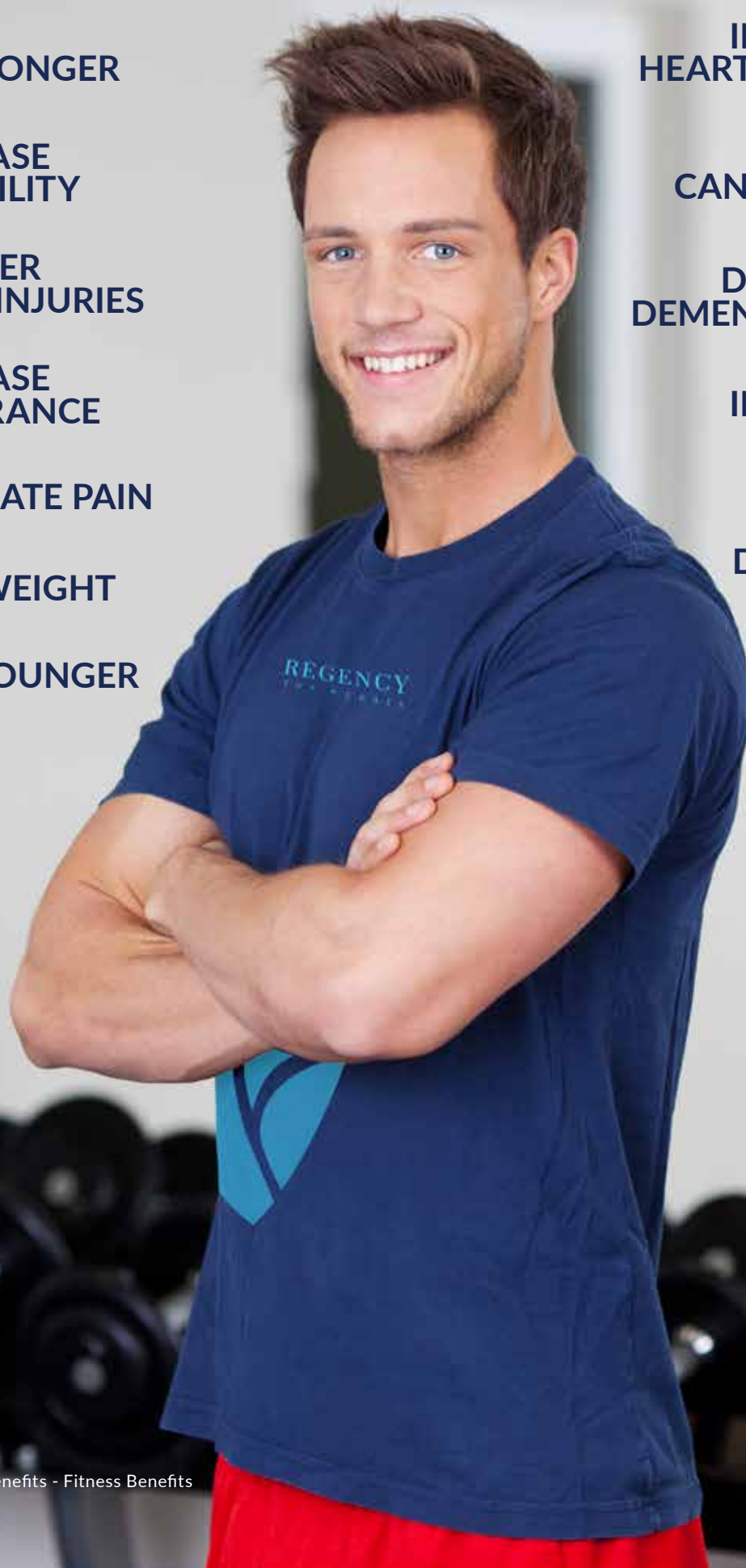
INCREASE HEART HEALTH ✔

REDUCE CANCER RISK ✔

DECREASE DEMENTIA RISK ✔

INCREASE ENERGY ✔

REDUCE DIABETES RISK ✔





# Regency Employee Benefits Fitness Benefit

Regency Employee Benefits, a Regency Assurance company, is a long term licensed insurance company. Access to Regency's fitness professionals is provided to International Health Insurance members under the Major Medical, Standard, Comprehensive and Fully Comprehensive plans subject to the standard terms, conditions, exclusions and warranties of the Regency Employee Benefits policy wording.

Regency Employee Benefits Fitness Benefit is available to international health insurance members and provides access to Regency's fitness professionals remotely via tele/video conferencing for fitness consultations, personal training information, fitness advice and the provision of personal fitness plans aimed at achieving the member's fitness goals.

Fitness benefits are only available to existing members with a valid international health insurance certificate of insurance and is subject to the standard terms conditions, exclusions and warranties of the international health insurance policy wording.

## HOW TO ACCESS

Members wishing to access Regency Employee Benefits - Fitness Benefit should contact:

Email: [claims@regency-eb.com](mailto:claims@regency-eb.com)





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## Nutrition Benefit

Regency Employee  
Benefits International  
Health Insurance  
provides access to:

**Nutrition Advice**



## Eat Well, Live Well

This benefit provides Regency Employee Benefits International Health Insurance Members with unlimited access to Regency's team of fully qualified nutritionists. Through tele/video conferences, members can consult Regency's nutrition professionals and receive information, advice and meal plans aimed at helping them achieve a healthy balanced diet.

# Achieve your health goals



- ✔ INCREASE ENERGY
- ✔ PREVENT DISEASE
- ✔ IMPROVE SLEEP
- ✔ LOSE WEIGHT
- ✔ IMPROVE SKIN COMPLEXION
- ✔ FEEL YOUNGER
- ✔ BOOST IMMUNITY
- ✔ IMPROVE DIGESTION
- ✔ FIGHT CANCER
- ✔ IMPROVE CIRCULATION
- ✔ STRENGTHEN BONES



Regency Employee Benefits - Nutrition Benefits

Information & advice is not intended to be understood as putting forth any cure for any type of acute or chronic health problem. Preventive care is not a guaranteed outcome. You should always consult with a competent, fully licensed medical professional when making any decisions regarding your health.

# Regency Nutrition Benefit



Regency Employee Benefits, a Regency Assurance company, is a long term licensed insurance company. Access to Regency's nutrition professionals is provided to International Health Insurance members under the Major Medical, Standard, Comprehensive and Fully Comprehensive plans subject to the standard terms, conditions, exclusions and warranties of the Regency Employee Benefits policy wording.

Regency Employee Benefits Nutrition Benefit is available to international health insurance members and provides access to Regency's nutrition professionals remotely via tele/video conferencing for nutrition consultations, personal diet information, nutrition advice and the provision of nutrition plans aimed at achieving the member's health goals.

Nutrition benefits are only available to existing members with a valid international health insurance certificate of insurance and is subject to the standard terms conditions, exclusions and warranties of the international health insurance policy wording.

## HOW TO ACCESS

Members wishing to access Regency Employee Benefits Nutrition Benefit should contact:

Email: [claims@regency-eb.com](mailto:claims@regency-eb.com)





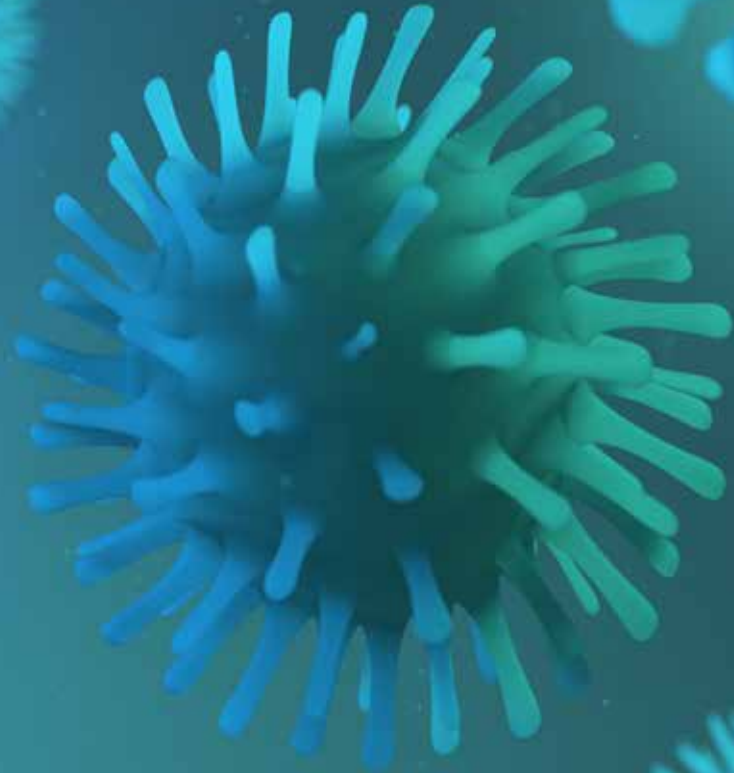
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# Coronavirus Endorsement

Regency Employee  
Benefits International  
Health Insurance plan  
does provide cover for:

**Coronavirus (COVID-19)**



World Health  
Organisation (WHO)  
Information & Advice



World Health  
Organization

Members should stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others.



# Take care of your health and protect others by doing the following:



## Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

### Why?

Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.



## Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

### Why?

When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.



## Avoid touching eyes, nose and mouth

### Why?

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.



## Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

### Why?

Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.



## If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

### Why?

National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.



## Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

### Why?

National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.





# Regency Employee Benefits Coronavirus Cover

Regency Employee Benefits, a Regency Assurance company, is a long term licensed insurance company that has designated Coronavirus as an included medical condition which is subject to the standard terms, conditions, exclusions and warranties of the Regency Employee Benefits policy wording.

We will not cover Any claim relating directly or indirectly to any medical condition or related condition for which you have received treatment, had symptoms of, had knowledge existed or should have known existed, or you sought advice for prior to your date of entry (pre-existing medical condition).

Members wishing to make a claim under the Regency Employee Benefits International Health Insurance plan should submit their claim to Regency Employee Benefits claims team as outlined within “How to make a claim” section of the Regency Employee Benefits policy brochure.