

LIFESTYLE



Free information on health and wellbeing.

At a glance

Stay updated, be in the know. You get access to a wide range of wellness resources available on Multiply's customised Health24 website, free of charge.

For more info visit www.health24.com

What you get

Premier

Free access to the latest medical news and views, as well as information and education on a variety of health issues. A monthly electronic newsletter and comprehensive weekly e-mail reports on topical lifestyle issues, from weight loss to depression.

Provider

Free access to the latest medical news and views, as well as information and education on a variety of health issues. A monthly electronic newsletter and comprehensive weekly e-mail reports on topical lifestyle issues, from weight loss to depression.

Starter

Free access to the latest medical news and views, as well as information and education on a variety of health issues. A monthly electronic newsletter and comprehensive weekly e-mail reports on topical lifestyle issues, from weight loss to depression.

How it works

How to get it

Logon to www.health24.com

Using the benefit

Navigate to Health24's article archives or health and wellness programmes.

The standard Multiply Ts & Cs apply.

