



included with every Simply policy

Simply Wellness. Real support, whenever you need it.

A wellbeing benefit for all policy holders and their households, built the Simply way. Real human help on the phone, in person, and in an app, free with your Simply cover. No forms, no extra cost, no catch.

✓ 24/7 counselling

✓ Legal and financial support

✓ Free with your policy

why we believe in this

Life happens, and South Africans need somewhere to turn.

Our customers kept telling us the same thing: families need more than a payout when things go wrong. Simply Wellness is our answer, built into the same simple cover you already trust, for every policyholder, at no extra cost.

27%

of South Africans are
affected by depression.

1 in 3

face a mental health
challenge in their lifetime.

15.9%

have experienced a mental
health condition.

Sources: SADAG, EAPA-SA, National Planning Commission.

add simply wellness

Simply's wellness plan is free for everyone with a Simply policy.
Talk to us today.

MORE INFO

simply.co.za/wellness/

what's included

Everything you might need, in one Simply benefit.



Telephonic counselling

A qualified therapist for you and your family, 24/7/365.

- ✓ Stress, burnout and overwhelm
- ✓ Relationship and family difficulties
- ✓ Trauma debriefing



Legal advice and wills

Free telephonic advice for moments that need real expertise.

- ✓ Divorce, custody and maintenance
- ✓ Property questions and agreements
- ✓ Wills and testaments



Financial guidance

Telephonic support to help you feel in control of your money.

- ✓ Debt management and debt review
- ✓ Budgeting and money planning
- ✓ Tax guidance in plain language



Face to face counselling*

In-person sessions through a nationwide network of therapists.

- ✓ Depression, anxiety, chronic stress
- ✓ Couples counselling and personal growth
- ✓ Substance use and traumatic life events

**additional cost*



Supportive services

Community and wellbeing moments that keep you supported all year.

- ✓ Wellness screenings and health checks
- ✓ Support groups and wellbeing talks
- ✓ Chronic illness and HIV support



Wellness app

Download, register and tap into the full programme from one place.

- ✓ Live chat with a counsellor, 24/7
- ✓ Book counselling, legal or financial sessions
- ✓ Podcasts, articles, videos and tools