



**INKULUMO KANGQONGQOSHE WEZOKUTHUTHA, UKUPHEPHA
NOKUXHUMANISA UMPHAKATHI KWAZULU-NATAL UMNUZ BHEKI CELE
EMCIMBINI WOKWETHULWA KWE- EMPLOYEE HEALTH AND WELLNESS
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Ngibanibengelela nonke

- ? Mangibonge kunina nonke enikwaze ukufika kulo mcimbi wokwethulwa kohlelo lwezempilo kubasebenzi i-Employee Health and Wellness Programme.

- ? Ukuhlangana kwethu lapha kusagcizelela kona ukuthi njengezisebenzi zomphakathi ngaphansi koMnyango wezokuThutha KwaZulu-Natal siyakuqonda ukubaluleka kokuthi sihlangane ngaphansi kophahla olulodwa sibhunge ngezinto ezithinta indlela esiphila ngayo.

- ? Phela akekho umuntu ophila kahle emqondweni ongaphika ukuthi indlela esiphila ngayo inomthelela ekuhlukumezekeni kwethu noma ngezingozi zomgwaqo noma ngezifo.

- ? NjengoMnyango siyaziqhenya ngokuthatha izinyathelo ezibalulekile ekubhekaneni nenkinga yendlela esiphila ngayo esifundazweni saKwaZulu-Natal. Lo Mnyango kuseyiwona kuphela eminyangweni kahulumeni eNingizimu Afrika, ngaphandle koMnyango wezeMpilo, onohlelo olubhekele ezempilo kubasebenzi ngale ndlela .

- ? Lolu hlelo luhlose ukubhekana nayo yonke imikhakha yezempilo, kuhlanganisa phakathi kokunye, isimo sengqondo, indlela yokuziphatha , indlela yokubheka izinto nesimo sokuphatheka emoyeni .

- ? UMnyango uthathe indlela edidiyele ukuze kusizakale abasebenzi abanezinkinga empilweni ngokwenyama, ngokudla okungenamsoco, ngokwenhlanzeko, ngokwenhlalo nangokwandisa izinsuku zokuphila kwabahlaselwe i-HIV. Ekugcineni sifuna abasebenzi bahlale bekwazi ukusebenza kunciphe ukulova emsebenzini.

- ? Njengamanje abasebenzi bethu bathola ukufundiswa nokuqwashiswa ngezinto ezahlukene kwezempilo, kuhlanganisa i-HIV/AIDS, ukusebenzisa budedengu utshwala nezidakamizwa, nokukhubazeka, kusetshenziswa izinhlelo nemihlangano yokufundisana eyenziwa ezindaweni ezahlukene.

- ? Njengoba uMnyango wezokuThutha uwahlonipha amagalelo abasebenzi bawo futhi ubazisa ngokuba yingxenye ebalulekile yoMnyango ekuvikeleni ababuthaka, siyakuqonda futhi ukuthi konga imali kusize nezinhlangothi zonke ukugcina abasebenzi asebenesipiliyoni.

- ? Imitholampilo yethu inikeza ngohlelo lokwelapha oluphelele. Abasebenzi abaningi batholakala benezifo ezingamahlalakhona bese bethola ukwelashwa nokwelulekwa ngendlela efanele. Udokotela oqeqeshiwe uhambela ezifundeni njalo ngenyanga lapho ebheka abantu asebenenkinga yokusebenza kahle ngenxa yezifo ezithile. Lokhu sekubonakala kubasiza kakhulu abasebenzi njengoba nesibalo siya ngokwenyuka kwabahambela imitholampilo.

- ? Ngokujwayelekile bangu-2340 abasebenzi ababonwa ngodokotela bethu kuyo yonke iKwaZulu-Natal: Abangaphezulu kuka-800 bathola amaphesela okudla; abangu-47 bathola ama-ARV namaphesela okudla; abangu-47 balashelwa isifo sikashukela; abangu-120 balashelwa iCholesterol nyanga zonke; abangu-259 balashelwa iBP nyanga zonke bese kuthi abangu-180 babhekwe udokotela nyanga zonke ngezifo eziphathelene namathambo.

- ? NjengoNgqongqoshe wezokuThutha, nginxusa bonke abaphathi nabasebenzi ukuthi balusebenzise lolu hlelo lwezempilo. Masibambe iqhaza sonke. Kubalulekile ukuthi niyisebenzise le mitholampilo ukuze sithole ukuthi simi kanjani kwezempilo yethu. Kulolu hlelo lwe-Employee Health & Wellness siyaziqhenya ngokuba nezimfihlo futhi siqinisekisa ukuthi noma ngubani ophambana naleso sifungo uyobhekana nomthetho.

- ? Sengiphetha, ukuphila esikhuluma ngakho lapha akukona ukungabi nazifo nje, sisho ukuphila okufanele emzimbeni, emqondweni nasemoyeni. Sisho ukuphila okuhamba nenjabulo nomfutho. Ukuphila okusinika umuzwa wokubona lapho siphokophele khona nokubhekana nezibopho nezinselelo esinazo ngokwethembeka nangomdlandla.

- ? Mhlambe luyeza usuku lapho amazwe engeke abhekwe ngokuqina kwezempi nomnotho noma ubukhazikhazi bamadolobha awo, kodwa abhekwe ngenhlalakahle yabantu, izinga lezempilo, ukudla okunempilo nokufundisana ngezindlela zokuphila kahle .

- ? Uma lungakafiki lolo suku uMnyango uzohlale wenza okusemandleni ukuqinisekisa ukuthi abasebenzi bawo bayathuthukiswa .

Ngiyabonga