



## Moving up in the wellness team

### Description

**Meet Thobeka Silwane, who has been promoted to the position of Advanced Specialist: Wellness & Lifestyle Management Lead, effective from 1 March 2023.**

Since joining the Medscheme Wellness & Lifestyle Management Functional Unit last year, Thobeka has already made an invaluable contribution to the deployment of wellness elements within the AfroCentric mobile platform (AMP) and the evolution of the Medscheme Weight Management Programme.

Thobeka holds a degree in Nursing Science, a BTech in Project Management and a Postgraduate Diploma in Healthcare Technology Management, and she's currently in her third year of studying for an LLB degree.

She started at Medscheme 10 years ago as a Care Manager in ADRM before progressing to Team Leader, where she helped to implement an ADRM department for Polmed. She then spent six years as a Senior Specialist in the Support Solutions space, supporting various business units.

Thobeka is well known in the company for her broad involvement in the AMP project and has also played a crucial role in the introduction and implementation of various elements of the Medscheme Mental Health Project.

Let's all congratulate Thobeka on her new position as she continues to develop meaningful solutions in Wellness & Lifestyle Management!

### Category

1. Our Wellness