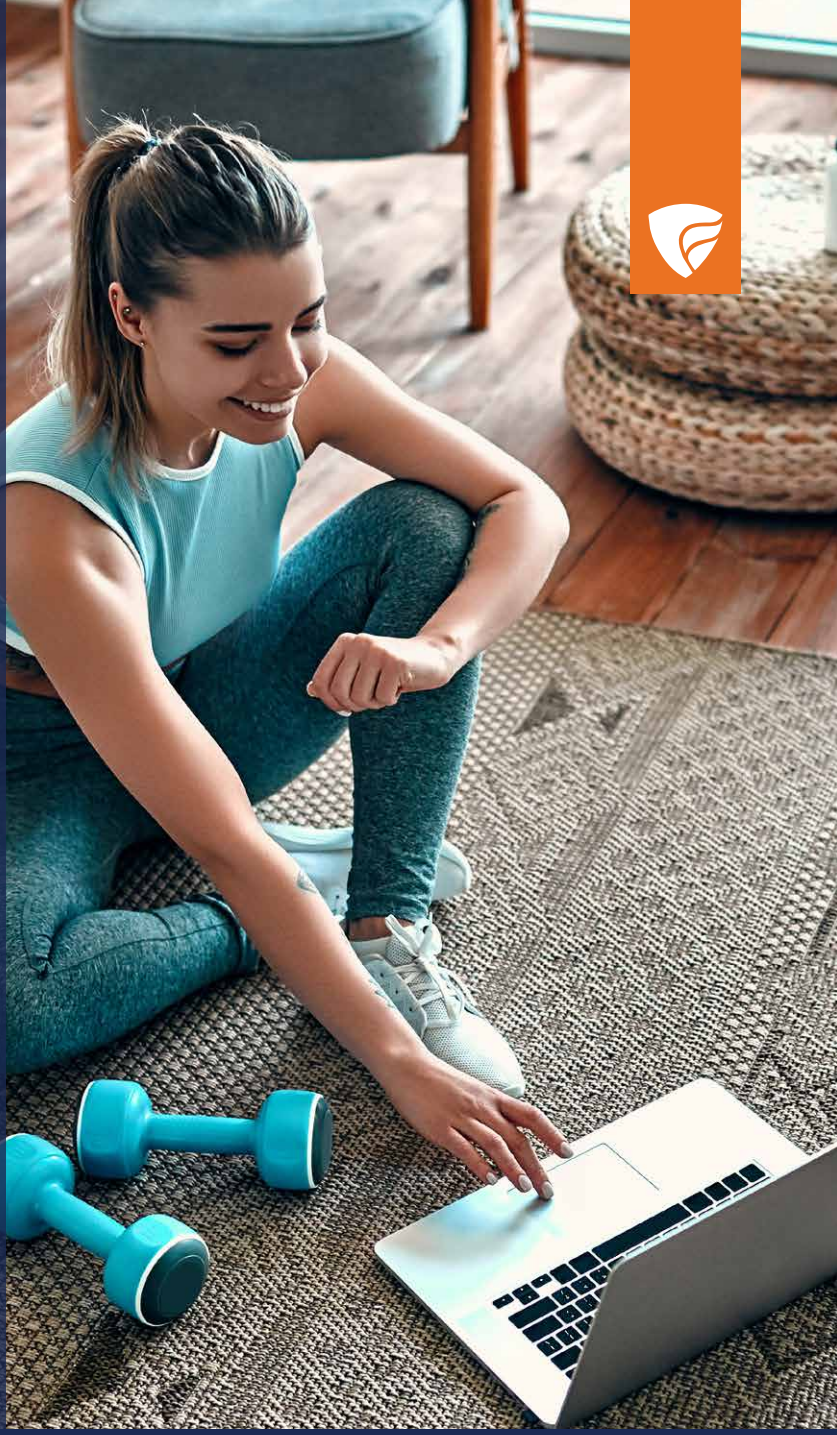
REGENCY
for expats

Fitness Benefit



Your Regency for Expats International Health Insurance provides access to:

Personal Training

"LIVELIFE
Be strong, healthy & mobile"

This benefit provides Regency for Expats International Health Insurance members with access to Regency's team of fitness experts. 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.

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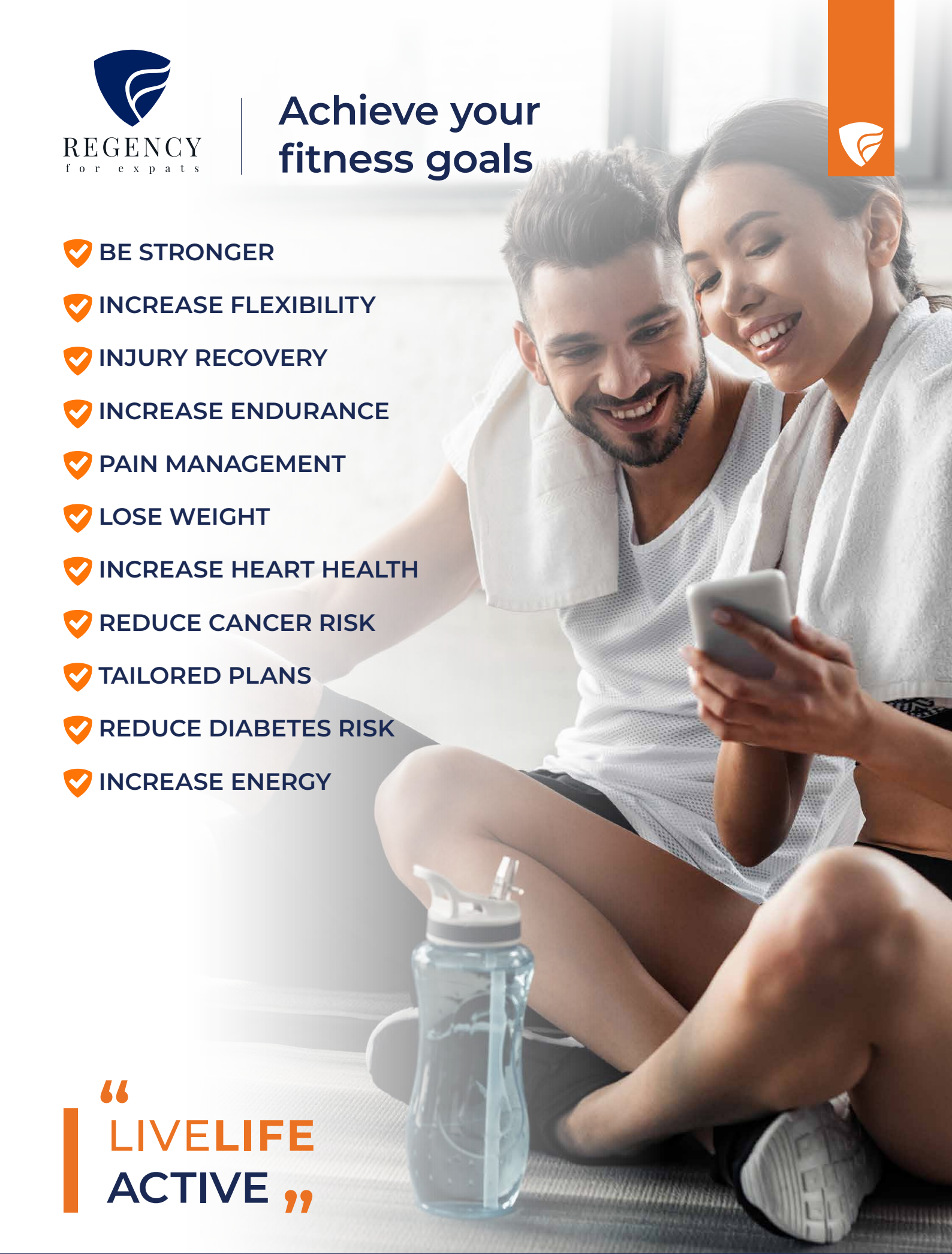
Achieve your fitness goals



- BE STRONGER
- INCREASE FLEXIBILITY
- INJURY RECOVERY
- INCREASE ENDURANCE
- PAIN MANAGEMENT
- LOSE WEIGHT
- INCREASE HEART HEALTH
- REDUCE CANCER RISK
- TAILORED PLANS
- REDUCE DIABETES RISK
- INCREASE ENERGY

"LIVELIFE ACTIVE"

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Regency for Expats Fitness Benefit

Regency for Expats, 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, and 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, definitions, exclusions and warranties of the international health insurance policy wording.

Regency for Expats 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 fitness goals.

HOW TO ACCESS

Members wishing to access Regency for Expats Fitness Benefit should contact our Global Assistance Centre.
Email: **claims@regency-ga.com**

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