

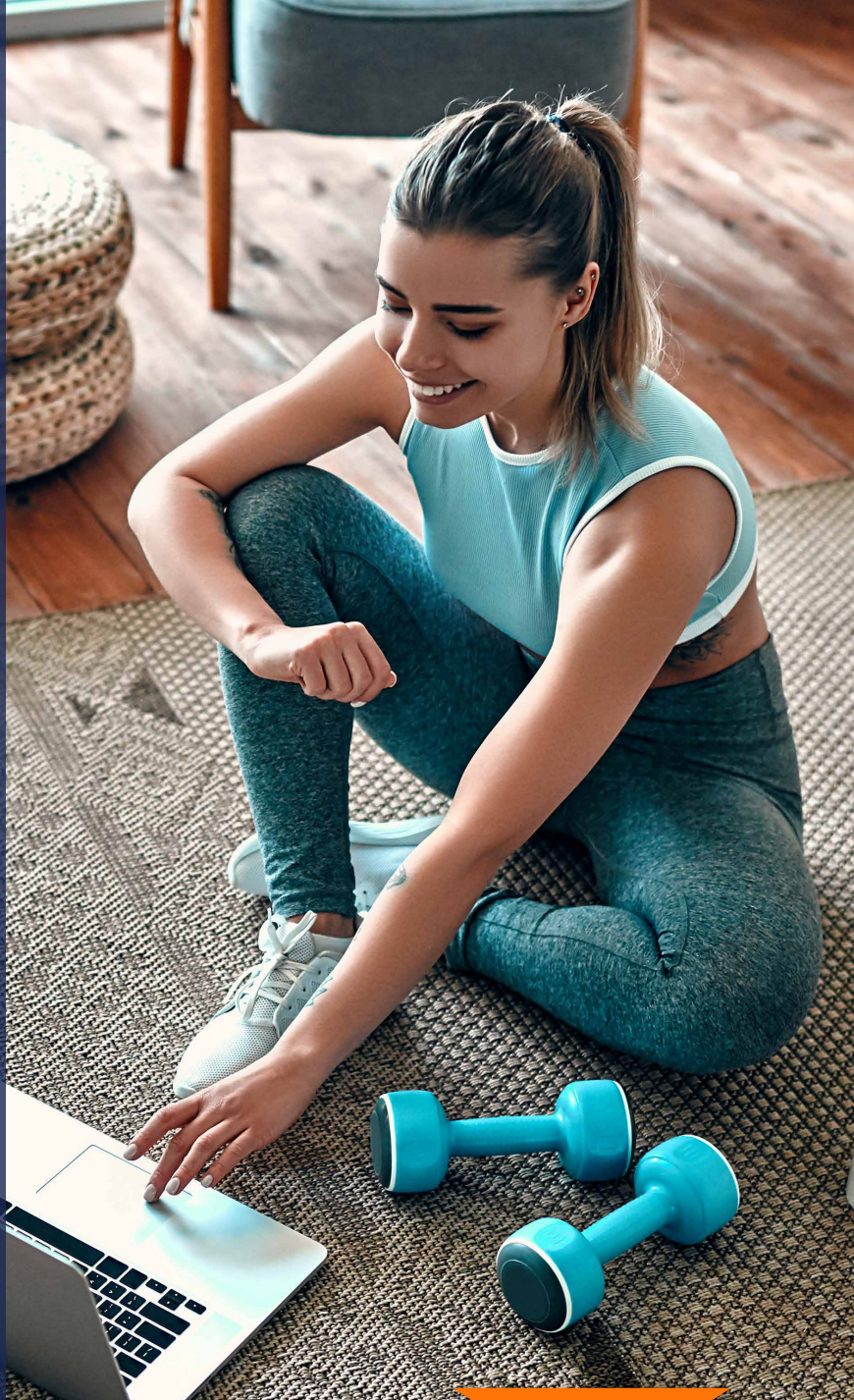


REGENCY
for expats

Fitness Benefit

Your Regency for Expats
International Health
Insurance provides
access to:

Personal Training



Be Strong, Healthy & Mobile

This benefit provides Regency for Expats International Health Insurance Members with unlimited access to Regency's team of fully qualified personal trainers. 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.



Achieve your fitness goals



✓ BE STRONGER

✓ INCREASE FLEXIBILITY

✓ RECOVER FROM INJURIES

✓ INCREASE ENDURANCE

✓ ELIMINATE PAIN

✓ LOSE WEIGHT

✓ FEEL YOUNGER

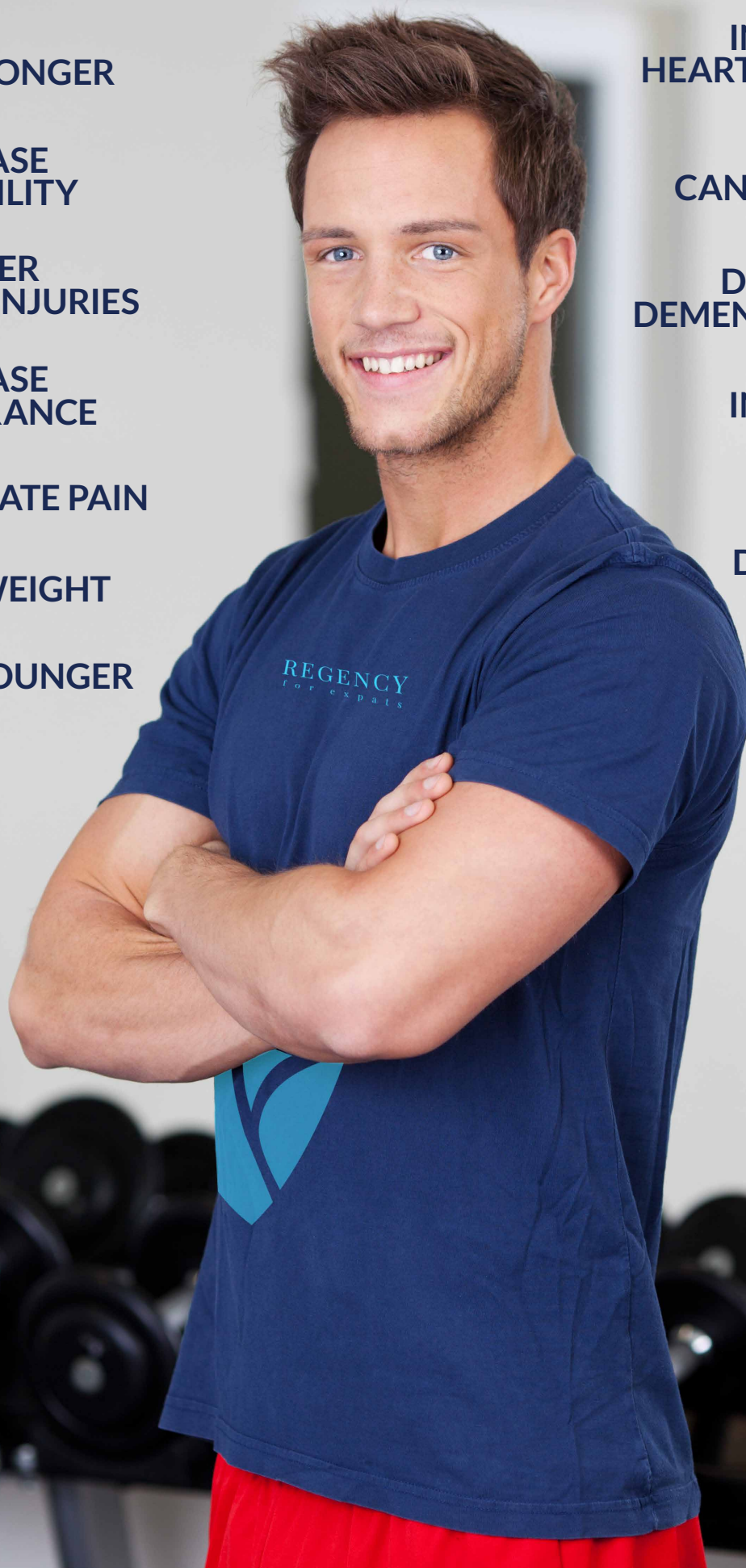
INCREASE HEART HEALTH ✓

REDUCE CANCER RISK ✓

DECREASE DEMENTIA RISK ✓

INCREASE ENERGY ✓

REDUCE DIABETES RISK ✓





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 subject to the standard terms, conditions, exclusions and warranties of the Regency for Expats 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 members fitness goals.

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, exclusions and warranties of the international health insurance policy wording.

HOW TO ACCESS

Members wishing to access Regency for Expats Fitness Benefit should contact claims.

Email: claims@regencyforexpats.com