

COMPANY OVERVIEW

Protecting Worker Health. Strengthening Workplaces.



OCCUPATIONAL HEALTH. HUMAN CARE.

Optimum Health and Fitness Centre (Pty) Ltd provides occupational health services for companies and individual workers at our Welkom clinic. We serve Welkom, Theunissen, Henneman and the wider Free State.

Medical assessments

Pre-employment, periodic, annual and exit medicals.

Specialised screening

Audiometry, spirometry, vision and general health screening.

Fitness outcomes

Fitness-for-work assessment and appropriate referral.

All assessments are matched to the worker's occupation and exposure requirements. Contact the clinic for a quotation and appointment confirmation.

OUR PEOPLE & YOUR NEXT STEP

Professional care. Personal commitment.



FOUNDER, OWNER & DIRECTOR

Anna Ntsepase Shai

Professional Nurse, Midwife and Occupational Health Nurse Practitioner. Advanced Diploma in Occupational Health Nursing, University of the Free State. 18 years of nursing experience across hospital and primary healthcare settings.



MANAGER

Mapomsi Msindisi Mdlovu

Coordinates clinic operations, employer relationships and appointment planning.

Referral OMP: Dr Solomon Phetlhe

Further investigation and medical review are arranged through the referral pathway where required.

VISIT THE CLINIC

2 Louis Rossouw Boulevard Street, Riebeeckstad, Welkom.

Company and individual bookings welcome. Your preferred date is confirmed by our team.

BOOKINGS & QUOTATIONS

065 554 7462 | Calls & WhatsApp

info@optimumhfc.com | bookings@optimumhfc.com

Monday-Friday 07:00-16:00. After hours & weekends by appointment.