

Navigate through lockdown with LifeCheq

With week two into the national lockdown in South Africa, many of us are worried about the impact of Covid-19, not only on our health but on our businesses, work, finances and anxiety levels.

So says Abu Addae, CEO of LifeCheq, which released an interactive online tool at the start of the national lockdown to help cut through the confusion during this time of crisis. The tool was originally developed to support LifeCheq clients, but has been made available free to anyone, given the pressing need across all sections of society.



It's critical that we have access to the latest information and advice available so we can make informed choices to get through the next few weeks and beyond.

"There's never been a more important time to think smart and plan well. Having solid, verified and up-to-date information is essential and we wanted to create something to help people feel more confident about what they need to be doing at this time, especially as the situation is unfolding so quickly and the amount of information available can be overwhelming.

"Our tool uses mathematical models to track the spread of the virus and provide actionable insights on how to play your part in the fight. It uses data to explain the importance of not unnecessarily overloading the healthcare system, and tips on how to cope from a personal and financial point of view," says Addae.

Interactive features allow users to select and filter information relevant to where they live and their personal needs and interests. As well as painting a macro picture of up-to-date case numbers by region – and the likely actual infection rate –

modelling tools and videos bring to life the impact of social distancing behaviours on flattening the curve.

“It’s eye opening to see the model predicting the difference that can be made between limited, moderate and extensive social distancing practices,” says Addae. “This is the area where we as citizens can all make a significant impact and it’s important to be reminded of this as we struggle through the national lockdown.”

For business owners, the tool gives a statistical probability of how likely it is that an employee is already infected, based on region and number of staff, and tailored advice around what to do in response. For those who are able to work from home, there are tips for how to do so effectively during the pandemic.

And with people’s minds on the state of the economy and their personal finances, Addae offers the following guidance: “The negative news on the market is alarming and it can be tempting to rush to cash in your long-term investments. Our current advice is – don’t, unless you urgently need the money. If we work together, we will get through this, and then you will miss out on the recovery and potentially be in a worse place than before.”

LifeCheq continuously updates the tool, adding new features as the Covid-19 situation unfolds and more information is released by the government and international bodies like the World Health Organisation. It’s easily accessed from a mobile phone or computer and remembers your personal data selections each time you log back in.

Access the tool for free: <https://lifecheq.co.za/corona>

For more, visit: <https://www.bizcommunity.com>