



2023 Annual General Meeting

MEDIPOS Medical Scheme will be holding a hybrid Annual General Meeting (AGM), which means either in-person or attending virtually. The AGM which was initially planned to be held on Monday 31 July 2023 is postponed and subject to Council for Medical Scheme's approval, the AGM will be held on Tuesday 15 August 2023 at the Manhattan Hotel Pretoria.

The AGM Notice, together with all the relevant information will be made available on the Scheme's website on www.medipos.co.za. You will also receive your AGM pack via email and an SMS link.

If you have shared your email and cellphone number with the Scheme, but have not been receiving any emails or SMS's from MEDIPOS, please contact our Client Services department on 0860 100 078 to confirm or update your details, as we do not want you missing any important information shared by the Scheme.

MEDIPOS CONTACT DETAILS

CLIENT SERVICES TEAM AND HOSPITAL AND PRE-AUTHORISATION

Tel: 0860 100 078
Email: enquiries@medipos.co.za
Email: preauth@medipos.co.za
Website: www.medipos.co.za

REPORT FRAUD TO:

MEDIPOS Anti-fraud Hotline
Tel: 0800 112 811 or SMS: 33490
Email: information@whistleblowing.co.za

ADDRESS FOR THE SUBMISSION OF CLAIMS

Email: claims@medipos.co.za
P.O Box 921, Westville, 3629

SEND US YOUR SUGGESTIONS!

Please send us your suggestions on how you think the Scheme can improve its service delivery and benefits. Your suggestions may be emailed to: fundmanagement@medipos.co.za

MENTAL ILLNESS AWARENESS

UNDERSTAND AND SUPPORT THOSE LIVING WITH MENTAL ILLNESS



A mental disorder can affect a person's mood, thoughts and behaviours. In serious cases a person could suffer from depression, bipolar disorder, obsessive-compulsive disorder or schizophrenia.

Being diagnosed with a mental illness can be a scary thought — but medicines and treatment programmes today can help patients lead full and rewarding lives. Medication alone is often not enough, and a person recovering from a mental illness will need all the support he/she can get from friends and family and professional therapists.

How to support someone living with a mental illness



Do research.

Support someone by first understanding what they are dealing with. You might not be able to relate on a personal level, but you will be able to spot the signs and symptoms and hopefully react in an effective manner.



Don't take charge (unless you have to).

Allow your loved one to take responsibility for his/her own actions. People suffering from a mental illness still need to feel in control of their own lives



Look out for peer support groups

and individual and/or group psychotherapy sessions. Make these options available to your loved one and encourage him/her to join (never force).



Be open and honest

Ask what they're feeling, what they're struggling with and what they'd like from you. Work together with them for the sake of their own happiness.

Should you feel stressed or overwhelmed don't forget that we have a Mental Health Program, where registered clinicians are there so support you. Call 0860 100 078 should you want to know more.