



Dear Member

Autumn is already upon us, and as we head towards the winter months' we trust that you are keeping safe and well. In this issue we will be giving you information on various topics to include:

- A reminder about the importance of having the flu vaccine;
- A focus on autism and malaria, and
- Giving you an insight with regards to the Protection of Personal Information Act (POPIA), something that we will be focusing on over the next few months.

We trust that this information will be of interest to each of you.

Stay safe, until next month!

FLU Vaccinations

We are entering the flu season, and we would strongly encourage those of you who are over 60 or have co-morbidities to have your annual flu vaccine. It is recommended that you have the flu vaccine at least 14 days before having the COVID-19 vaccine, as it takes up to 14 days for the COVID-19 vaccine to work, and cannot be given at the same time as any other vaccine. The flu vaccine forms part of your Preventative Care benefits and is covered by the Scheme. These are readily available at your local pharmacies.



AUTISM AWARENESS

During the month of April, World Autism Day was celebrated, providing an opportunity to focus on those living with Autism and what it means.

Autism can affect children and adults in many ways, but is generally seen as a condition that impacts on their ability to function in society, as it affects the way in which they communicate and behave with other people. It also effects people differently, and it is often referred to as being on the Spectrum, given the level of difficulty people have with coping within their environment. For example, a person may be very successful academically, but struggle with being in crowd, or with sensory overload.

Whilst we do not know specifically what causes Autism, it seems that it effects the area of the brain that processes language learning and how one reacts and is able to process sensory input. Research has shown that is four times more likely to effect boys than girls, and the most common symptoms are, viz:

- Little or inconsistent eye contact
- Not sharing enjoyment of objects or activities by pointing or showing things to others
- Difficulty with back and forth communication
- Talking at length without gauging the interest of others
- A flat tone of voice
- Difficulty with perspective-taking
- Sensory sensitivities
- Repeating certain behavior, words or phrases
- Intense interest in specific things
- Becoming upset by changes in routine
- Problem with sleeping

The management of Autism can be dealt with in many ways, and will include behavioral therapies, medication, managing one's diet etc. Various benefits will be covered by MEDIPOS, the extent to which will be dependent on the treatment determined by your doctor. MEDIPOS understands that it can be very difficult for parents whose child seems different, and should your child, or an adult in your family show some of the above behaviors, we would encourage you to engage with your doctor for support and direction. Our dedicated MEDIPOS mental wellness nurses are also on hand to provide you with support and direction, and can be contacted on 0860 100 078

South Africa offers support through various organisations such as <https://aut2know.col.za> and <https://www.autismresources.co.za>



MALARIA



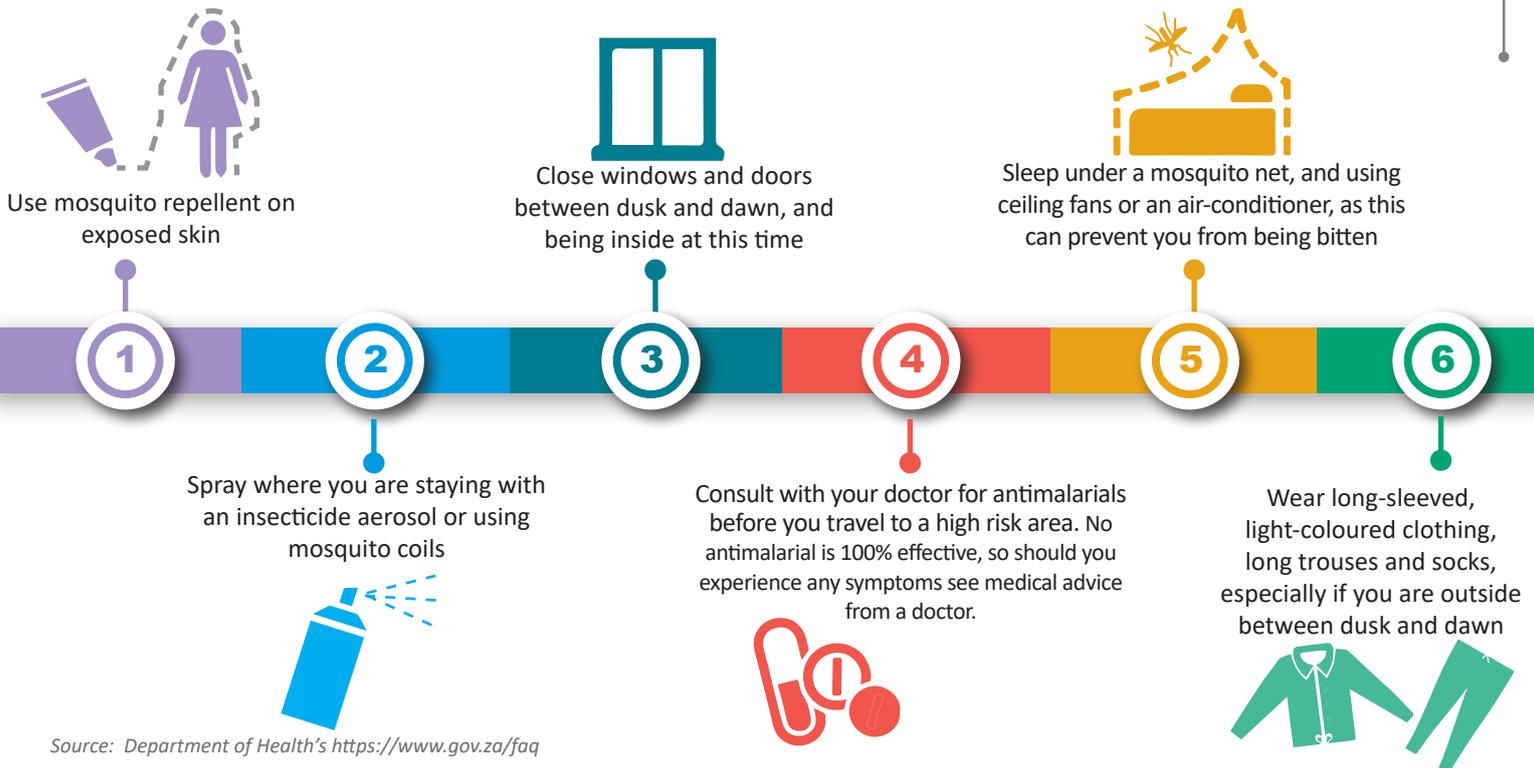
Another health condition that is focused on during the month of April is Malaria, as it kills thousands of people each year, of which 600,000 are in Africa. It is a serious and often fatal disease which is caused by a bug that infects certain types of mosquitos. It is common in Provinces such as Limpopo, Mpumalanga, and Kwa-Zulu Natal, and can affect up to 10% of our population each year. Malaria is a seasonal disease, and one usually sees a rise in cases from September, usually peaking in our hottest months of January and February, and dropping towards the end of May.

One gets Malaria from being bitten by a mosquito that has been infected by the bug, and symptoms usually start developing 10-14

days after having been bitten. If you have been in a known malaria area, and you start experiencing flu-like symptoms such as fever, headaches, sweating fatigue, or experience diarrhea, loss of appetite, vomiting etc, we would encourage you to contact your doctor as soon as possible. We would suggest that if you experience these symptoms for up to six months after being in a malaria area, that you see your doctor, as a safety precaution.

MEDIPOS will cover the cost of any GP visits or medication you need should you get Malaria, and in extreme cases being in hospital.

TIPS TO PREVENT MALARIA



Source: Department of Health's <https://www.gov.za/faq>

POPIA INFO

What you need to know about the Protection of Personal Information Act (POPIA) and how it will affect you?

POPIA refers to South Africa's Protection of Personal Information Act which seeks to regulate the Processing of any Personal Information relating to you, and all your dependents, and can include, but not be limited to the following:

- contact details: email, telephone, address
- demographic information: age, gender, race, birth date, ethnicity
- history: employment, financial, educational, criminal, medical history

- biometric information: blood type
- private correspondence
- Processing means anything that can be done with your Personal Information, such as the collection, usage, storage, modification or destruction, whether such processing is automated or not.

As your Scheme, we understand the importance of keeping your information secure, and we will be embarking on a journey with you to ensure that you understand your rights, and the terms and conditions with being a member of MEDIPOS. So as not to miss out on important communication we encourage you to contact us so that we can make sure we have your most up to date personal information.

MEDIPOS CONTACT DETAILS

Client Services Team
Tel: 0860 100 078
Email: enquiries@medipos.co.za
Website: www.medipos.co.za

Address for the submission of claims
P.O Box 921, Westville, 3629

Hospital pre-authorisation
Tel: 0860 100 078

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

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