



Dear Member

August is Women’s Month and although it is great to always celebrate the amazing women in your life, this month gives you extra reason to do just that.

MEDIPOS acknowledges the great contribution that women make to their families and to society which is why your wellbeing is our priority. Our Preventative Care Benefits, which is covered by the Scheme, will help you stay in check with your health. Refer to page 24 of your Benefit Guide (or click here <https://bit.ly/2TH9NRq>) for a list of benefits available to you, some of which include an annual glucose, cholesterol and blood pressure test. More importantly if you are over 40 the Scheme will also cover a mammogram once every year, that will help you identify breast cancer early.

Until next time, take care

Keep healthy and stay safe!

WOMEN’S GREATEST HEALTH CONCERNS AND HOW TO PREVENT THEM

With August being National Women’s Month, we focus on women’s health. According to WebMD (leading online source of health information), the following medical conditions are of the greatest concern to women:

- Heart disease
- Breast Cancer
- Osteoporosis
- Depression

Here are some quick tips to help prevent these conditions.

Heart disease

Get your blood pressure checked regularly, stop smoking, and maintain a healthy weight



Osteoporosis

Starting an exercise programme (e.g. walking, gym, running, etc.) is a great way to strengthen your bones and muscles. Topping up with Calcium and Vitamin D are essential.



Depression

A healthy lifestyle can fight and prevent depression. Getting plenty of sleep, exercising, reducing stress, cutting down on alcohol intake and healthy eating which include foods rich in vitamin C, D B, Magnesium, omega-3 fatty acids and complex carbohydrates.



Breast Cancer

Women can reduce their risk of breast cancer by living a healthy lifestyle, maintaining a healthy weight, exercising regularly, and not smoking. The best way to deal with breast cancer is to be aware of your body and any changes in your breasts - early detection of cancer is the best way to fight it.



The first noticeable sign of breast cancer is a lump in your breast so check them regularly. 90% of the time breast lumps aren’t cancerous but it’s best to always get them checked.

MEDIPOS provides all women over the age of 40 years for 1 mammogram test per beneficiary per annum from the Preventative Care Benefit



Did you know that if you are a MEDiPOS member and SAPO employee or pensioner you automatically qualify for the free entry level Sanlam Rewards benefits. To gain access to these benefits, contact Sanlam Reality on 0860 732 548/9 or sign up on their website by clicking on <https://www.sanlamreality.co.za/>



Emergency Medical Response

Telephonic emergency medical assistance until medical team arrives. You may call our client service team on 0860 732 548



Trauma, Assault & HIV Assist

Assistance with trauma and assault, as well as HIV support if needed.



Ivy Online education platform

Enjoy access to a free online supplementary education platform, based on the CAPS curriculum, for Grades 8-12.



Discount Coupons

Enjoy a wide range of discount coupons to help you save on a variety of products such as food, personal care, household, baby products are more.



Legal Assist

You can request a 30 minute consultation at an eligible recommended firm once annually.



Burial Repatriation & Funeral Support

Free help with funeral arrangements, transportation & the claims process.

Should you want to access more benefits, you can upgrade your free plan to other plans for a fee, which will be dependent on the plan that you choose. To view these plans, click on the link <https://www.sanlamreality.co.za/benefits/>

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