



## September is National Oral Health Month

Research shows a strong interplay between oral health and general health, hence the importance of maintaining a healthy mouth for overall well-being.

### How oral health impacts general health

- **Cardiovascular Disease:** Chronic inflammation from gum disease (periodontitis) has been linked to cardiovascular problems such as heart disease, blockage of blood vessels, and strokes.
- **Diabetes:** Gum disease can make it harder to control blood sugar, leading to a worsening of diabetes symptoms. Conversely, diabetes can increase the risk of developing gum disease.
- **Respiratory infections:** Bacteria from the mouth can be inhaled into the lungs, leading to respiratory diseases like pneumonia.
- **Pregnancy Complications:** Periodontitis has been linked to premature birth and low birth weight and low birth weight in some studies.

### Factors that affect oral and general health

**Diet and Nutrition:** A diet high in sugars and acids can lead to tooth decay. Simultaneously, a lack of essential nutrients can impair the body's ability to fight off infections, including those in the mouth.

**Tobacco Use:** Smoking and chewing tobacco can cause gum disease and oral cancer. They also raise the risk for other health complications, such as lung disease and heart disease.

**Alcohol Consumption:** Excessive alcohol use can increase the risk of oral cancer and may exacerbate gum disease.

### Quick tips for a healthy mouth



Floss the teeth you want to keep! Flossing prevents bone loss around the teeth as well as cavities in between the teeth.



Brush 2-3 times a day for 2 minutes at a time: It takes time to clean your teeth, gums, cheeks and tongue, thus you must brush 2 minutes at a time to clean the whole mouth.



At nighttime, brushing your teeth must be the last thing you do before you go to sleep. We must always go to sleep with clean teeth. By brushing at night, we give our teeth the chance to heal and remineralise.

**Remember, a healthy mouth is a significant step towards a health body.**

#### **MEDIPOS Benefit:**

MEDIPOS has comprehensive dentistry benefits on all Options especially Basic Dentistry which includes routine prophylaxis (prevention and treatment), scaling and polishing (cleaning), fluoride application, fillings, non-surgical tooth extraction and root canal treatment

# STOP FRAUD



Did you know that healthcare fraud can contribute directly and indirectly to the rise of medical costs, including your membership contribution? You have the power to help us prevent fraud for the greater good of all our members.

## EIGHT WAYS TO SUBMIT A REPORT TO THE WHISTLE BLOWERS ETHICS HOTLINE

1. Call directly on the toll-free number 0800 112 811
2. Use the dedicated Whistle Blowers hotline number SMS to 33490
3. Report online at [www.whistleblowing.co.za](http://www.whistleblowing.co.za)
4. Email to [information@whistleblowing.co.za](mailto:information@whistleblowing.co.za)
5. Download and use the Whistle Blowers app
6. Send a letter via post to: Freepost KZN665, Musgrave, South Africa, 4062
7. Fax your report to: Toll-free on 0800 212 689
8. WhatsApp on: 031 308 4446

## Amnesty for Employees who are not MEDiPOS members who wish to join MEDiPOS

MEDiPOS currently has an amnesty for non-members wishing to join the Scheme. The amnesty is for the three-months (3) general waiting period, meaning the Scheme will not apply the 3-months general waiting period for new membership as well as new dependants of existing members who apply now join MEDiPOS. However, the twelve-months (12) condition specific waiting period might be applicable where necessary. DON'T HESITATE – share this information with your colleagues who want to join MEDiPOS now!

Should you or your colleagues who are non-MEDiPOS members have any questions, please contact our client services on 0860 100 078 or email [enquiries@medipos.co.za](mailto:enquiries@medipos.co.za).

## The Disputes Committee

In the event that you have a complaint the process to follow is to contact Client Services in the first instance on 0860 100 078 or [enquires@medipos.co.za](mailto:enquires@medipos.co.za).

Should you feel that your complaint is not being addressed you may also contact the office of the Scheme at [maria.masilela@mediposms.co.za](mailto:maria.masilela@mediposms.co.za).

Should you not be satisfied with the response from the Scheme, you can request in writing that your complaint be lodged with the Scheme's Disputes Committee (you can send your request to the Scheme at [fundmanagement@medipos.co.za](mailto:fundmanagement@medipos.co.za)). The Committee comprises independent professionals who have medical and legal expertise.

## Media On Possible SAPO Liquidation

Recently, following South African Post Office's (SAPO) presentation to the Parliamentary Portfolio Committee on Communications and Digital Technologies, there were some articles in the media about the potential liquidation of SAPO (day zero) due to financial challenges it faces. We know that our members will be concerned about the possibility of a SAPO liquidation as it has a direct impact on the Scheme.

Please note that the Scheme is engaging SAPO on the matter to enable the Board of Trustees to plan and act appropriately and timeously. The Scheme has also been reviewing the analysis done by its Actuarial Consultants on the financial position of the Scheme, and is in the process of considering various options related to the sustainability of providing member benefits.

It is important for members to understand that in the current circumstances, the members will not be left without cover and the Board will do everything possible to ensure that members' interests are always protected.

## MEDIPOS CONTACT DETAILS

### CLIENT SERVICES TEAM AND HOSPITAL AND PRE-AUTHORISATION

Tel: 0860 100 078  
Email: [enquiries@medipos.co.za](mailto:enquiries@medipos.co.za)  
Email: [preauth@medipos.co.za](mailto:preauth@medipos.co.za)  
Website: [www.medipos.co.za](http://www.medipos.co.za)

### REPORT FRAUD TO:

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

### ADDRESS FOR THE SUBMISSION OF CLAIMS

Email: [claims@medipos.co.za](mailto: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](mailto:fundmanagement@medipos.co.za)