



Dear Member

In this edition of our newsletter, we will focus on the Scheme's Oncology and Maternity Programmes. Also included in this edition is some vital information regarding the Scheme's Emergency Services.

We welcome any suggestions that you may have on types of articles and / or topics you would like to see published in future newsletters.

Please e-mail or fax any suggestions you may have to Lallie Govender – lallie.govender@momentum.co.za or fax number **031-580 0455**.

Yours in good health....

Oncology Programme

In the unfortunate event that you or your dependants are diagnosed with cancer, you may feel totally lost and alone. However, the Scheme's Oncology Disease Management programme can offer invaluable support.

The Oncology programme's prime focus is to ensure you receive clinically appropriate access to benefits for oncology treatment. Treatment plans are based on South African Oncology Consortium (SAOC) guidelines, improving the quality of care and quality of life for those members who have cancer.

Who should register and how?

Anyone who is diagnosed with cancer and treated by an oncologist or specialist dealing with cancer needs to register.

This includes those who require chemotherapy, radiotherapy, hormonal therapy and / or supportive therapy.

To register, your treating oncologist or specialist must provide a detailed treatment plan with histology results, outlining all chemotherapy, radiotherapy, drugs required for side-effects, radiology and pathology that is required. These details can be faxed to **031-580 0446**.

What are the Benefits?

The approval of oncology treatment includes chemotherapy, radiation, hormonal and supportive treatment (medication for side – effects). Consultations, pathology and radiology related to the type of cancer are also approved. All treatment that is approved is in line with evidence-based medicine and clinically appropriate criteria.

Maternity Programme

A Nampak SA Medical Scheme member who registers on the maternity programme when she is 12 weeks pregnant, qualifies for the full maternity benefit.

How to register?

To register, members must phone the Scheme's Call Centre on **0860 10 10 47**.

When members phone to register, they need to have the following information ready:

- The date of your last menstrual cycle
- Their GP, gynaecologist or registered midwives name and practice number
- Whether this is their first pregnancy and history of previous pregnancies
- Their expected date of delivery

Benefits of the Maternity Programme

- 12 antenatal consultations up to the Scheme Rate
- 2 routine antenatal ultrasound scans up to the Scheme Rate
- A benefit is afforded for antenatal classes
- Prescribed prenatal vitamins and iron supplements may be claimed from your day-to-day benefit during your pregnancy
- Members will receive the Tina Otte Pregnancy and Birth Book on joining the programme as well as a "Baby on Board" sticker
- Members may phone for advice
- Members will be contacted during their pregnancy and after they have given birth.

NETCARE 911

EMERGENCY SERVICES



Netcare 911 is the contracted service provider for all ambulance services by air and road in emergency situations. Members are covered throughout South Africa, Swaziland and Lesotho. In the event of a medical emergency, dial 082 911 from a landline or cellular phone.

Emergency Service Benefits Include:

- Emergency telephonic medical advice and information.
- Emergency medical response by road or air (where clinically appropriate) to the scene of the medical emergency
- Transfer by road or air to the closest and most appropriate medical facility
- Repatriation of patient where medical intervention is required
- Specialised travel advice

The procedure you should follow:

- Only dial **082 911** in a medical emergency
- Give your name and the telephone / cellular phone number that you are calling from.
- Provide a brief description of what happened and how serious the situation is.
- Provide the address or location of the incident to the assist the paramedics to get there.
- Do not cut the call until the person on the other side has disconnected.

Important points to remember:

- Please ensure that all of your registered dependants are aware of this service
- Ensure that you have EMERGENCY SERVICES identification stickers on your vehicle (s)
- Inform your child's children's school that he / she is a member of Nampak SA Medical Scheme. Make sure your child / children and all members know the emergency number.

Ambulance pre-authorisation procedure for inter-facility (inter-hospital) transfers:

When you or a registered dependant are admitted to hospital, you must inform the hospital that you are a Nampak SA Medical Scheme member and that any transfers must be authorised by calling **(010) 209 8911**.

Medical Advice:

Members have access to 24-hour medical advice administered by clinical sisters at Netcare 911. Please dial **(010) 209 8911**.

Travel Advice

Members can now get free advice on health issues when travelling to other countries. This is provided via our link with Netcare and SAA Travel Clinics. Please call **(011) 647 3654** for further information.

General Advice and Tips

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| Lose weight safely | : Exercise regularly to stay healthy and fit |
| Quit smoking | : Quit smoking to reduce chances of heart attack and stroke. |
| Limit alcohol intake | : It is usually recommended to drink a glass of red wine with your meal as this also contains antioxidants. However, you should not drink more than two glasses per day. |
| Get enough sleep | : Insomnia is a condition which can cause a great deal of suffering and worry. Although sleep needs vary, most healthy adults need seven to nine hours a night. |
| Reduce your salt intake | : Our bodies need a certain amount of salt to function properly. However, too much salt is one of the main causes of hypertension and can lead to a variety of other conditions and diseases, including kidney stones, heart attack and stroke. Cut out all processed foods or, if this is not possible, read all labels before buying, to make sure any processed food you consume is low in sodium. Then reduce the amount of salt you use while you are cooking. You can replace the salt with a variety of herbs and spices in order to make your food tasty, or cut out salt altogether when cooking and stick to no-sodium seasoning. |
| Cut down on your sugar intake | : Sugar can produce a significant rise in total cholesterol, triglycerides and bad cholesterol and decrease the good cholesterol. Reducing sugar intake will also help prevent diabetes. |
| Age-related cataracts | : Go for regular eye screening tests to pick up any changes and treat the problem as soon as possible. |