



### Dear Member

It is almost the end of the working year and the Festive Season is upon us. You've been waiting for that long awaited year-end break and are now on the last lap. It's at a time like this that we often neglect our health and we get out of our eating routine. It would be wise to take a daily dose of supplements to help sustain high energy levels and low stress levels. This will also help to prevent you from falling ill while you are enjoying your well-deserved holiday with loved ones and busy with all those last minute holiday and gift plans. To have fun takes just as much energy as being at work.

In this edition of our newsletter, we will give you some travel tips for the Festive Season. For members convenience, we have also included the contact details for the Momentum Medical Scheme Administrators (MMSA) Walk-In Centres nationwide. This will be the final edition of the newsletter for 2011, however, we still welcome any suggestions that you may have on the types of articles/topics or member benefits that you would like published in future newsletters. Please email your suggestions to Lallie Govender – [lallie.govender@momentum.co.za](mailto:lallie.govender@momentum.co.za) or fax number **031 580 0455**.

Yours in good health

### Travel tips for the Festive Season

The last thing you need on your holiday is to have forgotten something important. This list is here to remind you of a few important things that you cannot forget.

#### Prescription medication

Your holiday destination may be out in the bush, down the coast or at a five-star hotel, but you may not have access to a doctor or pharmacy. So remember to fill out prescriptions before you leave and make sure those pills are packed. If members of your family have health problems, it may be a good idea to phone the place where you will be staying to find out where the nearest doctor or clinic is.

#### Important documents

This includes your licence, passport and ID document, even if you are only travelling within your home country. If you are going overseas, don't forget to pack your flight tickets and all the necessary papers. Even if you are staying locally, remember to take your drivers licence and ID document just in case something happens and you need identification. Remember to always have your Nampak SA Medical Scheme membership card with you at all times.

#### All seasons

You can never know exactly what the weather is going to do, so pack for all seasons. If you are going somewhere that is generally sunny and warm, pack at least one jacket or jersey. Always remember to take a pair of closed comfortable shoes, so if you decide to take a walk, you won't end up with blisters.

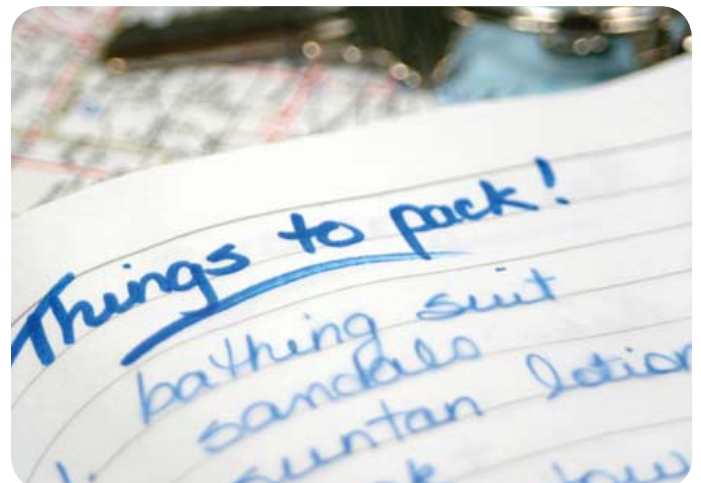
#### Keys

Remember to take the keys to your holiday home with you. You don't want to arrive at your destination and have no access to the premises. Also take the directions with you and a map book. That way if you decide to go sight seeing, you will be able to navigate yourself.

#### Money

Besides the money you need to see you through your holiday comfortably, take extra cash with you in case of an emergency. If travelling overseas, take traveller cheques as they are the most convenient. Also remember to keep your money safe, and if taking various forms of money such as bank cards and cash, keep them separately in case one gets mislaid.

by Susan Erasmus, Health24.com



### More centres, better service

The Scheme's administrator, Momentum Medical Scheme Administrators (MMSA) has member service centres in all the major cities across the country.

| AREA           | ADDRESS  | CONTACT NUMBERS   |
|----------------|--|---|
| Bloemfontein   | Office Park No. 9<br>Corner of 3rd Avenue and President Reitz Street<br>Westdene<br>Bloemfontein | Tel: 051 448 4632   |
| Cape Town      | 1st Floor<br>Liesbeek House<br>River Park<br>Mowbray   | Tel: 021 680 7400<br>Fax: 021 686 3189<br>031 580 0423        |
| Durban         | 1-3 Canegate Road<br>La Lucia Ridge  | Tel: 0860 00 21 58<br>Cell: 082 235 0879<br>Fax: 031 580 0480 |
| Johannesburg   | 101 De Korte Street<br>Braamfontein<br>Johannesburg  | Tel: 011 381 2000<br>Fax: 031 580 0405                        |
| Port Elizabeth | 3rd Floor<br>Greyville House<br>Corner Cape and Ring Roads<br>Green Acres<br>Port Elizabeth      | Tel: 041 363 0455   |

## Help us to keep in touch

In keeping with the "greener environment" philosophy and to provide a more efficient method of communication with you, Nampak SA Medical Scheme encourages you to sign up and receive your Scheme correspondence (including the claims statements and other member communication) electronically. You will receive your correspondence faster and also contribute to a "greener environment" by reducing the amount of paper prints.

It is important to ensure that the information you receive from the Scheme is sent to a confidential and secure email address.

To sign up for this initiative, please contact us on **0860 10 10 47** or email us at [info@nampakhealth.co.za](mailto:info@nampakhealth.co.za).

We look forward to your participation.



# Festive Season

The **Principal Officer** and the **Board of Trustees** of Nampak SA Medical Scheme wish you and your loved ones a **blessed Festive Season** and a **healthy 2012**.