



POLMED
OUR INVESTMENT OUR HEALTH OUR FUTURE

POLMED NEWS

December 2018

Happy
holidays!



GREETINGS FROM THE PRINCIPAL OFFICER

2018 was an interesting year filled with many highlights, memorable events and exciting changes in our quest to improve the services offered by POLMED. As we approach the end of this year, I would like to take this opportunity to express my gratitude to everyone who contributed to making POLMED the number one Scheme of choice.

MEMBER OUTREACH PROGRAMME

POLMED continues to interact with you and your registered dependants through wellness events hosted in the various provinces (refer to page 2 and 3 for images from the 2018 wellness events). In addition to conducting clinical screenings and providing member information during these events, the Scheme successfully vaccinated an overall number of 15 563 members including their registered dependants against flu – a 16% increase compared to 2017. I encourage you to continue supporting POLMED's wellness initiatives for the benefit of your own health.

MEMBERSHIP

I would like to remind you of Scheme rule 7.1.4.2 requiring all members to submit annual proof of study and financial dependency for registered dependants over the age of 21, by the end of February 2019. This will enable your dependants to continue enjoying the benefits offered by the Scheme. This should also serve as a reminder to all to ensure compliance with the rules of the Scheme by supplying valid ID copies for dependants, completing third party consent forms, and updating important personal details as well as relevant documentation to avoid non-payment of claims by the Scheme.

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PREVENTATIVE CARE BENEFITS

“Sometimes what you’re most afraid of doing is the very thing that will set you free.” These profound words by Robert Tew certainly ring true when it comes to deciding to better your health.

POLMED’s preventative care benefits allow you and your dependants access to health risk assessment tests. These benefits have been rolled out to members over the past few years and will continue to play a very important role in 2019. I therefore urge you to set aside time for yourself and your dependants to access these benefits and make your health a priority.

In 2019, POLMED will specifically highlight mental health and obesity when visiting the various provinces to address the gaps identified. So come on, let’s all jump in and take responsibility for our health.

Congratulations to all trainees for passing your two-year training course and joining the SAPS workforce. POLMED is looking forward to your contribution towards a healthier and safer South Africa.

SEASON’S GREETINGS

They say that life is similar to a book; some chapters are gloomy, some happy and others exciting, but if you never turn the page, you will never know what the next chapter has in store for you (author unknown).



Our valued members, let us join hands and turn the pages in the book for 2019 as we continue to grow from strength to strength.

I wish you and your families a happy holiday season filled with good health, happiness, prosperity and wellness.

A stylized, handwritten signature in black ink, appearing to read 'Neo Khaue'.

Ms Neo Khaue
Principal Officer: POLMED

ON YOUR MARKS, GET SET, GO! 2019 POLMED WELLNESS EVENTS

POLMED WANTS TO GET YOU OUT OF YOUR STARTING BLOCKS.

POLMED wellness events are scheduled to take place in various regions throughout 2019. We look forward to seeing you during these events.

Eastern Cape:	April 2019
National Head Office Divisions:	May 2019
Limpopo:	July 2019
North West:	September 2019
Gauteng:	October 2019

WHY SHOULD YOU ATTEND A POLMED WELLNESS EVENT?

POLMED’s wellness events provide an opportunity for you and your registered dependants to undergo preventative screenings to help identify potential health risks.



The screenings are paid from your preventative care benefits and will not affect your out-of-hospital (day-to-day) benefits.

Members attending the wellness events have access to the following annual preventative care screenings:

- Blood pressure screening
- Body mass index (BMI) screening
- Cancer screening*
- Cholesterol screening
- Dental screening*
- Flu vaccination (seasonal – usually administered from March to June)
- Glucose screening
- HIV counselling and testing (HCT)
- Optical screening*
- Waist-to-hip ratio measurement

* Subject to availability of service provider at wellness events

WHO CAN ATTEND A POLMED WELLNESS EVENT?

All POLMED members and their registered dependants may attend. This includes continuation members (pensioners, widows and orphans).

Remember: Prevention is better than cure, so don't miss out!



EXCITING NEWS! New POLMED Hospital Network for the Marine and Aquarium plans in 2019

A brand new POLMED Hospital Network will be implemented in 2019 for the Marine and Aquarium plans.

The Hospital Network will comprise of:

- more than 160 hospitals
- day clinics
- sub-acute facilities and
- specialised hospitals.

The benefits of this new Hospital Network are as follows:

- It will ensure that you and your registered dependants do not have to travel long distances to be admitted for planned admissions.
- Your hospital admission cost will be cheaper.
- You will be assured of a hospital stay that provides quality healthcare services.

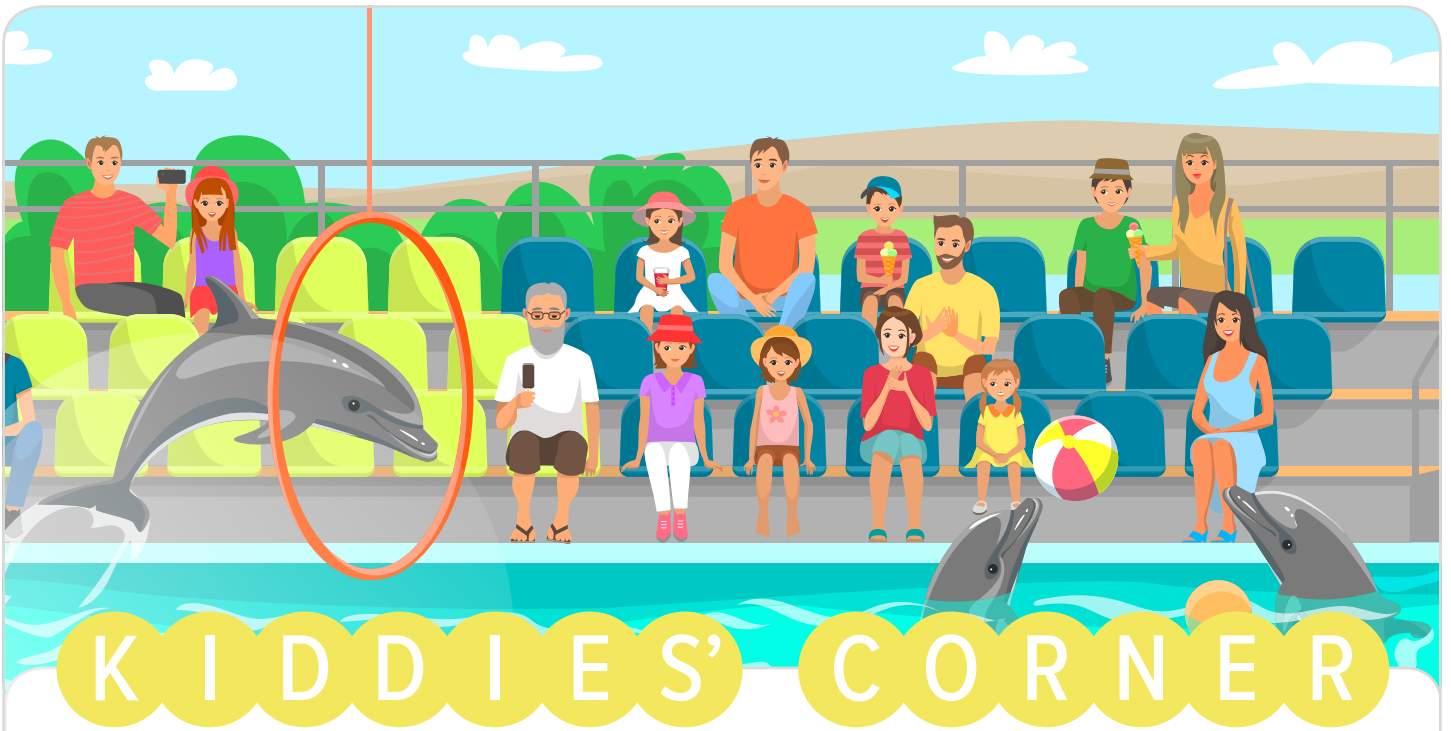
IMPORTANT INFORMATION:

Members and their dependants must be admitted to a POLMED Network hospital for all planned admissions.

Avoid any nasty surprises!:

- A penalty of R5 000 may be imposed if no pre-authorisation is obtained.
- A co-payment of R8 000 is payable for admission to a non-DSP hospital.

You may call POLMED on **0860 765 633** for assistance to find the Network hospital closest to you.



KIDDIES' CORNER

SPLASH, SPLASH! SUMMER WATER FUN

We all want our children to enjoy the summer holidays, so it's important to take precautions to keep them safe in and around water. Here are a few water safety tips to ensure that the upcoming holiday season will be a fun and safe one.



Water safety tips for parents:

- Teach your children to swim as early as possible.
- Always brief babysitters on water safety and emphasise the need for constant supervision.
- Appoint a 'designated watcher' to monitor children during social gatherings at or near pools.
- Never allow a young child in a pool without an adult, and don't use floatation devices as a substitute for supervision.
- Ensure that your swimming pool is completely fenced in, with a gate that automatically shuts and locks, to prevent direct access to the pool.
- Maintain pool covers (e.g. nets) in good working order and make sure the pool is covered whenever no one is swimming.
- If you live near a stream, dam or vlei, fence in your garden so your children can't access the water source.
- Learn to perform CPR so that you can assist in an emergency.

WATER SAFETY QUIZ:

Teach your children about water safety! Help them to complete the missing information in the following water safety quiz:

1. Learn to _____ as early as possible.
2. Never swim on your _____.
3. Only swim where there are _____ and follow their _____.
4. If you feel tired while swimming, don't panic, call for _____.
5. Wear a _____ whenever you're swimming in open water or riding on a boat.
6. Do not _____ or _____ while swimming because you could choke.
7. Do not _____ into shallow pool water.
8. Do not try to cross a river as you may not know how _____ it may be.

Adapted from:

<http://www.ldsliving.com/Top-10-Water-Safety-Rules-for-Kids/s/3830>
<http://www.nationalwatersafetymonth.org/water-safety-tips>

