



POLMED
OUR INVESTMENT OUR HEALTH OUR FUTURE

YOUR CARE

NEWSLETTER
FEBRUARY 2017



“Positive energy attracts positive energy.”

Dear Member

We hope that your year has started off well. We are determined to help you make this your happiest, healthiest year yet! At your fingertips are awesome tools and guidance to help you make the best decisions about your health and wellness.

Do you often find yourself browsing different health sites looking for relevant, reliable and useful information, wishing it could all be easily accessible in the same place? Then this month’s focus on the **POLMED Health Portal** is just for you!

With the **POLMED Health Portal**, we bring you everything you need to live a healthy, happy life. Easily accessible through the secure Member Zone of the POLMED website, the portal includes **e-tutorials, articles, tools** and **quizzes**, and so much more; all in an easy-to-use online space. To access, **simply register on the Member Zone.**

Anxiety and **depression** have become the most common mental health problems, both globally and in South Africa. Are you able to **recognise the signs** when depression and anxiety take hold? Our depression article lists the signs to look out for and the avenues you can explore to get help.

Also in this issue, we look at **acute and chronic pain**, and examine the different methods of treating acute and chronic pain.

Finally, we uncover how **exercise can boost your sex life**. Since being fit improves blood circulation, sexual functioning and even fertility, we bring you the seven ways in which working out can work for you in the bedroom.

Enjoy the read!

YOUR CARE Support Team



How to access the Health Portal via Member Zone

With the POLMED Health Portal, **health information is at your fingertips**. For e-tutorials and educational articles, tools and quizzes, log in to the secure Member Zone of the POLMED website (www.polmed.co.za) and click on **POLMED Health Portal**. Your health journey starts here!

[Read more...](#)



Learn how to treat acute and chronic pain

From **medical to non-medical treatments**, there are many ways of treating acute and chronic pain. To read more, click on our article below. If you have any queries about medical treatment for your chronic condition, please call 0860 765 633 and follow the prompts to the Chronic Medicine Management Programme.

[Read more...](#)



Depression – do you know the signs?

Mental health is defined as a state of wellbeing in which every individual realises their potential, copes with life stress, works productively and contributes to their community. But we are not all able to deal with aspects of everyday life. If you need help **copng with depression**, call 0860 765 633 and follow the prompts to the Mental Health Programme.

[Read more...](#)



How exercise boosts your sex life

Exercise releases **feelgood hormones** called endorphins. And if you feel good about yourself, you’ll be more inclined towards sex. Find out how your workout can work for you in the bedroom...

[Read more...](#)

If you have any questions or need more information, please call POLMED on 0860 765 633 (select the option for the **Disease Management Programme**), or send an email to polmeddiseaseman@medscheme.co.za with your membership number and contact details.