

YOUR CARE POLMED

March 2020



“First we make our habits, and then our habits make us.”

– John Dryden



Dear Member

It's been a tough month for everyone from a health perspective, with the whole world in an uproar about the Coronavirus. Yet, with everything happening, it's now more important than ever to make sure we maintain healthy habits and protect our immune systems as well as possible.

In this month's issue, we look at how the flu can impact your chronic condition, explore a few ways to sneak in more exercise, show you how to calculate your risk for diabetes and discuss how to manage chronic lower back pain.

Stay strong and keep up your healthy habits in the month ahead.

Happy reading!

Kind regards,
Polmed Your Care Support Team

In this issue...

FLU AND YOUR CHRONIC CONDITION

Does a chronic condition increase your chances of contracting flu? Will you suffer from the symptoms more? Let's explore.

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THREE WAYS TO SNEAK IN EXERCISE

Finding it hard to make time for a workout? We have some great tips on how you can stay active while pressed for time.

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HOW TO CALCULATE YOUR RISK FOR DIABETES

4.5 million South Africans have diabetes. Are you at risk?

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DEALING WITH CHRONIC BACK PAIN

Back pain affects many, with a severe impact on a person's quality of life. What are your options to address it?

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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.