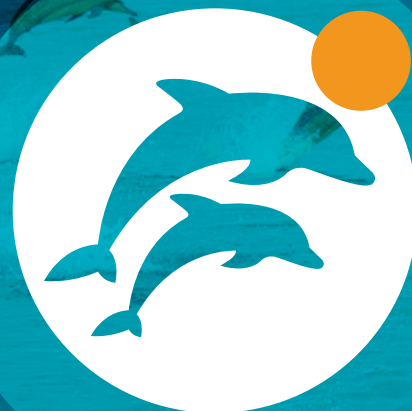


YOUR CARE POLMED

February 2023



“You should set goals
beyond your reach so
you always have
something to live for.”

- Ted Turner



Dear Member

Statistics suggest that having a family history of diabetes can increase your risk for developing Type-2 Diabetes by 28.2%. But the good news is that you may be able to **reduce your risk with a few important lifestyle changes**. In this month's newsletter, we share some tips to help you do this.

Many of us feel low after the December holidays, when we have to return to the humdrum of everyday life. Our infographic shows you ways to deal with **New Year's blues**.

Want to replace a bad habit with a good one? **Goal setting** might be key to help new habits stick. Take a look how to do that.

Have a healthy February!
POLMED Your Care Team

In this issue...

KICK-START A HEALTHY HABIT

A healthy life starts with healthy habits. But just as bad habits can be hard to break, good habits can be difficult to keep. Goal-setting can help with this.

> [READ MORE...](#)

MANAGING NEW YEAR'S BLUES

As the festive season's excitement fades, it's not unusual to find your emotions taking a dip. Back into your regular routine, now is the time to take steps to help safeguard your mental health.

> [READ MORE...](#)

DIABETES IS MORE THAN GENETICS

Different to Type-1 Diabetes, Type-2 Diabetes is often referred to as a lifestyle-related condition, and you may be able to reduce your risk with a few important lifestyle changes.

> [READ MORE...](#)

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*Please use the latest browser to view the Electronic Vaccination Data System (EVDS).



**KIDS OVER 12+ YEARS OLD CAN NOW
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<https://vaccine.enroll.health.gov.za/#/>

COVID-19 Public Hotline: 0800 029 999
WhatsApp Support Line: 0600-123456

COVID-19
Online Resource & News Portal
SAcoronavirus.co.za



health
Department:
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**STAY
SAFE**

PROTECT SOUTH AFRICA

YOUR CARE POLMED

February 2023



POLMED
OUR INVESTMENT OUR HEALTH OUR FUTURE

Kick-start a healthy habit



A healthy life starts with healthy habits. But just as bad habits can be hard to break, good habits can be difficult to keep.

To improve your behaviour and your health, you need to set clear and healthy goals. The best way to set a goal is by highlighting the:

WHAT

HOW MUCH

WHEN

AND HOW OFTEN



Then on a scale of 1 to 10, you should also rate how likely you'll be to achieve the goal (10 being most likely). If you rate it below 5, you'll need to make your goal easier. If you rate it 9 or 10, try to make it more challenging.



GOOD HABIT EXAMPLE 1: Eat more fruit and vegetables daily



In South Africa, the recommendation is to eat five portions of fruit and vegetables a day. Research indicates that eating fruit and vegetables can:

Reduce the risk
of cancer by



14%

Heart disease by



20%

Type-2 Diabetes



50%



SET GOALS

- ✓ Every morning, I'll eat one fruit, like an apple or banana, with my breakfast.
- ✓ For dinner, I'll always include a serving of vegetables.
- ✓ I'll give myself a rating of 6 to achieve this goal, as apples and bananas can be enjoyed on the go, but there may be days when I skip breakfast.

GOOD HABIT EXAMPLE 2: Take time away from your work desk



Many of us spend most of our working day at a desk. But prolonged sitting can:

Increase the risk of
heart disease by



20%

Diabetes by



112%

Dying from cancer by



82%



SET GOALS

- ✓ Get up from my work desk every 30 minutes for at least 3 minutes at a time.
- ✓ I'll put a reminder on my phone to do this. I could go to the bathroom, refill my glass of water or just stretch my legs.
- ✓ I'll give myself a rating of 7, as the phone will remind me to do it. I might, however, ignore the reminder if I feel I'm too busy to get up.

Good habits can improve your health, but it's essential to set goals so you can keep on track

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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.

YOUR CARE POLMED

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Managing New Year's blues



As the festive season's excitement fades, it's not unusual to find your emotions taking a dip.

You may feel unhappy about being back at work or anxious about the year ahead. Back into your regular routine, now is the time to take steps to help safeguard your mental health.



4 TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH

1. Stay physically active

- Staying active is good for both mental and physical health.
- According to research among South Africans, just 30 minutes of physical activity can help reduce the risk for depression by 19%.
- And it doesn't mean you have to go to the gym. Household chores, gardening, playing with your kids or going for walks all count.

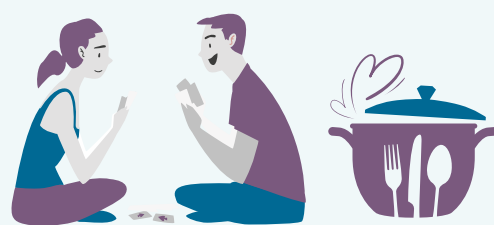


2. Enjoy play dates

Activities are a great way to keep you busy and they can also improve your mood.

Fun pursuits to consider include:

- Playing card and board games with family/friends
- Cooking new healthy recipes
- Enjoying picnics in the park
- Visiting a museum



3. Practise self-care

It can be easy to get lost in your new year's commitments, but it's important to pause, reflect and manage your emotions too.

Self-care can include:

- Taking a social media break
- Meditating
- Indulging in a bubble bath
- Journalling
- Reading a book



4. Talk to a loved one or healthcare professional

A new year may bring new emotions. If you're experiencing anxiety or depression, such as changes in your appetite or sleep patterns, you may need to talk to someone. Whether it's to a close friend, your doctor or a mental health professional, opening up about your feelings can boost your mental health and help you to feel better about the year ahead.



Polmed has a Mental Health Programme

This programme aims to improve your quality of life and empowers you to manage your condition more effectively. Once you've enrolled on the programme, a dedicated Mental Health Case Manager will be assigned to assist you and collaborate with your treating doctor to ensure that you get the support you need.

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

There are no guarantees on what the year will bring. While you can't always plan for the months ahead, you can plan for improved mental health.

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Diabetes is more than genetics



Type-1 Diabetes is a genetic condition in which the pancreas produces little or no insulin, causing high blood glucose levels. There is currently no known method to prevent Type-1 Diabetes, but it can be treated with, among others, blood sugar management.



Type-2 Diabetes, on the other hand, is often referred to as a lifestyle-related condition. While statistics suggest a family history of diabetes can increase your risk for developing Type-2 Diabetes by 28.2%, you may be able to reduce your risk with a few important lifestyle changes.

1. EAT WELL

Research indicates that a poor diet including a high intake of red and processed meats, processed foods, sugar-sweetened drinks (including fruit juice) and salt, can increase your risk for Type-2 Diabetes by 30%.

A plant-based diet, including whole grains, fruit and vegetables, can help reduce your risk by 23%. Enjoy a fruit every morning and a serving of vegetables with every meal.



2. EXERCISE

Staying active can help reduce your risk for Type-2 Diabetes by 39%, as it manages glucose levels and insulin sensitivity. You need at least 30 minutes of exercise five days a week (remember to check with your doctor before starting an exercise programme). You don't have to go to the gym; playing with your kids, taking walks or even dancing in your living room count too.

POLMED has a Weight Management Programme. The aim of the Programme is to help get you started on your weight loss journey.

HOW WILL THIS TREATMENT BE FUNDED?

POLMED covers the full cost of the Programme for qualifying members from the overall in-hospital benefit at POLMED rates and not from your out-of-hospital (day-to-day) benefits.

HOW CAN WE HELP?

Should you require assistance, information or have any questions, you may call **POLMED on 0860 765 633** (follow the voice prompts to the Disease Management Programme) between 08:30 and 17:00 Monday to Friday, or send an email to polmedwmp@medscheme.co.za



3. QUIT SMOKING

About 20.3% of adult South Africans are smokers. Smoking increases the risk for Type-2 Diabetes by 30% to 40%.

Quitting smoking is a journey, but managing your stress levels, identifying your smoking triggers and joining a support group can all help.

POLMED has a programme which can assist you with quitting smoking – the GoSmokeFree programme.

Start the journey today

Book a pre-quit assessment with our GoSmokefree advisor and begin to feel the benefits immediately. Visit our website at www.gosmokefree.co.za for more information.



4. CUT BACK ON ALCOHOL

Too much alcohol can reduce insulin sensitivity, thereby increasing the risk for Type-2 Diabetes. Adult women should have no more than one drink per day and adult men no more than two per day.

With 1 in 9 South Africans living with diabetes (45.4% of them undiagnosed), you can reduce your risk of developing Type-2 Diabetes by making the appropriate lifestyle changes.



Drink 3 litres of
water a day

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