



POLMED[®]

OUR INVESTMENT OUR HEALTH OUR FUTURE

JUNE IS MEN'S HEALTH MONTH.

22 June 2023

Dear Member

POLMED would like to remind you of the Preventative Care Benefit that allows members and their dependants access to a full medical examination and other screening benefits on an annual basis especially while the spotlight is on men's health issues during the month of June.

The goal of the Preventative Care Benefit is to promote the health and wellbeing of our members, as well as the early detection and management of disease.



THE FOLLOWING ARE INCLUDED IN THE PREVENTATIVE CARE BENEFIT:



Full medical evaluation which includes:

- Blood pressure test
- Body mass index (BMI) calculation
- Cholesterol screening (Z13.8)
- Glucose screening (Z13.1)
- Healthy diet counselling (Z71.3) (if the member is overweight)
- Lipid disorder screening (members over the age of 40 years)
- Occult blood test (members over the age of 50 years)
- Bone densitometry scan from the age of 65 (once in a lifetime)
- Prostate screening for men (PSA Test for all males aged between 50 and 75 years, annually)

POLMED would like to remind you that we have introduced the **Weight Management Programme** (subject to clinical criteria) and a Smoking Cessation programme (GoSmokeFree) for 2023. To find out more about the GoSmokeFree programme visit www.gosmokefree.co.za

To enrol in the **Weight Management Programme**, please call us 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

PLEASE NOTE THAT ALL OF THE ABOVE ARE PAID FROM RISK, SO THAT YOUR DAY-TO-DAY BENEFITS ARE NOT DEPLETED.

Yours sincerely
POLMED

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WHAT'S RIGHT**
**STAND UP AGAINST
FRAUD + WASTE + ABUSE
IT AFFECTS US ALL**

