

KEEPING YOU IN TIP-TOP FORM, AT NO EXTRA CHARGE.

Make the most of your POLMED preventative healthcare benefits for 2023

23 March 2023

Dear Member

We want you to keep feeling your best, all year round.
What better way than to take care of your health and well-being?
Not only will this keep you feeling on top of the world, but it might save you a hospital visit.



PREVENTATIVE HEALTH PLAYS A BIG PART HERE – more so considering how many of us haven't been able to get our regular screenings done, thanks to the recent pandemic.

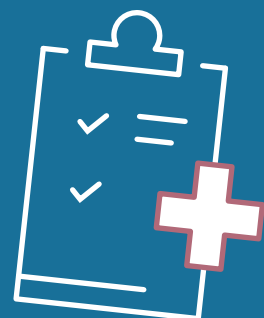
Did you know that as a POLMED member, you have access to the **Preventative Care Benefit**? It gives you and your dependants access to full medical examinations and other screening benefits on an annual basis. We've made the process easy - all you have to do is visit your GP, a partner pharmacy, or have a screening done at one of our wellness days. Not only are we keeping you feeling great, but through early detection, we're able to help you manage any chronic condition or 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)
- ☐ Mammogram for women from the age of 40 onwards (once every 2 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)
- ☐ Pap smear
- ☐ HIV
- ☐ Dental screening
- ☐ Circumcision
- ☐ Psycho-social services
- ☐ Waist-hip ratio measurement



TOP TIP: Snap a photo of all the screenings available to you, and either print or keep in in your photo gallery to keep track of which benefits you have used. Remember, they're all available to you, at no extra cost!

POLMED HAS ALSO INTRODUCED



Weight Management programme (subject to clinical criteria)

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



Smoking Cessation programme (GoSmokeFree)

To find out more about the GoSmokeFree Programme visit www.gosmokefree.co.za

So, if you're thinking about getting a health screening, here's your chance to get it done! The best part, you won't have to break the bank to keep on top of your health.

Yours sincerely
POLMED

