



**POLMED**

OUR INVESTMENT OUR HEALTH OUR FUTURE

## WEIGHT MANAGEMENT PROGRAMME

POLMED is offering qualifying members an opportunity to lose excess weight in a healthy, sustainable way – under the guidance of biokineticists.

Numerous studies have shown that being obese or overweight has dangerous health consequences. It substantially increases the risk of morbidity from at least 15 conditions including hypertension, abnormal cholesterol levels, type-2 Diabetes, coronary artery disease, stroke, gallbladder disease, osteoarthritis, sleep apnoea and respiratory problems, as well as cancers of the endometrium, breast, prostate, and colon.

Being overweight also places considerable strain on the joints, often resulting in orthopaedic surgery. And if this isn't enough, body weight is associated with an increase in mortality from all causes. In addition, obese patients may suffer from social stigmatisation and discrimination, coupled with mental health issues.

### POLMED Weight Management Programme

This has led POLMED to introduce the Weight Management Programme – a programme specifically designed for qualifying members with a high BMI and waist circumference.

Under this programme, members will participate in a 12-week, biokineticist-led intervention plan that will give them access to a dietician and behavioural psychologist with the goal to lose the excess weight and lead healthier lives. Once the programme is completed, ongoing advice and monitoring will also be made available to the member.

### Who qualifies for the programme?

POLMED members within the following parameters will be eligible for the programme:

- BMI  $\geq 30$  kg/m<sup>2</sup>, or
- Men with a waist circumference  $\geq 102$  cm, or
- Women with a waist circumference  $\geq 88$  cm, or
- Other cases identified by a General Practitioner or BASA biokineticist supported by a motivation, e.g. member with a BMI between 25.0 kg/ m<sup>2</sup> and 29.9 kg/m with diabetes and comorbidities.

### How it works

The weight management programme runs over 12 weeks (three months) and entails:



Once a member or beneficiary has been identified as suitable for the weight management intervention, their GP is notified electronically that their patient has been enrolled on the weight management programme;



Management by a BASA biokineticist which includes:

- Three (3) one-on-one consultations with the biokineticist;
- Referral to a dietician and/or psychologist for one consultation if necessary; and
- The biokineticist submits electronic reports to the member's GP and POLMED after each interaction.



Self-monitoring; and



At the end of the programme, POLMED will contact the member to get feedback and conduct a discussion on health outcomes.

**You may 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](mailto:polmedwmp@medscheme.co.za)**

**DISCLAIMER:** This document is a summary for information purposes only and does not supersede the rules of the Scheme. In the event of any discrepancy between this summary and the Rules, the Rules will prevail. A copy of the Rules is available on request.

