









Dear POLMED Member,

During the month of July, we're focusing on men's health by raising awareness about the health challenges confronting men and advocating for early detection and treatment of diseases. Our aim is to increase the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. The theme for 2024 is **Know your numbers**.

POLMED provides an annual wellness screening, and members are encouraged to keep track of their health every year. These screenings include:

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| Blood pressure test   | Body Mass Index (BMI) test  | Cholesterol screening   | Glucose screening   | Waist-hip-ratio measurement   | HIV screening   |

**Members can consult their GPs and pharmacy providers for screening tests.**

**SCREENING FOR PROSTATE CANCER**

The goal of screening for prostate cancer is to find cancers that may be at high risk for spreading if not treated and to see them early before they spread. Preventable cancer screening is encouraged for males between 50 and 75 years and can be done annually.

**MENTAL HEALTH PROGRAMME**

POLMED is here to offer you the support you need so you do not have to carry the burden of traumatic stress on your own. Post-traumatic stress can result from incidents that you may experience in the line of duty or your personal life. These experiences can negatively affect your personal and working environment if not managed timeously.

**Key benefits of counselling include, but are not limited to:**

- Improved communication and interpersonal skills.
- Improved self-acceptance and self-esteem.
- Capability to change self-defeating behaviours and habits.
- More suitable expression and management of emotions.
- Relief from depression, anxiety, or other mental health conditions.
- Greater confidence and decision-making skills.
- Ability to manage stress more effectively.
- Improved capabilities for problem-solving and conflict resolution.



**HOW TO FIND THE CLOSEST NETWORK PSYCHOLOGIST OR SOCIAL WORKER:**

- Access the list of providers on the SAPS Intranet.
- Contact POLMED Client Services Call Centre on **0860 765 633**.
- Go to the POLMED website at [www.polmed.co.za](http://www.polmed.co.za) and search for a network provider from the drop-down list.



**GOSMOKEFREE AND WEIGHT MANAGEMENT PROGRAMME**



Don't forget that we've introduced the Weight Management Programme (subject to clinical criteria) and a Smoking Cessation programme (GoSmokeFree). To find out more about the GoSmokeFree programme, visit [www.gosmokefree.co.za](http://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](mailto: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**

Regards,  
**POLMED**

