



POLMED

OUR INVESTMENT OUR HEALTH OUR FUTURE



INTERNATIONAL DAY OF ACTION FOR WOMEN’S HEALTH

Women’s Health Month serves as a reminder to take care of your overall health and make it a priority in your life. This includes seeking medical help when you need it, but it also involves engaging in preventive care to keep you healthy, like scheduling checkups, examinations, vaccinations, living a healthy lifestyle, and more.

As a POLMED member this is a great time to prioritise your health and to educate yourself further on the most common health risks women face. It’s also a perfect time to schedule any preventive care appointments, such as screenings, examinations, and tests.

Book a Wellness Visit with your GP/Pharmacy or at the next POLMED Wellness event. These wellness examinations promote your overall health as part of preventative screening, which is covered as part of risk and does not affect your day-to-day.

These tests include a blood pressure test, a body mass index (BMI) test, cholesterol screening, glucose screening, and a waist-to-hip ratio test.



Vaccinations

- HPV vaccination for girls aged 10-17 years old

Prevention against cancer

Cancer is curable and early detection can lead to saving your life.

- HPV screening
- Cervical cancer screening for women aged 21-64 years old (except for women who have had a complete hysterectomy without residual cervix. This includes a pap smear test once every third year
- Mammogram for all women aged 40-74 years old, once every two years

The Psycho-Social Debriefing sessions are available to SAPS Act members, with four sessions. The Mental health programme is available to all members, and it supports your Mental Health needs. These sessions can help you cope with life’s demands and daily pressures. It is important to take care of your mental wellness by maintaining positive mental health, being aware of the potential signs of mental health issues, and seeking help when you notice changes in how you feel.

Weight management programme is a 12-week exercise programme to help you attain healthy weight goals. The programme includes HRA (health risk assessment), group or individual exercise sessions, and dietician and psychologist consultations. The programme can assist in prevention and improving conditions such as obesity, hypertension, cardiovascular disease, and diabetes.

Regards,
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