

HEALTH SCREENING TESTS

Your key to understanding your wellness status

Even if you have no symptoms, medical schemes recommend screening tests to detect potential non-communicable diseases (NCDs) – also known as chronic diseases. Screening can identify these at a very early stage or before they develop. The earlier a health issue is detected, the quicker you can respond.

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Generally, basic health screening tests can detect some of the following conditions:

- Cardiovascular diseases (heart attacks and stroke)
- Cancers (breast cancer and cervical cancer in women / prostate cancer in men)
- Chronic respiratory diseases (chronic obstructive pulmonary disease and asthma)
- Diabetes

How to start planning for your screening tests

Investigate your benefit options available

- Most medical schemes offer screening and prevention benefits
- Contact your medical scheme to find out more about your benefit options
- Investigate what benefits are offered by your employer's Wellness Programme

Get the family involved

- There are certain identified screening tests for kids, adults and seniors
- Consult your healthcare practitioner to identify recommended health screening tests aligned to your age, as well as the recommended frequency of testing

Access to health screening tests available via:

- Network pharmacies nationwide
- Specifically set up medical scheme testing sites
- Your employer may even host corporate health or wellness days that include screening tests



Statistics about NCDs from the World Health Organisation

41 million people die annually from NCD's, mostly people from developing countries

17.9 million deaths annually from NCD's related to cardiovascular diseases followed by:

15 million people between the ages of **30** and **69** years die annually from NCD's

9.3m - deaths from cancers

4.1m - deaths from respiratory diseases

52 million people could die by **2030** without taking action or prevention

1.5m - deaths from diabetes

Early detection, screening and treatment of chronic diseases can save lives

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