

PERSONAL PREVENTIVE HEALTHCARE

Prevention is so much better than needing a cure

By cultivating a few simple habits and making a few small lifestyle changes, you can prevent illness and injury and maximise your energy and general health and well-being – and your medical scheme is here to help you get it right.



A good, varied, and balanced diet



Enough quality sleep every night



Regular exercise and fresh air

SIMEKA HEALTH

member of  Sanlam group

Of course, in the modern world, we could add a fourth aspect: stress management (which is often easier said than done). What's more, so many of the so-called 'lifestyle diseases' – such as diabetes, hypertension, and obesity – can often be traced back to stress in various ways. That is why it's so important to practice what is known as **preventive health**.

What is preventive health?

Preventive health refers to the **early detection of medical conditions** – before they become serious. The earlier a condition is identified, the better your chance of recovery or at least managing the disease successfully over the long term. By increasing your awareness and detecting medical conditions early, you can make sure that you get the best care as early as possible.

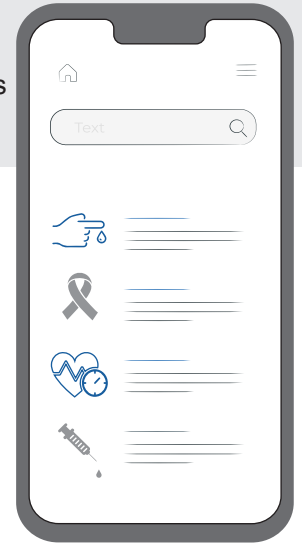
Medical schemes assist by providing screening and preventive benefits to all members.

Added to this, many schemes offer value adds such as benefit boosters, interactive health platforms (for example, a mobile app or website where you can track and monitor your health).

What screening benefits are available?

Generally, medical schemes offer the screening benefits and preventive treatments listed below. Your scheme might offer more than this – be sure to check your member guide to see what you are eligible for.

- Blood glucose levels
- HIV blood tests
- Mammograms
- Influenza vaccinations (seasonal)
- Blood pressure measurements
- Prostate blood tests
- Pap smears
- Body Mass Index (BMI) assessments



Depending on what scheme you belong to and how it is structured, the consultation fee associated with the test or treatment for some of these procedures might be paid from your day-to-day benefits. **Always** check with your scheme first and find out what is needed from you before you book your appointment.

You might also need to use a specific network-approved or designated service provider if you want to have one of these procedures. Often, the preferred service provider is Clicks or Dis-Chem, which means it will be quite easy for you to find one that is convenient for you.

IMPORTANT:

The correct tariff and **ICD-10 CODES** need to be used by providers to ensure that your claim is paid from the correct benefits.

[Click here](#) to read more about **Health Screening Tests** covered in Health-Connect 1/2022

Health Connect 4/2022