

NEWSLETTER

ISSUE 3 | JULY/AUGUST/SEPTEMBER 2018



taking care of our own



Dear Member

Welcome to the third edition of our newsletter, which focuses on renewed energy. Spring is the season for renewal and new beginnings! It offers rebirth after the cold and dreary chill of winter. It's an opportunity to move forward, step out of the middle-of-the-year slump and see the last quarter of the year with new eyes.

We also focus on the triggers of depression and the huffing and puffing over electronic cigarettes.

We welcome any suggestions that you may have on articles or member benefits you would like published in future newsletters. Please send your suggestions to the team at the Scheme office via email to news@mhcmf.org.za.

Until next time, enjoy the read.

New beginnings – restored energy in spring

To get you started we've compiled a spring to-do list. Get yourself refreshed, reinvigorated and renewed for the rest of 2018.

Food, glorious food

We've all been indulging in those belly-warming winter foods and maybe even picked up a few winter kilograms. Now is your chance to get back on track and eat more healthily.

Fewer distractions

A cluttered office desk is filled with potential distractions. Sticky-notes, business cards, file folders and uncompleted projects all clamour for our attention every moment of the day. Removing them allows our mind to better focus on the most important project of the moment. Minimalist, paper-free offices are the current trend with a place for everything and everything in its place. A clear office desk will give you more focus, peace of mind and increase productivity, which is good for both you and your company.



Continued overleaf →

Spring cleaning

Deep clean your home. Freshly washed carpets and windows feel like an additional breath of fresh air. Not only does a good clean do wonders for your home, but it can also be therapeutic and create positive, optimistic feelings, as well as a sense of achievement.

A clean slate

Take some time to assess your year, your accomplishments, failures and high and low points. Appreciate the good and bad things that have happened. Decide to learn from things that went wrong and set goals for the months to come. As we take the lessons from the year and apply them to the months ahead, imagine the new beginnings ahead of us. Live consciously, revelling in the opportunity of a new start.



Sneaky depression triggers: what to look for!

Depression is a widespread psychiatric condition associated with significant personal, social and occupational dysfunction. It has been ranked the third most widespread moderate to severe disabling condition globally by the World Health Organisation (WHO). Symptoms may become chronic, with ongoing functional impairment, especially if inadequately treated.

What is depression?

Depression is a 'whole-body' illness, involving your body, mood and thoughts. It affects the way you eat and sleep, the way you feel about yourself and the way you think about things. Depression is not the same as a temporary blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with depression cannot merely pull themselves together and get better. Without treatment, symptoms can last for weeks, months or years. Appropriate treatment, however, can help most people who suffer from depression.

Symptoms of depression

Not everyone who is depressed experiences every symptom that is listed. Some people experience a few symptoms, while others experience many. Also, the severity of symptoms varies between individuals.

Symptoms of depression include:

- persistent sad or 'empty' mood
- loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- feelings of hopelessness and pessimism
- feelings of guilt, worthlessness, helplessness and self-reproach
- insomnia or hypersomnia, i.e. not being able to sleep or sleeping too much
- appetite and/or weight loss or overeating and weight gain
- decreased energy, fatigue and feeling rundown
- increased use of alcohol and drugs, which may be a side-effect, but is not a criterion for diagnosis
- thoughts of death or suicide or suicide attempts
- restlessness, irritability and hostility
- difficulty concentrating, remembering and making decisions
- persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain
- deterioration of social relationships.

Continued overleaf →

Get the professionals involved

If you suspect that a friend, colleague or family member is suffering from depression, they should consult a medical professional. A family physician can assist in finding a psychiatrist or psychologist or you can work through a community mental health centre in your area.

Source: South African depression and anxiety group



UNDERSTAND THE SCHEME BETTER!



Network specialist visits on the Custom Option

Members on the Custom Option need to obtain authorisation for network specialist visits upon referral by a network general practitioner (GP).

The following information is required when you call for an authorisation number:

- the referring GP's practice number
- the letter of referral from the GP
- the date of your appointment
- the diagnosis code (ICD-10 code).

Once the authorisation has been granted, the Consultant will provide you with an authorisation number for the visit that you need to share with the specialist for billing purposes. You will also receive an SMS with the authorisation number for ease of reference. For specialist authorisations, please contact the number on your membership card (0861 000 300) and press the option for Care Cross, which will direct you to Moto Health Care's specialist authorisation team.

Important contact information

Emergency number – ambulance services	Tel: 0861 009 353
Authorisation for hospitalisation and MRI and CT scans	Call Centre: 0861 000 300 Email: auths@motohealthcare.org.za
Authorisation for chronic medication Optimum, Classic, Classic Network, Hospicare and Hospicare Network options <i>Custom and Essential members obtain authorisation via the network GP</i>	Call Centre: 0861 000 300 Email: chronic@motohealthcare.org.za
Claims submission	Call Centre: 0861 000 300 Email: claims@motohealthcare.org.za
New membership applications	Fax: 031 580 0478 Email: membership@motohealthcare.org.za
Confidential HIV contact information	Call Centre: 0860 109 793 Fax: 012 675 3848 Email: ha@motohealthcare.org.za
Fraud line (report any fraudulent activity)	Call Centre: 0800 200 564
Oncology treatment programme	Email: oncology@motohealthcare.org.za
Orthodontics treatment	Email: orthodontics@motohealthcare.org.za

The huffing and puffing surrounding electronic cigarettes (e-cigarettes)

E-cigarettes – are they safe?

E-cigarettes are battery-operated devices that heat a liquid (usually, but not always, containing nicotine), turning it into a vapour that can be inhaled. It comes in a variety of designs. Some are sold with filled cartridges, while others are designed so that users can add a solution that's purchased separately. The solutions typically contain vegetable glycerine or propylene glycol as the main ingredients, with varying amounts of nicotine, flavourings and other additives.

Most e-cigarette manufacturers claim that their products are a safe alternative to conventional cigarettes. Because e-cigarettes don't burn tobacco, most experts agree that they're likely to cause fewer harmful effects than traditional cigarettes, but there's no scientific evidence that using e-cigarettes are safe. Researchers have found that some e-cigarettes contain amounts of nicotine that are very different from what's on the label. Some flavouring agents and other additives have also been shown to be toxic.

The long-term health effects of inhaling vegetable glycerine, propylene glycol and other additives are not known.

Will e-cigarettes help me quit smoking?

Studies to test whether e-cigarettes can help people to stop using tobacco have had inconsistent results. At best, e-cigarettes are no more effective than nicotine replacement medication in helping people quit. Current evidence is insufficient to recommend electronic nicotine delivery systems to stop adults from using tobacco.

If you're looking for help to stop smoking, there are a number of approved medicines that have been shown to be safe and effective for this purpose. A combination of medication and counselling has been shown to work best. **Speak to your general practitioner – help is just around the corner.**

Source: Mayo Clinic



10 GREAT REASONS why you should VISIT Dis-Chem



1 Get your repeat medication at any of our 140 dispensaries nationwide, thanks to our centralised database.

2 Manage your repeat medication through our Call Centre, who will contact you monthly, and arrange delivery or collection.

3 Save with generic medicines without reducing effectiveness – talk to our pharmacists for expert advice and substantial savings

4 Cut costs on chronic medication with preferential dispensing fees, and assistance with chronic script registration to maximise your benefits.

5 Get free chronic and prescription delivery nationwide if you live in a 10km radius of your branch.

6 Earn Benefit points on dispensing fees to redeem as cash on future visits and contribute to the care of needy communities.



7 Stay Well Clinics in every branch are managed by qualified nursing practitioners providing a wide range of general health services, including:

- Administration of medication
- Full Lipogram
- HbA1c
- Blood pressure, glucose and cholesterol testing
- HIV counselling and testing
- BMI and weight management
- Specialised diabetic care and advice

8 Well Baby Clinics also offer a full spectrum of relevant services:

- Weight, measurement, milestone and development assessment
- All scheduled vaccinations
- Nutritional advice
- Breast-feeding advice
- Treatment for minor ailments

9 Join the Baby Programme for information on everything from fertility and pregnancy to childbirth and childcare. Expectant moms to receive a free baby bag.

10 Make a booking for any clinic appointment from anywhere in South Africa. Simply call **0861 117 427**

Dis-Chem
PHARMACIES

Pharmacists who care

Moto Health Members: Spring into **Health** with Clicks Pharmacies

cheaper generic alternatives



FREE repeat prescription service



low self-medication prices



great value every day



To find your nearest Clicks Pharmacy or Clinic, call **0860 254 257** or visit **www.clicks.co.za**

feel good
pay less

join ClubCard and feel the benefits*
*Ts & Cs apply.

