

## DEAR EMPLOYER

WELCOME TO THE FIRST EDITION OF YOUR QUARTERLY NEWSLETTER.

The purpose of this newsletter is to **raise awareness** around the most **common chronic illnesses** your employees may be registered for. We will provide you with helpful insights into certain diseases and how your employees can identify them and register for an appropriate management program to get the most of out their healthcare benefits.

**Moto Health Care** subscribes to the integrated care model which looks at a person's healthcare needs from a holistic perspective so that we not only treat the disease and its immediate symptoms, but also assist in other aspects of the patient's life – for instance, encouraging a healthy lifestyle and good dietary habits.

In keeping with our motto of 'taking care of our own', we will also include helpful hints for better living in all of our publications.

In addition to the above, we will be sharing one important administration topic per issue so that we can streamline the client experience for both you and your employees. We would love to also hear from you, and have created a dedicated email address where you can send suggestions for future administration topics you would like to see covered.

**Please send your feedback and suggestions to [info@mhcmf.co.za](mailto:info@mhcmf.co.za).**



## HYPERTENSION: THE SILENT KILLER

Hypertension often has **no warning signs** or symptoms and many sufferers do not even know they have it. **High blood pressure**, medically known as hypertension, is a major risk factor and can lead to heart disease, strokes, kidney disease and even eye diseases.

When blood pressure exceeds a certain threshold, we call it high blood pressure.



## WHAT IS HYPERTENSION

Hypertension is a condition where **too much pressure is placed on the walls of the arteries**. With increased pressure, the heart has to work harder to pump an adequate amount of blood to the body, causing serious damage to the walls of the arteries.

So, why should you be worried about hypertension? Over time, uncontrolled hypertension increases the risk of heart disease, stroke, dementia, and kidney failure.

## CAUSES

MANY FACTORS CAN AFFECT BLOOD PRESSURE, INCLUDING:

- 1 How much water and salt you have in your body
- 2 The condition of your kidneys, nervous system, or blood vessels
- 3 Your hormone levels



### DID YOU KNOW?

Moto Health Care hosts **Wellness Days** for its members. To find out more, contact us at [info@mhcmf.co.za](mailto:info@mhcmf.co.za)

## KNOW YOUR READING

THE WORLD HYPERTENSION LEAGUE RECOMMENDS THAT EVERYONE SHOULD GET THEIR BLOOD PRESSURE CHECKED AT LEAST ONCE A YEAR:

If your **blood pressure is below 120/80** (meaning less than 120 mmHg of systolic blood pressure and less than 80 mmHg of diastolic blood pressure) then you have normal, **healthy blood pressure**. Congratulations – keep it like that and get your blood pressure checked in a year's time.

If your blood pressure is **less than 140/90 but above 120/80, you are at risk of becoming hypertensive**. You need to take some immediate steps to improve your lifestyle, such as quitting smoking if you are a smoker; reducing your body weight to a healthy level; becoming more active; improving your dietary habits to include more vegetables and fruits; reducing salt intake; and cutting down on your fat intake.

In addition, you need to meet with a healthcare professional to reassess your blood-pressure status every year.

If your **blood pressure is above 140/90**, you need to see a healthcare professional to assess if you have hypertension and require treatment to help to avoid heart disease and stroke.

## WHAT CAN BE DONE TO PREVENT HYPERTENSION?

**Maintain a healthy body weight.** Losing even 2 or 3 kilograms can lower your blood pressure.

**Get regular exercise.**

**Quit smoking.** Tobacco injures blood vessel walls and speeds up the process of hardening of the arteries.

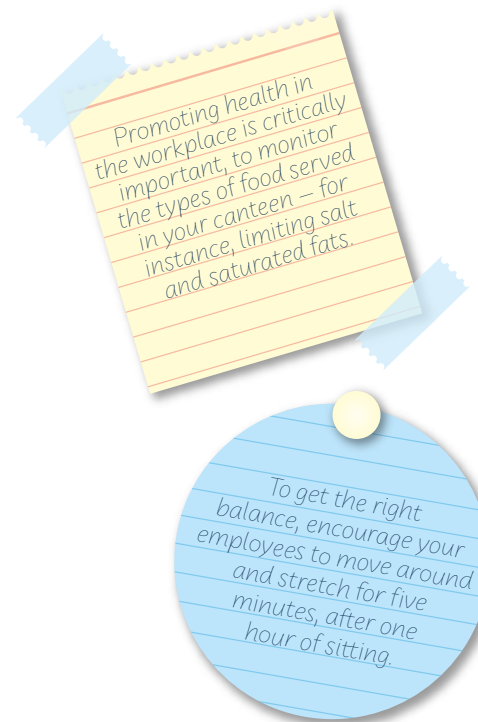
**Eat healthy foods.** Eat plenty of fruit, vegetables, whole grains and low-fat dairy foods. Foods rich in potassium will help to control your bloodpressure. Eat less saturated fat, and add foods rich in nitrates to your diet, such as beetroot, fennel and lettuce.

**Reduce your LDL** (bad cholesterol) by avoiding processed foods.

**Limit your salt intake.** Pay attention to the amount of salt in processed foods.

**Limit your daily intake of alcohol.**

**Manage your stress levels.** Practise coping techniques, such as muscle relaxing and deep breathing.



## DID YOU KNOW?

MHC covers hypertension under the Chronic Illness Benefit upon registration onto the care programme. **Please call 0861000300 for more info.**

## MEMBERSHIP WHO CAN JOIN THE SCHEME?

**ANY PERSON WHO IS EMPLOYED IN THE RETAIL MOTOR INDUSTRY MAY JOIN THE SCHEME.**

- |               |   |                          |
|---------------|---|--------------------------|
| <b>STEP 1</b> | Visit your <b>HR department</b> to obtain a copy of the membership application form.  | <input type="checkbox"/> |
| <b>STEP 2</b> | The application form can also be accessed via: <b>www.mhcmf.co.za</b> OR the Contact Centre by dialing <b>0861 000 300</b> or sending an email to <b>leads@mhcmf.co.za</b> .  | <input type="checkbox"/> |
| <b>STEP 3</b> | Ensure that all the <b>required documentation</b> is submitted together with the fully completed application form. (Refer to page 10 of the membership application form for details.) <b>Remember to complete the inception date.</b> | <input type="checkbox"/> |
| <b>STEP 4</b> | Request your HR to sign and stamp your application form.  | <input type="checkbox"/> |
| <b>STEP 5</b> | Submit your finalised application form to <b>leads@mhcmf.co.za</b> OR fax it to <b>031 580 0746</b> . The reference number provided can be used to follow up on the progress of your application.                                     | <input type="checkbox"/> |

## INTERESTED IN BECOMING A MEMBER?

Send us an email to **leads@mhcmf.co.za** and we will get back to you.

**DISCLAIMER:** This information is for educational purposes only, and is not intended as medical advice, diagnosis or treatment. If you are experiencing symptoms or need health advice, please consult a healthcare professional.