

DEAR EMPLOYER



As we **welcome the new season of spring**, it's the ideal time to make a new commitment to take charge of our health. **September is heart month**, and in this issue we invite you to read about how you can love your heart this spring. As always we will also provide you with helpful insights into certain diseases, and how your employees can identify them and register for an appropriate management programme to get the most of out their health care benefits.

Moto Health Care subscribes to the integrated care model which looks at each individual person's health care 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 continue to include helpful hints for better living in all of our publications.



LOVE YOUR HEART THIS SPRING

September is heart month. It's the perfect time to pause and make a conscious decision to love our hearts.

Lifestyle habits such as

Eating junk food, smoking, long working hours, inactivity, sitting, high levels of stress and excessive alcohol consumption often lead to high blood pressure, known as hypertension, which increases your chances of heart disease and strokes.

THE EQUATION FOR A HEART HEALTHY LIFESTYLE IS SIMPLE:



good nutrition



regular exercise



no smoking



stress management



heart healthy life

FOLLOW A HEART HEALTHY EATING PLAN AND MANAGE YOUR WEIGHT

Being overweight increases your risk of getting heart disease, as those additional kilos put extra strain on your heart. Heart healthy eating is low in saturated fats and trans fats, and it is important to keep your salt intake low and avoid the high levels of hidden salt in many processed food items.

CHOOSE FOODS WITH THE HEART MARK

This shows that the food has passed strict tests set by the Heart and Stroke Foundation South Africa and is therefore heart healthy.

Employees are the best asset of every organisation, and putting effort into employee wellness can encourage better teamwork, increased productivity and reduce sick leave and workplace accidents. Arrange a time to speak to your team about ways you could work together to build employee health as a company.

ENCOURAGE **HEALTHIER EATING**

Most of us know that eating healthy can help prevent future diseases such as diabetes and cancer, **however did you know that unhealthy eating is linked with a 66 % increased risk of loss of productivity?**

Provide a fridge for employees to bring in healthy lunches from home. Ensure any on-site vending machines contain water and low energy drinks and snacks.

DON'T **SMOKE**

Smoking almost **triples the risk of heart disease**. Smoking narrows blood vessels and blood clots form more easily, creating a kind of 'traffic jam' on the road that the blood travels to your heart and brain. Reduced blood flow to the heart increases the risk of a heart attack and stroke.

DEVELOP A **SMOKE FREE WORKPLACE**

- 1** Reducing the effects of smoking in the workplace is paramount to better employee health
- 2** Ensure your workplace and all company vehicles are smoke free
- 3** Encourage your employees to join a 'quit - smoking' programme
- 4** Encourage your employees to talk to their doctor about quitting smoking

ENCOURAGE **MORE EXERCISE**

Encouraging employees to exercise is a great way to encourage better employee health. It needn't be expensive either, with plenty of low cost methods, including:

- ◆ Encouraging walking meetings (around the block, anyone?)
- ◆ Installing bike racks in your staff carpark
- ◆ Installing a shower for employees who ride or run to your workplace



REDUCE **ALCOHOL INTAKE**

According to health professionals, there is a significant number of alcohol-related diseases and health problems caused by alcohol consumption, including cancer (bowel, breast, throat, mouth, liver), liver and cardiovascular disease, stroke and heart failure, and mental health problems. We all have an obligation to encourage better employee health, and some methods include:

- 1** Promoting responsible drinking at any company events, such as celebrations or social events
- 2** Promoting responsible drinking at any company events, such as celebrations or social events
- 3** Encouraging employees to talk to their doctor about their alcohol consumption
- 4** Encouraging your employees to join an appropriate program which aims to address problem drinking

As we all know, **exercising more, eating properly, drinking more water, managing stress levels and having the support of your workplace makes a huge difference in how we perform at work.** All of us can do our part to help encourage a healthier workforce.

Having healthy employees reduces time taken in leave, creates more motivated and happier employees, and demonstrates that you care for your team and their wellbeing. **Don't forget about yourself either!**

TAKE CARE **OF YOUR EYES**

DIABETES IS A LEADING CAUSE OF BLINDNESS

Your eyes are your windows to the world, so take good care of them. Go for regular eye checks, get enough sleep and, if you use a computer, give your eyes regular breaks. **High blood sugar increases the chances of eye problems**, so it's especially important for someone with diabetes to have their eyes examined on a regular basis. People with diabetes are at greater risk for serious eye problems, such as cataracts, glaucoma and retinopathy.

Diabetic retinopathy develops when clogged vessels prevent enough blood from moving through the eyes' veins, and vision is affected

- ◆ Cataracts are cloudy areas in the lens inside the eye and a leading cause of blindness
- ◆ Glaucoma occurs due to increased pressure within the eyeball and causes slow loss of sight



UNDERSTANDING **DIABETES**

The food we eat is broken down into material that our bodies use to function properly. One of these substances, glucose (sugar), gives us energy to live. Insulin is an important hormone because it controls the glucose (sugar) levels in our blood. When we eat, blood sugar levels rise and insulin is released into the bloodstream. Insulin acts like a KEY, opening up cells so they can take in the sugar and use its energy. When you have diabetes, your cells have problems taking up glucose because of too little insulin or a resistance to insulin. The glucose stays in your blood and blood sugar levels rise.

The sugar that stays in your blood cannot be used as energy for normal cell functioning. If it is not treated, these high blood sugar levels can lead to health problems like blindness, kidney disease, heart disease, high blood pressure and nerve damage. It's therefore important to keep blood sugar levels under control, as this will make it far less likely that you will develop diabetic retinopathy.

Furthermore, you should also **control your blood pressure**, which can increase your chance of heart disease, stroke and other complications. **Read our Love Your Heart this Spring article for tips on heart healthy living to keep your blood pressure in a healthy range.**

#DIDYOUKNOW

All our members on the Optimum, Classis, Classic Network options and their families qualify for a **FREE** health assessment each year.

TOP TIP!

Optometrists recommend that you should have your eyes tested every two years.



HEALTH ASSESSMENTS VIA HEALTH MAXIMISER

Making healthy lifestyle choices will help to keep chronic conditions at bay or under control
This includes a:

- | | | | |
|----------|-----------------------------------|----------|---------------------------------|
| 1 | body mass index (BMI) measurement | 3 | blood pressure test |
| 2 | blood sugar test (finger prick) | 4 | cholesterol test (finger prick) |

IMPORTANT !

Remember to let us know if your details have changed. Please notify us of any changes to your postal or residential address, email address, contact numbers, banking details or marital status by contacting us on **0861 000 300**.

Additionally, ensure that the dependants reflected on the back of your membership card still qualify as dependants, as the number of beneficiaries has a direct impact on the contribution you pay. If you have one or more dependants who are no longer eligible for membership, please notify your payroll or human resources department to ensure we stop deducting a contribution for their membership.

MEMBERSHIP

WHO CAN **JOIN THE SCHEME?**

Any person who is employed in the retail motor industry may join the Scheme.

HOW TO APPLY FOR **MEMBERSHIP IN 5 EASY STEPS**

- ☒ **STEP 1** Visit your **HR department** to obtain a copy of the membership application form.
- ☒ **STEP 2** The application form can also be accessed via: **www.mhcmf.co.za** or the Contact Centre by dialing **0861 000 300** or sending an email to **leads@mhcmf.co.za**.
- ☒ **STEP 3** Ensure that all the **required documentation** is submitted together with the fully completed application form. (Refer to page 10 of the membership application form for details.) **Remember to complete the inception date.**
- ☒ **STEP 4** Request your HR to **sign and stamp** your application form.
- ☒ **STEP 5** Submit your finalised application form to **leads@mhcmf.co.za** OR fax it to **031 580 0539**. The reference number provided can be used to follow up on the progress of your application.

Moto Health Care (MHC) is dedicated to serving the health care needs of the motor industry. It is managed by a dedicated team of professional people with an average of 20 years' experience in the medical aid environment.

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 health care professional.