

MEMBER NEWSLETTER

ISSUE 2 APRIL - JUNE 2021



taking care of our own

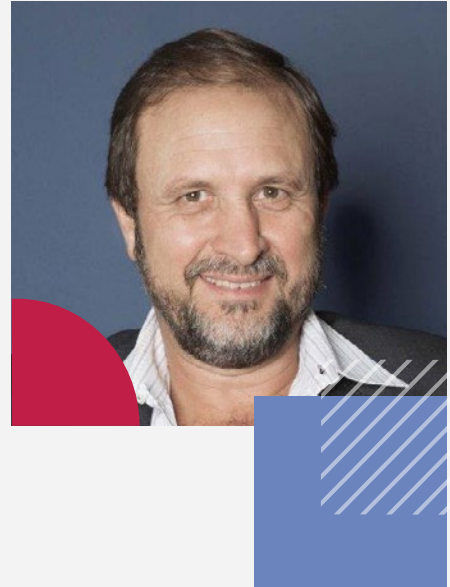
Dear Member

Since flu season and COVID-19 will be overlapping this year, the National Institute for Communicable Diseases (NICD) in South Africa has recommended that everyone, in particular those who are at high risk of developing flu (influenza) and flu-related complications, receive an influenza vaccine ahead of flu season— we'd like to re-enforce key information on the flu and COVID-19 vaccines in this issue.

Diabetes, hypertension, or a combination of both cause 80% of end-stage renal disease globally – we share key information on how these 3 conditions are interlinked. We do everything to improve our physical condition and health—diet, exercise, medication, and even doctor visits. Until recent times, people barely acknowledged mental issues as important or even existing – read further for tips to enhance your mental health.

Warm Regards
Danie van Tonder

*We welcome any suggestions for articles or member benefits that you would like to see in future newsletters.
Please send your suggestions to the team at the Scheme office at news@mhcmf.co.za.*



LET'S TALK ABOUT THE FLU VACCINE



THE FLU VACCINE CAN'T PREVENT COVID-19, BUT IT CAN PROTECT YOU FROM SERIOUS FLU STRAINS.

Why is the influenza vaccine administered annually?

It is administered annually as an individual's immune protection from vaccination decreases over time and because the influenza viruses are constantly changing.

So, are you at high risk for flu and its complications? Who should take the influenza vaccine?

The World Health Organisation recommends vaccination for individuals who are high risk, namely:

- Pregnant woman at any stage of pregnancy
- Children aged between 6 months and 5 years
- Elderly individuals (over 65 years of age)
- Individuals with chronic medical conditions such as asthma, bronchiectasis, cardiomyopathy, chronic obstructive pulmonary disease, chronic renal disease, coronary artery disease, diabetes (Type 1 and 2), or HIV.

When is the best time to get your flu vaccine and will it prevent you from contracting the flu?

In South Africa, it's best to get vaccinated before the end of April, or as soon as the vaccine becomes available. However, if you've missed this period, the vaccine can still be taken at any time during the winter season. It will take the body about 2 weeks to develop antibodies against the virus.

Is it possible to get the COVID-19 vaccine and the flu vaccine at the same time?

No, COVID-19 vaccines should be administered at least 14 days before or after you receive any other vaccines.

How does MHC cover the flu vaccine?

Classic, Classic Network and Optimum members

If you have a high risk of developing complications from flu and are registered on the Chronic Illness Benefit for one of the conditions listed above, you can get the cost of one seasonal flu vaccine paid from the risk benefit. All other members can access the flu vaccine via their available over the counter (OTC) benefit.

Custom and Essential members

Reduce your risk of flu this winter and get yourself and your registered dependants vaccinated at a network pharmacy clinic.

Pre-authorisation to access the flu vaccine benefit is not required if you have been identified as a high-risk member, you're a Custom or Essential member or you use the OTC benefit.

Log onto www.mhcmf.co.za to locate your nearest pharmacy clinic or call 0861 000 300 for more info.

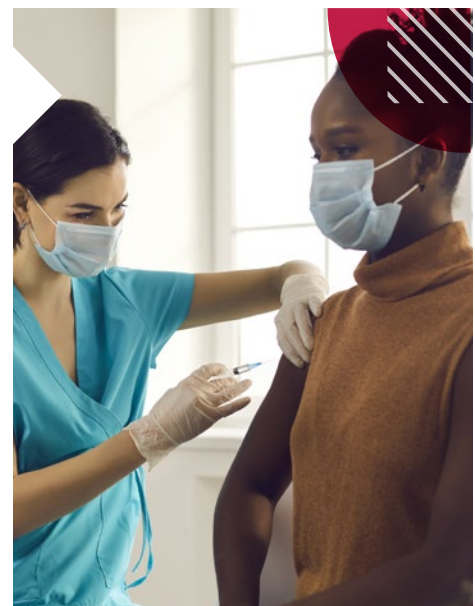


COVID-19 VACCINE UPDATE

When will the vaccine be available?

In South Africa, the Department of Health has commenced the phase 1 rollout of the J&J vaccine through a research clinical trial initiative with the South African Medical Research Council. The single dose J&J vaccine is currently being rolled out to health care workers as part of the phase 1 rollout. Prioritisation for phase 2 rollout in the second quarter of 2021 will be given to:

- Members in roles considered to be essential for societal functioning
- Those most at risk of infection and serious outcomes, for example, those over 60 years, those with comorbid conditions and those living in overcrowded settings
- Those most at risk of transmitting SARS-CoV-2 to others.



Phase 3 rollout to the general public will commence after Phase 2 has been completed. MHC is in constant discussions with contracted stakeholders from the clinical and procurement teams and will provide further updates on the availability of the vaccine, registration process and administration sites once available.



TAKE CONTROL OF YOUR KIDNEY HEALTH



CHRONIC KIDNEY DISEASE

Each individual body system works in conjunction with other systems to improve our chances of survival by maintaining a stable internal body environment. In line with this, one such system that is of key importance is the renal system, with the kidneys being of high significance. Whatever comes in, must come out and it is the primary role of the kidneys to ensure this happens.

These bean-shaped organs work well to facilitate the waste removal process in the form of urine. Our kidneys filter blood before sending it back to the heart. They also create hormones that help produce blood cells, promote bone health and regulate blood pressure.

Kidney failure in South African adults is mainly due to inherited hypertension – which is high blood pressure (60-65%) – or type 2 diabetes that causes insulin resistance (another 20-25%). Diabetes occurs when your blood sugar is too high, causing damage to many organs in your body, including the kidneys and heart, as well as blood vessels, nerves and eyes. High blood pressure occurs when the pressure of your blood against the walls of your blood vessels increases. If uncontrolled or poorly controlled, high blood pressure can be a leading cause of heart attacks, strokes and chronic kidney disease. Also, chronic kidney disease can cause high blood pressure.

One intervention in curbing the disease is understanding symptoms that occur at each stage.

Symptoms presented in acute kidney disease are decreased urine output, fluid retention, shortness of breath, fatigue, confusion and nausea.



If not **well managed** and the **disease progresses to the chronic stage**, the symptoms recorded are anaemia, blood in urine, dark urine, decreased mental alertness, oedema, itchy skin, loss of appetite, muscle cramps, proteinuria, a sudden change in weight, unexplained headaches, and pain on the side. In rare cases, uremic frosting on the face can occur.

PREVENTION AND TREATMENT

The control of high blood pressure is a key factor in slowing kidney disease. Strict control of blood sugar levels and reduction of dietary protein intake are also important. Treatment to prevent kidney disease should begin early — before kidney damage develops.

Maintaining a healthy lifestyle is key to preventing the occurrence of the disease. For those already living with the disease, treatment is highly dependent on the stage in which you're in. Treatment can range from medication to dialysis and kidney transplants.

Please remember to register for the free patient care programmes especially designed to assist you to manage chronic conditions such as diabetes, hypertension and renal diseases.



Log onto www.mhcmf.co.za or call 0861 000 300 for more info. You can also visit www.nkf.org.za for additional info.



TIPS TO BUILDING A BETTER MENTAL HEALTH

What exactly is mental health?

Mental health refers to the state of our social, emotional and psychological wellbeing. To put it more simply, mental health affects how we think, feel, and act in certain situations. It affects our everyday state of being, and not managing it can lead to medical problems.

Mental health impacts every element of our life - from our relationships to our performance at work. It is important to prioritise your mental health even if you are not diagnosed with any concerns.



Social Connectivity

Try and spend face-to-face time with loved ones. Good relationships are important for mental wellbeing as it helps to build a sense of belonging and self-worth.



Be Active

Physical activity releases endorphins - powerful chemicals that lift your mood and provide added energy. It relieves stress, helps you to sleep better, and improves self-esteem.



Practise Gratitude

Often, we focus on the negative thoughts and events. One way to combat negativity is by practising gratitude. Be thankful! Maintain a journal, and spend 10 or 15 minutes every day journaling about what you're thankful for.



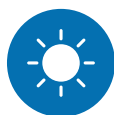
Be Kind to Yourself

Being kind means taking care of yourself. Don't beat yourself up for making a mistake or judge yourself harshly for being imperfect. Self-care can include many things such as resting, spending time with friends and family, or going for a vacation. Start by investing in yourself.



Find a Meaningful Goal

Challenge yourself. Even if you think you're at a good place in life and most of your goals have been achieved, there are always areas for growth and learning new things. Stagnation is counter-productive to positivity and self-love.



Pay Attention to the Present

Being mindful about the present moment can improve your mental wellbeing. It includes your thoughts and feelings, your body and the world around you. Live in the moment and enjoy it.



Prioritise Sleep

Good quality sleep isn't just about getting your eight hours; it's about getting sleep that is restful and energises you. If you are having difficulty getting restful sleep, try to incorporate practices that will help you achieve better sleep, like exercising daily, avoiding caffeine intake close to bedtime, not checking emails and social media an hour before bedtime.





WE WANT TO HEAR FROM YOU!

Please remember to use the platforms below to engage with the Scheme, and to submit claims, enquiries, emergency and pre-authorisations related matters or request for a copy of your tax certificate.

TAX CERTIFICATES

Your tax information sheets will be available at the end of June 2021 – just in time for submission. It will be emailed to all members who have a valid email address. Remember to include any medical expense that you might have paid for which are not included on the tax information sheet.

Web chat:	Visit www.mhcmf.co.za and click on the red 'Chat' bubble to start chatting with an agent.
WhatsApp chat:	Send a WhatsApp message to 0861 000 300 to start chatting with an agent.
Contact centre:	Call us on 0861 000 300 Note that we will never ask a member to provide his or her banking details or a username or password over the phone.
Email:	Send your member number along with your dependant's name, surname, ID number, email, physical address and cell phone details to info@mhcmf.co.za
Post:	Submit the requested information, along with your member number, in writing to: Moto Health Care, PO Box 2338, Durban 4000

Take note of our whistle-blower hotline number 0800 200 564 or email tip-offs to mhcmf@tips-offs.com. All reports are confidential.

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.



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