

MOTO HEALTH CARE NEWSLETTER

ISSUE 1 JANUARY - MARCH 2023



PRINCIPAL OFFICER'S NOTE

Welcome to our first combined member and employer newsletter for 2023! As most of our employer groups' employees are also members, we have heeded the requests for a single newsletter. A new year offers new opportunities for everyone to learn and try new things. A move toward a healthier lifestyle and seeing things positively is a good start. In this edition we share information on various eye conditions and we provide five tips for our employer groups to help improve their employees' financial situation. To learn more about your benefits, claims and how to contact **Moto Health Care** digitally, we include information on the digital platforms that the Scheme offers.

Warm regards,
Danie van Tonder

If there are any topics or member benefits that you would like to see more of in future newsletters, please send your suggestions to us at news@mhcmf.co.za

Special occasions come and go, but good health stays with you for life!

Protecting your vision

Your eyes are a complex and sensitive body part that you need to protect. **We look into the conditions that may affect your vision:**

Near-sightedness (myopia)

Is a common condition in which nearby objects appear clear, but objects further away look blurry.

Presbyopia

Is a refractive error that makes it hard for middle-aged to older people to see things up close.

Far-sightedness (hyperopia)

Is a common condition in which distant objects appear clearly, but nearby objects may be blurry.

Astigmatism

Is a common condition that makes your vision blurry or distorted.

Proptosis

Is the bulging of one or both of your eyes from their natural position.





Remember: Our Classic and Classic Network Option members may use their positive savings balance for any optional 'extras' on their glasses benefit. Contact our call centre on 0861 000 300 for more information.

For more information on these and other eye conditions, please **click here**.

Budgeting to save

Following the 2023 budget speech made by the South African Minister of Finance, Mr Enoch Godongwana in February, businesses and employees have since started recalculating their budgets to cater for the new provisions as laid down by the Minister. Whilst there is some positive news in terms of rebates on renewable energy sources, such as solar panels, and there are no new taxes introduced, things may still be difficult for individuals and businesses. South African families and businesses are taking additional strain after the COVID-19 pandemic with more frequent periods of loadshedding. For a small business, loadshedding severely impacts the business and its ability to trade, and the subsequent loss of customers in all fields of industry, has a ripple effect on the economy.



In this issue, we examine ways in which businesses can encourage savings for their employees to prepare them for any future eventuality. Research has shown that employees' financial problems affect their work performance.



Five steps to help your employees cope with their financial situation



Seek professional help

Since budgeting is not everyone's strength, a business can assist its employees by contracting with a seasoned financial advisor to visit your business and address employees on financial planning. Some of the country's larger banks may provide assistance by sending a few consultants to your premises to help staff with their existing or new accounts.



'Rainy-day' savings funds

A new trend emerging post-pandemic is the introduction of an emergency savings fund by the employer which employees may contribute towards, via a payroll deduction. This savings vehicle makes it easy for employees to save for emergency home renovations or car repairs or any number of unforeseen expenses. The process of saving is much easier for the employee because it is automated from their salaries, and they can elect a desired amount within their budget. The provision of such a facility by the employer will also reduce the need for employees to take out personal loans which have exorbitant interest rates and tougher terms of repayment.



Keeping track of spending

Many individuals do not have a record of their monthly spending and may therefore overextend themselves during the course of the month. One of the ways in which you can manage your finances is by setting up a spreadsheet outlining your income and expenses for the month. The employer can provide all employees with a template of usual day-to-day expenses such as transport, bond and car repayment, food and insurances and other fixed expenses. Helping your employees keep track of their expenses in an easy format will not only make your employees more financially savvy but will instil a culture of smart spending.



Retention of medical cover

Medical cover is one of the first expenses that employees sacrifice when financial situations are tough. Having medical aid cover ensures that you have access to private ambulance and healthcare services in the event of a medical emergency, such as a serious motor vehicle accident or a violent crime. Employers are advised to encourage employees to maintain their medical cover, not only for emergencies, but also to stay in control of any chronic conditions they may have. Another risk that compromises employees and their families is downgrading their medical aid coverage to save on costs. If you or one of your dependants develop a severe condition, the funding of treatment for that condition may be restricted on the lower option.



Investing staff retirement funds into umbrella funds

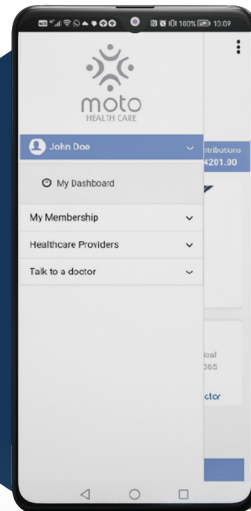
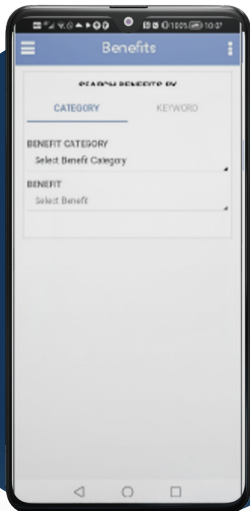
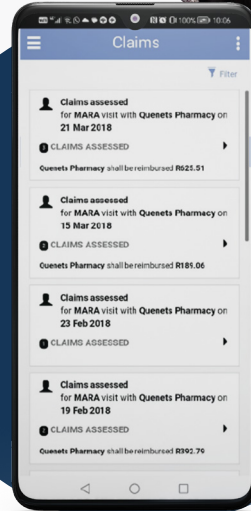
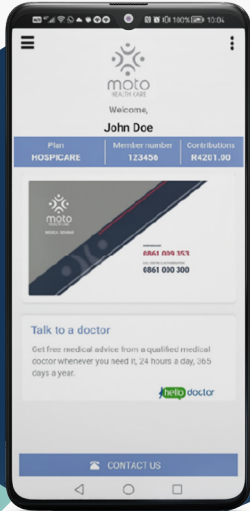
Many international markets are still rebounding from the devastating effects of the COVID-19 pandemic on the economic landscape. One of the ways in which an employer can manage the risk of turbulent markets for a single-employer stand-alone fund, is by investing in multi-employer pension funds. These are more commonly referred to as 'umbrella funds', and provides more scale and flexibility in the investment of funds. Any market fluctuations are likely to recover faster under the umbrella funds setup, thereby preserving employee investments.



Connect with us digitally



Need assistance? You can reach the call centre on **0861 000 300** or visit www.mhcmf.co.za  **Chat**



Remember to save our emergency number on your phone and call us on **0861 009 353** for assistance. For more information, visit mhcmf.co.za or **download the mobile app today!**

Call Centre: 0861 000 300 or email info@mhcmf.co.za

DOWNLOAD THE Moto Health Care MOBILE APP TODAY!

www.mhcmf.co.za



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.