

MOTO HEALTH CARE NEWSLETTER



ISSUE 2 APRIL - JUNE 2023

PRINCIPAL OFFICER'S NOTE

When we get up in the dark, arrive home in the dark and can't go outside without a coat we know winter has arrived. To beat the winter chills make yourself a cup of homemade cocoa it warms you up and prepares you for sleep. In this edition we talk to you about managing your Chronic condition; dealing with Mumps and Cholera; and we remind why you should belong to Moto as well as how you can get into contact with us.

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

Tax Information Sheets will be generated in June. Please ensure that your email addresses are updated to receive the information without any delays.

*Self-care is
how you take
your power back*

Lalah Delia



Cholera protect yourself and your loved ones

Cholera is an infectious disease that causes severe watery diarrhoea, which can lead to dehydration and even death if untreated. It is caused by eating food or drinking water contaminated with a bacterium called *Vibrio cholerae*.

[Read full article](#)



Checklist for managing your condition

It's easy to feel overwhelmed when it comes to managing your chronic conditions. By understanding your condition, you can take better control of your health and general wellbeing. We've listed some guidelines to help you.

- To determine whether your chronic condition is covered by Moto Health Care, refer to your member guide or visit the Scheme website.
- Make sure you understand the difference between CDL PMB chronic conditions and other chronic conditions. This is explained in your member guide.

- To ensure your chronic medication pays from the correct benefit, its important that you register your chronic condition with the scheme.
- Your chronic application will be reviewed subject to the scheme's chronic medicine protocols and formularies.
- If your authorised chronic condition is part of the 26 CDL PMB conditions, you will also receive a treatment plan. This is an important document which outlines the benefits (tests and consultations) the scheme would cover as PMB. You can obtain a copy of your CDL treatment plan by dialling 0861 000 300 or email info@mhcmf.co.za.
- Consult with your treating doctor at least once every six months and remember that your pharmacy will require a new script every six months. You will need to send a copy of the new script to the chronic department in order to make adjustments to your chronic authorisation, if any.
- Use your medication as prescribed by your doctor. This is called medicine compliance and will ensure optimum treatment is received for your condition.
- Do not stop taking your medication unless you have consulted with your doctor.
- Discuss any medication side effects that you may be experiencing with your doctor.
- Inform your doctor if you are using or intend to use any over-the-counter medication such as herbal treatments.



Renewing Chronic Authorisation

A month prior to the date your medicine authorisation expires, please submit a copy of your latest chronic prescription, including the ICD-10 code, relevant bloods results with your member number to chronic@mhcmf.co.za. Members on Custom and Essential options must visit their Network Doctor who will assist with completing the chronic application.

Below are some examples of the additional information that is required with the prescription but is not limited to the mentioned:



Cholesterol
Copy of your latest Lipogram results



Diabetes
Copy of your latest HbA1c results (blood pressure reading).

Scheme Website Medicine Formulary Lookup

Benefits of using formulary lookup

- Your doctor can refer to the lookup functionality to prescribe medicine in the medicine formulary which will minimize your co-payments.
- Provides you, the member, a view of possible copayments in advance, that will apply at the point of sale at the pharmacy.
- Provides a list of generics, for the medication prescribed and possible copayments.
- Please visit our website to see full formulary list for Moto Health Care.
- Visit the website www.mhcmf.co.za ; select your benefit option and click on the Medicine formulary button

Remember: Moto Health Care offers a range of preventative care benefits to help prevent and also identify a medical condition. **Click here** to view your benefits (please note that these tests do not affect your savings or day to day benefits)

Mumps outbreak in South Africa



What is mumps?

Mumps is an acute viral infection caused by the mumps virus. It is also called infectious parotitis. It causes swelling of the parotid and /or salivary glands.

How does Mumps spread?

Mumps spreads from person to person through droplets of saliva or mucus of the infected person.

What is the incubation time?

A person exposed to Mumps may develop sign and symptoms 16 -18 days after exposure of an infected person. People with Mumps are normally most infectious from up to seven days before and until five days after the onset of the inflamed glands.

What are the signs and symptoms of Mumps?

Symptoms various from person to person but may include:



Headache



Loss of appetite



Earache



Severe pain



Discomfort



Fever



Swelling of the parotid gland (this gland is located behind the ear, behind the jaw)

Possible complications of Mumps

This too may vary and sometimes does not occur at all.



Meningitis



Oophoritis (inflammation of the ovaries)



Deafness



Orchitis (inflammation of the testes)



Pancreatitis

What should I do if I am exposed to Mumps?

Children are most at risk to contract Mumps , generally between the ages of 5 and 9 years old. Prevention of Mumps are controlled by a vaccine called MMR (Measles, Mumps, Rubella). These vaccines are available at Clinics around the country. The first dose is given to children 12 – 15 months old and the second dose should be given between 4 to 6 years.

Unfortunately there is no post exposure prophylaxis for Mumps . The best treatment for Mumps is supportive in nature.



Bed rest is advisable



Drink lots of fluids



A GP should be consulted to treat the symptoms

Source: <https://www.nicd.ac.za/confirmation-of-mumps-outbreak-south-africa-11-may-2023/>
National Institute for Communicable Diseases

Keeping your membership



Medical cover is an important part of any employer's value proposition to attract and retain skilled employees. Employees and their families who are well cared for in terms of medical expenses for acute or chronic illnesses, are more likely to be better focused at work and in their social lives. Research has shown that healthy employees are better performers and are therefore an asset to any employer. With regard to medical aid cover, there are many options out in the market and many Schemes promise that their cover is the best. Unfortunately, for many Schemes and their members, the promise of affordable and comprehensive health, is short-lived and only when it is too late, do members realise that what they were promised, does not match up to what is delivered.

In order to prevent these challenges with healthcare cover, Moto Health Care is specifically designed to cater for the needs of the motor industry by offering five options that are aimed at providing cover for individuals at various stages of their lives. Our lower options are for the younger and healthier members whilst the more comprehensive options are matched to those individuals that need additional cover. Either way, there is an option for everyone.

Due to the staff turnover in the motor industry being quite high, there is a reality that staff may join and leave employers frequently and this can disrupt their medical cover. However, many employers and employees may not realise that staff can continue to be members of Moto Health Care even if they leave one company and join another in the motor industry. Changing jobs does not mean one has to leave the comfort of Moto Health Care, and what is even more convenient for your employees, is that they get to retain their existing Moto Health Care membership number which means they do not have to change their medical aid details with all of their service providers!

So, if your employees have to leave your employ, please remind them that they can remain on the Scheme, provided they verify that their new employer does offer Moto Health Care. In this way they can rest assured that their medical cover is uninterrupted, for peace of mind.

Remember to save our emergency number on your phone and call us on **0861 009 353** for assistance. For more information, visit www.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.