MOTO HEALTH CARE
NEWSLETTER

ISSUE 4 OCTOBER - DECEMBER 2026



PRINCIPAL OFFICER'S NOTE

Dear Member/Employer

2026 has been a year filled with opportunities, from introducing mid-year benefit enhancements to creating benefit options suited to every stage of life. Moto Health Care (MHC) is now proudly featured on social media platforms, where we share short snippets highlighting the benefits available to members, as well as to interested employees and employers in the motor industry.

As a proud family and community, we remain committed to supporting you at every stage of your healthcare journey.

Our members have the opportunity to change their benefit option at this time of the year. Information about option selection and the 2027 benefits is available on our website at **www.mhcmf.co.za**. Take the time to review the available benefits and make an informed choice for the year ahead. Should you require assistance with making your selection, feel free to call us on **0861 000 300**.

On that note, I would like to wish all our members a wonderful festive season, with the peace of mind that your healthcare needs are covered.

Warm wishes

Eugene Eakduth
Principal Officer



If you have any suggestions for topics you'd like to see in future editions of our newsletter, please reach out to the Scheme at **news@mhcmf.co.za**, and we will gladly consider them.

Travel tips

As many members prepare to travel during the festive season, taking a few simple precautions can help ensure that your healthcare needs are covered while you're away from home. Consider the following travel tips before you leave.

- Make sure your vehicle is serviced for the trip, and ensure that you have sufficient chronic medication to last the duration of your journey.
- Know where your nearest hospital, doctor and pharmacy are when travelling. If your option provides cover at a network hospital, general practitioner and pharmacy, ensure that you know who they are and that you have their contact details before you leave home.
- Have your membership card on hand (either a hard copy or your digital version on the MHC App).
- Keep the emergency medical assistance number readily available.
- Stock up your emergency kit and have it handy in case you need it.



Understanding foetal alcohol syndrome

Foetal alcohol syndrome (FAS) is a preventable condition that can occur when a baby is exposed to alcohol during pregnancy. Understanding how alcohol affects an unborn baby can help expectant mothers make informed choices and support healthier outcomes for their children.

How is alcohol transferred from mother to her unborn baby?

Placental transfer

The alcohol consumed by the mother passes directly through the placenta into the foetus's bloodstream.

Slow processing

As the baby's liver is still developing during pregnancy, it cannot break down alcohol in the same way as an adult. This can result in higher concentrations of alcohol remaining in the baby's developing tissues for longer periods.

Cellular damage

Prolonged exposure to alcohol may result in permanent damage to the baby's developing organs, brain and nervous system.

Alcohol exposure during pregnancy can affect more than a child's brain and physical development. It may also impact a child's oral and dental development. Learn more in ***When Alcohol Affects the Smile: Understanding the Oral and Dental Effects of Foetal Alcohol Spectrum Disorder***.

Read more about alcohol syndrome



Stop gender-based violence and femicide (GBVF)

Many of us know someone within our family, circle of friends or workplace who has experienced abuse. Abuse must be confronted in any form, and the **16 Days of Activism Against Gender-Based Violence campaign** reminds us that we all have a role to play in creating safer communities.

The 2026 campaign begins on 25 November (International Day for the Elimination of Violence against Women) and concludes on 10 December (International Human Rights Day).

Orange is used worldwide to represent a brighter future, free from violence against women and girls.



This year's campaign includes a few important dates:

25 NOVEMBER — International Day for the Elimination of Violence against Women

03 DECEMBER — International Day of Persons with Disabilities

29 NOVEMBER — International Women Human Rights Defenders Day

10 DECEMBER — International Human Rights Day
(marking the adoption of the Universal Declaration of Human Rights)

01 DECEMBER — World AIDS Day

What can I do to support this cause?

Wear orange
Show solidarity by wearing orange during the campaign.

Report and reject abuse
Do not look away or protect abusers, and support local shelters and survivor networks.

SOURCES:

- South African Government 16 Days Portal or review local
- Parliamentary frameworks: Parliament of South Africa. [1, 2, 3]

The campaign emphasises addressing the root causes of GBVF, promoting positive masculinity and gender equity, and creating economic opportunities for women and children. At its core, the theme aims to accelerate and amplify multisectoral and whole-of-society accountability.



Support by Syked
Here for You and Your Family

Early support often prevents small challenges from becoming much bigger ones.

Call our mental health trauma line
010 746 3755
for assistance and support

The festive season can be both joyful and challenging. Remember that we are here to support you and your family members 24/7 through the MHC's mental health trauma line in partnership with Syked. View more information about the **service here**.

Taking your prescribed chronic medication helps to prevent disease complications

Take responsibility for your health

Understanding **why** you need your medication, **how** to take it correctly and **when** to take it is an important part of managing your condition.

Your doctor may recommend a treatment plan requiring you to take prescribed medication daily, make some lifestyle changes and undergo scheduled interventions and treatments to improve your health outcomes.

Book your regular consultations and have your recommended blood tests done as advised by your healthcare provider, including those which may be required every six months.

Your health is important. Following these measures can help prevent non-compliance and reduce the risk of disease progression.

What is non-compliance?

- Stopping your prescribed chronic medication without consulting your doctor, e.g. because you 'feel better'.
- Not filling or refilling your prescription.
- Taking your medication at the wrong time.
- Taking the incorrect dose, e.g. half a tablet instead of a whole tablet.
- Skipping doses.
- Taking medication that has expired.
- Taking someone else's medication.

Call Centre

Call us on **0861 000 300**
or email **info@mhcmf.co.za**

Download the Moto Health Care mobile app today!

GET IT ON Google Play | Download on the App Store | EXPLORE IT ON HUAWEI AppGallery

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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