



Healthy Heart

FEBRUARY WAS THE MONTH OF LOVE. IT'S TIME TO THINK OF YOUR OWN HEART.



The human heart provides the power of life, pumping 90 000 times every day. Ironically it can also be one of your greatest weaknesses. Almost 1 in every 5 deaths in South Africa are caused by heart diseases. Only HIV/AIDS claims more lives. Heart disease often progresses suddenly without any symptoms or forewarning, until a heart attack suddenly strikes. By living healthy and understanding your own health you can prevent heart disease or treat it early before it's too late.

SIGNS OF A HEART ATTACK:

- An overwhelming sense of anxiety
- Shortness of breath
- Feeling light headed and dizzy
- Abdominal pain, feeling sick, or vomiting
- The pain can spread to your shoulders, arms, neck or jaw
- Sweating
- Chest pain that could feel like pressure, tightness, discomfort or squeezing

CAUSES OF HEART DISEASE - CONROLLABLE FACTORS

- Stress
- Smoking
- Nutrition
- Body weight
- Physical activity
- Alcohol use
- Diabetes

UNCONTROLLABLE FACTORS:

- Age
- Genetics
- Family History
- Poverty
- Gender

** Information from the Heart and Stroke Foundation.*



Cape Town is not the only city in a water crisis, South Africa as a whole is experiencing a drought. Here are some tips for you to do your part:

- Only flush toilets when necessary
- Don't leave the taps running when brushing teeth
- Use shower water to feed indoor plants
- Take shorter showers
- Always do full loads of washing
- Make sure taps are closed properly & you have no water leaks on your property

MOVED HOME, GOT A NEW PHONE OR CHANGED YOUR EMAIL ADDRESS?

Please let us know by updating your personal details. You can do this by registering on the Suremed Website www.suremedhealth.co.za, here you have access to your membership and claim information.

You can also send any changed information to suremedmembership@providence.co.za or call 041 395 4545.



CHRONIC MEDICATION



A chronic condition is usually long-term and progressive by nature, and requires treatment with chronic medication on a regular basis in order to maintain and even improve quality of life.

Not all medication that is taken for a long period of time will be paid as chronic. For the Scheme to cover a medication as chronic, it needs to be approved as part of the Chronic medication benefit in terms of the Scheme's Protocols and must also be in line with the Chronic Disease List, applicable to your plan.



SO HOW DO YOU APPLY?

A completed chronic application form needs to be submitted to PROVIDENCE for approval. Application forms can be obtained from HR (where applicable), the website or from PROVIDENCE. Ask your doctor for assistance in completing the form. Please ensure that your membership number is filled in on the form and that you and your doctor have signed the form. Please also ensure that all requested clinical information is included with your application. It is essential that you submit all required information correctly as incomplete forms will not be processed. Forms can be submitted to pbm@providence.co.za

WHAT IS OVER THE COUNTER MEDICATION (OTC)?

You may buy certain medication directly from a pharmacy without a prescription from a doctor. This is medication that is classified as Schedule 0, 1 and 2 medication. It is always advisable to obtain your pharmacist's advice on what medication to take for your condition. This benefit is included in your acute medication benefit and can be accessed by your pharmacist through the normal claiming process.

HOW DO YOU UPDATE YOUR CHRONIC MEDICATION?

If your doctor changes your chronic medication, or if your chronic medication authorisation expires, your doctor or pharmacist may fax or email a copy of the new prescription, indicating the changes as well as the diagnosis, to PROVIDENCE.

To get in contact with the pharmacy team, please call: 041 395 4482, fax 0866 808 855 or email pbm@providence.co.za