



E Newsletter September 2017

Suremed Health Newsletter

August was Women's Health Awareness month and women's roles in society have evolved so much over the years it is more critical than ever to look after our health. Women are expected to look after their families, keep full time jobs and balance all other external factors. Suremed would like to make sure that you are still making your health a priority so here are some tips

LOOKING AFTER YOURSELF

- DON'T SMOKE - If you smoke ask your doctor to help you quit.
- EAT HEALTHY - Watch your diet and avoid saturated fats.
- WEIGHT WISE - Losing weight lowers your chance of heart disease.
- GET MOVING - Do a little exercise, it's good for your heart.
- LIMIT ALCHOL - Drink alchol in moderation.
- MANAGE STRESS - Find Healthy ways to deal with stress.

WHAT ARE THE TOP WOMENS HEALTH ISSUES?

- Cancer: Breast and Cervical cancer are the two most common forms.
- Reproductive Health: Sexual and reproductive health problems are responsible for 1/3 of health issues for women between ages 15 and 44 years.
- HIV: Young women take the brunt of new HIV infections. Too many young women struggle to protect themselves against transmission of HIV and to get the treatment they need.

(Information obtained from WHO)



Suremed Preventative Care Benefit

As a Suremed Health member you have access to preventative care benefits. This can cover tests such as:

- Pap smears
- Cholesterol, Glucose and Blood Pressure
- HIV

Please contact Suremed Health for any queries regarding what your preventative care benefit covers. 041 395 4545



Sneezing, headaches and coughing?

Sounds like the change of Season has got you. Here are some tips to help you with your sinus problems.



- Open the windows
Ventilate your house on days when the pollen count isn't high. Stale air aggravates sinus problems.
- Increase your hydration
Drink 8 to 10 glasses of water or fruit juice to lubricate your throat and keep mucus thin. Avoid alcohol and caffeine because they will dehydrate you.
- Irrigate your nose
Keep your nostrils moist with frequent use of saline sprays or washes.
- Stay on top of allergy care
If you have allergies, avoid exposure to your trigger substances and try to manage your allergies as best as possible.
- Avoid harsh fumes
Exposure to cigarette and cigar smoke and strong odors from chemicals can irritate and inflame nasal passages.

<https://www.healthyessentials.com/wellness-solutions/how-to-prevent-sinus-infections>

Explorer Members

Members on Explorer can locate their nearest contracted provider using **"IFIND"**, a service provided by Prime Cure, by:

- Visiting the Prime Cure website on www.primecure.co.za.
- Contact the Prime Cure call centre on 0861 665 665
- Send an SMS to I-Find 33900.
 - The sms must contain the discipline you looking for and the area, for example:
 - Dentist Randburg
 - Doctor Randfontein
 - Optometrist Soweto

You will receive an sms back within minutes with a list of contracted providers.