



SNEEZING SEASON IS ALMOST HERE. SO SHOULD YOU GET A FLU VACCINE?

Flu season usually kicks in around the first week of June, but it can start as early as April or as late as July. It takes around 2 weeks after you have the vaccine for it to become effective, so the earlier you can have it the better. If you miss the pre-flu season window, never fear! There is no "cut off" date to have the vaccine.

The evidence in support of the flu vaccine gives it a big thumbs-up! Vaccine or not, there are a few other ways to keep yourself flu-free this season:

1. Wash your hands often and thoroughly with soap and water and clean kitchen and bathroom surfaces regularly. Teach your kids to wash their hands too!
2. Avoid touching your eyes, nose or mouth whenever possible.
3. Contain sneezes and coughs with disposable tissues (and make sure to dispose of them right away!) and wash your hands afterwards.
4. Try not to touch objects around you when in public places, such as the rail of the escalator or your coughing colleague's pen or computer mouse.
5. Avoid close or prolonged contact with people with a cold or flu.
6. Stop smoking – Those who smoke are more vulnerable to complications from the flu.

By Dr Leanne White for HelloDoctor.com



Navigator, Challenger and Shuttle members can get the vaccine on the preventive care benefit while Explorer members will need to contact PrimeCure for more information (086 166 5665).



MEDICAL AID RATES VS DOCTORS RATES

Does the difference in rates between what doctors' charge and what your medical aid covers confuse you? Are you aware that you are able to negotiate fees with all the members of the surgical team when going for an operation?

You are entitled to know what a provider is charging prior to any services being rendered to ensure that you can make an informed decision relating to your healthcare. You need to also remember that those working with your doctor might not charge medical aid rates even if your doctor does. Please ask your doctor what their assistant(s), anaesthesiologist and other service providers charge.

Please do not hesitate to contact Suremed Health if you require a quotation for your procedure, our customer care team can provide you with a detailed quote of what the Scheme will cover. This will enable you to negotiate with your provider.

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