

MEDI BRIEF

JUNE 2021

AGM feedback

The Scheme conducted its 52nd Annual General Meeting on 19 May 2021. We would like to thank the members who attended the second virtual meeting. We were delighted to again engage with you during these unusual times.

Here are some of the highlights:

- 56 members of the Scheme joined us in the virtual AGM.
- Our members engaged using the technology provided and confirmed the minutes of the 2020 AGM as correct.
- The Chairman provided an overview of extraordinary circumstances we found ourselves in 2020, and its unforeseen impact on the Scheme financials.
- Marius Jacobs, Head of InHouse Finance at Discovery Health, presented the annual results which were better than expected, despite the very negative impact Covid-19 had on the investment markets.
- Members approved the report of the Auditors, PWC, the Report of the Board of Trustees and the Annual Financial Statements. PWC was reappointed as the Scheme's Auditor for 2021.
- Members elected the Disputes Committee, re-electing Mr Philip Laubscher, Mr Cas Badenhorst and Ms Nonhlanhla Payne for the 2021/22 period.

- The Principal Officer (PO) stated that there were no changes to the Board of Trustees since the last AGM and the Chairman reported on the Trustee Fees.
- There were no formal notices or motions placed before the PO and no questions raised at the meeting.
- All in all, we thank you for a very successful AGM and sincerely hope that 2022 will see us holding a hybrid virtual/physical meeting with our local members physically participating.

After the AGM, Stephen Johnston, Head of Discovery InHouse, gave the audience an overview of the national vaccine rollout process and answered member questions.

Members were appreciative, thanking the Board of Trustees, the Scheme management and Discovery for an informative session and a well-run Scheme.

The recording of the AGM and the presentation by Stephen Johnston are available on www.angloms.co.za. Log in as a member and find it on the Annual General Meeting page.

Tips for V-day – when it is your turn to get your vaccine

Before your vaccination

- Ensure you have a 14-day gap between other vaccines and the Covid-19 vaccine.
- If you feel sick on the day of the vaccine or have a temperature, check with your healthcare provider if you should get the vaccine, or if you should rather postpone.
- Please also speak to your doctor if you have a history of severe allergic reactions or other health issues that concern you, in relationship with the Covid-19 vaccine.

At the vaccination site

- In the queue – wear your mask, keep your distance.
- We don't know yet how long the queues will be, rather be prepared.
 - Wear comfortable shoes, warm clothes, take food and water. Good hydration is important on the day of your vaccination.

- Ensure your phone is charged.
- If you expect queues to be very long, you might want to take something to sit on.
- Consider getting somebody to drop you off at the vaccination site if you expect limited parking.
- The healthcare professional that administers your vaccine received specialised training for the administration of the Covid-19 vaccine. If you still have any concerns about the vaccine or your well-being, ask them for advice.
- Your vaccine will be administered in your upper arm. Wear clothes that allow easy access to your upper arm.
- Take your ID, Voucher number and AMS membership card or Medical Aid number.
- The healthcare provider will keep you at the vaccination site for 15 minutes after your vaccination to look out for any immediate reactions, although they are very rare.

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After your vaccination

- Keep the record/proof of your vaccination.
- Be careful about posting selfies with vaccination certificates containing your personal information such as ID numbers on social media.
- Know that mild side effects are normal and expected. It could be a pain or swelling in your arm, mild fever, fatigue, headaches, muscle or joint aches, chills, or diarrhoea. If these symptoms are present for longer than a few days or if you have a stronger reaction, please consult with your healthcare provider.
- If you received the Pfizer-BioNtech vaccine, please watch out for the second-dose appointment. For this particular vaccine to be effective, you must receive the second dose.
- Remember that your immune system needs 2-3 weeks after your vaccination before it can fully protect you. If you receive the Johnson and Johnson vaccine, this would be 2-3 weeks thereafter; if you receive the Pfizer vaccine, 2-3 weeks after the second dose.
- The vaccine won't necessarily stop you from contracting the virus, it will protect you from severe infections and limiting the need for hospitalisation and ventilation therapy.
- Keep on wearing your mask and adhere to all other safety measures. You still need to protect yourself and members of the community that are not vaccinated yet. We are still learning about the vaccine and the virus and don't know yet if you can still spread Covid-19 after you are fully vaccinated.

Covid-19 hub

Please remember to visit the Covid-19 hub on www.angloms.co.za where you will find:

- Information about your Covid-19 benefits
- Information on how to register for the Covid-19 vaccine and where we are in the national vaccine rollout
- Articles about Covid-19 and the vaccine
- Online Covid-19 risk assessment and virtual consultations
- Links to reputable information sources and more

My vaccine experience

Our Chairman's experience, Colleen Elliott

Given the onset of cold winter weather and the risk that brings of covid spreading more easily, I was relieved to get my vaccine. The experience was not painful and very efficiently managed by knowledgeable and caring health workers.

Our Principal Officers' experience, Fiona Robertson

To vaccinate or not to vaccinate was the question, albeit a rhetorical one. It is a personal choice, but I felt I had to vaccinate. Our country has to get back on track, our people need to work, families are desperate to freely gather again, children can't lose out on more schooling. In fact, we all need to get all our lives back to normal. I believe I have a responsibility to help put an end to unnecessary deaths and heartache. The queues were long and slow but, when one reached the front, the process was incredibly well organised by a wonderful team, many of whom were volunteers and the positive spirit was nothing short of "infectious".

I for one suffered no side effects other than a somewhat painful injection site. Others did report some effects varying from tiredness and runny noses to a few days of feeling quite "fluey". But here we are to tell the tale. Do I feel better protected? – most definitely YES, although I still continue to "mask-up".

I do know that the vaccine does not prevent me from possibly getting Covid-19, but I have a reasonable assurance that I won't be hospitalised and, with luck, will not be nearly as infectious if

I become infected. Can I return to a normal life? – not quite yet, but with each vaccination administered around the country, I know we are all one small step closer to reaching herd immunity and freedom. I hope you will all have similar positive experiences and views on the matter.

Vaccination experience from one of our members:

"As an 86-year-old Anglo Med[ical] Scheme member (I am a widow who was married to an Anglo/de Beers pensioner), I have nothing but praise for the administration in our area of Waterfall, KZN. Everything was well-planned, with ample parking as the whole basement of our Watercrest Mall shopping centre was available, chairs were arranged in rows for those who awaited their turn for inoculation, the professional staff administering the injections were courteous and swift and then we could happily wend our way home. Hats off to the organisers!! And thank you to all who were involved in the seamless organisation."

What was your experience?

We know that many of us are still waiting to get their vaccine, some are not even eligible yet. While some people are very eager, others still need some encouragement.

If you have had your vaccine already and would like to share your experience, email member@angloms.co.za and use "My vaccine" as the subject. This will help us to learn from the things that can be improved or appreciate what went well. Your response might just answer another member's question.

Visit www.angloms.co.za to learn more about your Scheme and benefits.

Find all previous MediBrief editions in the Info Centre > Knowledge Library.

Member Queries:

Value Care Plan: 0861 665 665, anglo@primecure.co.za

Standard and Managed Care Plan: 0860 222 633, member@angloms.co.za

Claims: claims@angloms.co.za