

Mark your calendar for our 2023 Virtual AGM on 24 May

On behalf of our Board of Trustees, we invite you, our members all over South Africa, to attend our fifty-fourth Annual General Meeting on Wednesday, 24 May 2023 at 10am. Participants of the AGM will receive the report on the Scheme's performance in 2022, adopt the Annual Financial Statements and will be able to engage with the Trustees and management of the Scheme. You will receive more information and the official notice next month.



Who is your nominee for the Scheme's Disputes Committee?

At the AGM, members elect the Disputes Committee for the next 12 months. The committee is established to arbitrate disputes, should they arise, between members and the Scheme. The current members of the Disputes Committee are Mr Philip Laubscher, Prof. Cas Badenhorst and Ms Nonhlanhla Payne.

To ensure that members can vote for candidates at the AGM, nominations need to be put forward now.

If you know of any suitable nominees, including yourself, please email your nominations to principalofficer@angloms.co.za. Include your and the nominee's membership number and a short note explaining why you think the nominee is suitable. Nominees must be members of the Anglo Medical Scheme.

Trustees, members serving on Scheme Committees, administrator employees and Scheme officers may not serve on the Disputes Committee.

Financial anxiety and the effect on your health

Financial pressure is one of the biggest stresses for many South Africans right now. It can result in sleepless nights, constant worry and tension. It may create feelings of nervousness, irritability, and sometimes even aggression, if there is no 'way out' in sight or if one feels trapped in a tight financial situation.

Living with extreme financial stress, or any other stress, for an extended period of time can lead to the development of chronic conditions, such as sleep disorders, depression, heart disease or obsessive behaviours. These conditions can result in increasing medical costs – which intensifies the financial worry. It is a vicious cycle!

Other consequences could be the development of unhealthy financial habits. This could be a fear of spending and the refusal to spend money on necessary healthcare, security, or home renovations to be able to live in a safe and healthy environment. Or it could show as hoarding or overspending. Buying and holding on to too many things, or trying to prove that there is still money to spend, will only be a short-term relief and might worsen the situation.

While some people worry about existing financial challenges that they currently have, others worry about possible future scenarios. "What if I run out of money as I get old?", "What if I need an expensive operation?", "What if I lose my house or job?". Financial anxiety can be observed even if, from an outside view, there is no immediate threat or problem. The fear of a potential financial challenge is still very real for that person in that moment.

Tips to deal with financial worry or anxiety

- Organise your thoughts and finances. Write down what worries you, acknowledge it and think about possible improvements. Make a budget or review your current one. Track and prioritise your spending and cut the unnecessary. If you can't do it alone, look for financial education materials that are available from banks, brokers, investment consultants or consumer education organisations, or seek the help of a financial coach or expert.
- Depending on what you worry about, creating an emergency fund might help. Even if you put away R100 or R200 a month. Start small, but start. Doing something

about a problem will make you already feel a little more in control.

- Don't compare your life or lifestyle to others. You don't see what others don't have compared to you; you will probably only notice what you would like to have yourself. Give yourself a break from social media. Everybody knows that the 'lives' you observe on social media are most likely not a true reflection of reality.
- As with any anxiety, reduce the intake of coffee and alcohol. Alcohol is not only an expense that you can cut, it also only distracts you from problems momentarily, but if consumed regularly, can make you more irritable and less clear-headed to take the right decisions.
- Cut out the take-aways and find healthy ways to eat on a budget. This will benefit your health and your wallet.
- Exercise, meditate, do breathing exercises or yoga, spend

time outdoors – whatever works for you to release stress on a physical level and to clear your head.

- Ask friends and family how they deal with financial pressure. Most people have similar financial problems: from increased interest rates, making it harder to pay off debt, car finance or bonds, to higher living costs, or the need to invest in solutions for power and water back-up. Brainstorm money-saving tips together or find ways to share costs by bulk buying with your friends or family or sharing a car or daily commutes.
- If your financial anxiety is too intense and none of the above feels achievable or just too overwhelming, speak to your GP or contact Lifeline on 0861 322 322 or the South African Depression and Anxiety Group on 0800 567 567. They have experts on this topic for a reason. You don't need to deal with this alone.

Money-saving tips for AMS members

The more you understand your Scheme, the Rules and your benefits, the better you will be able to use them and the more money you will save. Find more information on www.angloms.co.za, in your benefit guide, in MediBrief articles, attend Scheme meetings (such as the AGM or year-end presentations), meet with your Client Liaison Officer or call the Call Centre on 0860 222 633.

Here are some tips on how to save money and make the most of your benefits:

- Understand the claiming process: what details need to be included on a claim and when you can claim for which healthcare service, for the Scheme to be able process and fund the claim.
- Make use of preventative care benefits. Detecting health risks or diseases early, could prevent a disease or at least improve the success rate of the treatment.
- Make sure all your conditions and medications are correctly registered for chronic or PMB benefits to prevent unnecessary out-of-pocket expenses. Call the Call Centre to check. If you take medication to treat a health issue for longer than six months, you might be able to access dedicated benefits once registered if it is a recognised chronic condition.
- If you were diagnosed with a condition and your healthcare provider suggested a treatment, stick to it. Going on and off certain medication to save benefits or to cut monthly

costs can cost you more in the future. In some cases, e.g. the treatment of high blood pressure, asthma, diabetes or mental health conditions, it can even be dangerous for your health to interrupt treatment.

- Never wait to see a doctor if something is worrying you for a while or if pain or symptoms don't go away. Ignoring health issues or avoiding costs for blood tests or x-rays could result in much higher costs later, such as hospitalisation or lifelong treatment.
- Use networks to avoid co-payments. On the Value Care Plan, most of your healthcare providers operate on the Prime Cure network. On the Standard Care Plan (SCP), you can use a network dentist or the hospital network, and on the Managed Care Plan (MCP), there is a GP network. On both the SCP and MCP, use day clinics where possible, instead of hospitals, to avoid co-payments and to reduce procedure costs.
- Use generics to reduce medicine cost and to stretch your benefits. Go to www.angloms.co.za, select your plan and then your medicine benefit page where you will find a look-up tool to search for cheaper, alternative medication for your condition.
- Make sure you claim back everything you can from SARS. Always submit medically related expenses through the Scheme so they are all included on your medical tax certificate.

Do you have further questions on the articles in this edition? Contact us on the numbers and addresses listed here:

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

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

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