



## Introducing Marise Mateme: Newly appointed Trustee to the AMS Board of Trustees

We are delighted to welcome Marise Mateme, who has joined the Board of Trustees as an employer-appointed Trustee. Marise brings a wealth of experience and a strong commitment to serving members with diligence and integrity.

Marise is a seasoned human resources professional with 20 years of experience, including 14 years in the specialised area of remuneration and benefits. Alongside her professional career, Marise has served as a Trustee on both Medical Scheme and Retirement Fund Boards. This combination of experience gives her a unique perspective on the issues affecting members as well as the considerations the Board needs to balance.

### When asked what inspired her to put herself forward for this role, Marise explained:

"I believe that my experience as a reward professional and close association with the benefits landscape, combined with my experience as a Trustee on both Medical Scheme and Retirement Fund Boards, affords me the opportunity to provide a unique perspective on issues affecting members as well as considerations that the Board of Trustees need to consider."

### Marise has a clear view of what she believes is the most important role of a Trustee:

"I think that the most important role of a Trustee is the diligent

and competent performance and delivery of their fiduciary duty, which needs to be carried out with honesty, integrity and good faith. Using your fiduciary duty as a north star will guide your decision-making so that you are able to balance the needs of the now (short-term) with the needs of the later (long-term) and the needs of the few with the needs of the many. It's not always easy, but that makes it even more important to do well."

### As she begins her term, Marise shared this message with Scheme members:

"I am honoured to be appointed to the Board and acknowledge the responsibilities associated with the role, including the commitment to act in the best interests of the collective membership of the Scheme with care, good faith and integrity and within the framework of the law."

We extend a warm welcome to Marise. We look forward to the valuable contributions she will make in safeguarding members' interests and supporting the continued success of AMS.

## Take charge of your health

August is Women's Month, and the perfect opportunity to put your health first by making time for essential screenings and check-ups.

Breast, cervical and uterine cancers are among the top five cancers affecting women in South Africa. The good news is that many serious conditions, including cervical and breast cancer, can be treated successfully if they are detected early. That's why it is so important to stay up to date with recommended screening tests, knowing what is normal for your body and being aware of warning signs.

Anglo Medical Scheme is here to support you in taking proactive steps to protect your health. As part of your benefits, the Scheme offers cover for a range of screening and preventive services:



### Pap smear

This test can pick up changes in cervical cells before they turn into cancer. If you're between 21 and 65, you should have regular pap smears. AMS pays for pap smears as a preventive care benefit. This means the cost is covered by the Scheme (not your normal benefits), at the Scheme Reimbursement Rate.

## HPV vaccine

The human papillomavirus (HPV) vaccine is highly effective in preventing cervical cancer. It is recommended for girls and young women, ideally before becoming sexually active. AMS covers the vaccine for members between 9 and 26 years old as a preventive care benefit, also paid by the Scheme at the Scheme Reimbursement Rate.

## Mammogram

A mammogram is an X-ray of the breast that can pick up early signs of breast cancer, sometimes years before a lump can be felt. If you are over 40, AMS will cover your mammogram – paid by the Scheme at the Scheme Reimbursement Rate.

## Bone density scan

After menopause, women are at higher risk of osteoporosis (fragile bones). A bone density test helps assess bone strength and fracture risk. If you are over 65, AMS covers this test to detect osteopenia or osteoporosis.

## Regular gynaecology check-ups matter

Beyond screening tests, routine check-ups with your gynaecologist are essential for managing your health at every stage of life. Annual visits can help with:

- Early detection of infections, hormonal imbalances and reproductive health concerns.
- Personalised advice on contraception, menopause and sexual health.
- Support with family planning or managing fertility challenges.

## How your check-up is funded:

- On the Standard Care Plan, your gynaecology visit will be paid from your Out of Hospital Family Limit (Sublimit 2) at the Scheme Reimbursement Rate.
- On the Managed Care Plan, it will be paid from your Medical Savings Account at the Scheme Reimbursement Rate.

Please discuss your needs with your doctor so you can plan your care appropriately.

## Make your health a priority

Don't wait until something feels wrong before taking action. Prevention and early care are always easier and more effective than treatment later on.

If you have any questions about your benefits or how to claim for preventive care, please call us on 0860 222 633 or visit [www.angloms.co.za](http://www.angloms.co.za)

Your health is your greatest asset – make it a priority.

## Keep your details up to date

Have you moved, changed your phone number or email address, or updated your banking details recently? Make sure we have your current contact information so you don't miss important updates about your membership, claims or benefits.

Updating your details is quick and easy. Simply call us on 0860 222 633, email [member@angloms.co.za](mailto:member@angloms.co.za) or log in to the AMS app or website. Once logged in, click on "My Details", then select "Personal Information" to update the relevant fields.

Keeping your records accurate helps us serve you better.

## More than a medical scheme: A member's tribute to AMS

TO ANGLO MEDICAL SCHEME...

Quick to respond to every call,  
To help where you can  
And give it your ALL!  
Efficient, reliable, professional too,  
Your members greatly  
Appreciate YOU!  
You always provide  
A personal touch,  
Which really means so very much!  
You fast track each claim,  
And you're quick to reply...  
To queries and questions  
Of who and of why!  
You're a medical aid  
Which functions with HEART...  
In the lives of your members  
You play a large part.  
So THANK YOU for caring  
The way that you do,  
And in closing I say  
"MAY GOD BLESS YOU"

With appreciation from a grateful AMS member

**Do you have membership or Scheme questions? Contact us on the numbers and addresses listed here:**

Value Care Plan: 0861 665 665 | [support@kaelo.co.za](mailto:support@kaelo.co.za) | Standard and Managed Care Plans: 0860 222 633 | [member@angloms.co.za](mailto:member@angloms.co.za) and [claims@angloms.co.za](mailto:claims@angloms.co.za)

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