

'Movember': A practical reminder for men to take their health seriously

Movember is recognised worldwide as Men's Health Awareness Month. The aim is to encourage men to take charge of their wellbeing, speak openly about health issues and act early. Many health conditions that affect men develop silently over time. Taking steps to detect problems as early as possible can change both treatment outcomes and long-term quality of life.

AMS supports members in managing their health through a wide range of preventative care benefits. These are designed to help you identify possible health risks before they become serious.

Key screenings to prioritise

Below, we highlight some of the screenings particularly important for men's wellbeing:

- **Prostate health – PSA (50+)**
Prostate cancer remains one of the most common cancers among men. AMS covers an annual prostate check for men aged 50 and older. Regular screening increases the chance of detecting changes early, when treatment is more effective.
- **Colon and colorectal cancer screening (50+)**
Screening options covered by AMS include:
 - Faecal Occult Blood Test (every two years), and
 - Colonoscopy where clinically indicated.These tests help detect early signs of colon and colorectal cancer, often before symptoms appear. Both these tests are available to men 50 years or older, unless other specific risk factors are present.
- **HPV Vaccination (Up to Age 26)**
Human Papillomavirus (HPV) can lead to several cancers in men. AMS covers the HPV vaccine for male members up to the age of 26, helping to reduce risk and spread of the virus. No benefit on the Value Care Plan.

Annual wellness checks

Routine health measurements such as blood pressure, cholesterol, glucose and BMI provide a valuable overview of your general health. These checks are covered at pharmacies



including Clicks and Dis-Chem. This screening can highlight early warning signs with no need for a doctor's appointment.

Preventative care works

Detecting health risks early can prevent the development of disease or improve treatment success. Many serious conditions progress slowly and quietly. By taking advantage of preventative benefits, you can give yourself time, options and peace of mind.

How to access your benefits

Visit the AMS website, select Plans and Products and then select Preventative Care for your specific plan; contact the AMS call centre on **0860 222 633** or via WhatsApp on **011 292 8797**; or access your Benefit Guide to find details on:

- Which benefit category each screening is paid from; and
- Whether limits apply.

Value Care Plan members to contact Prime Cure on **0861 665 665**.

A simple step to take

Consider this your reminder to prioritise your health. Book one screening or check-up you may have delayed. Set the appointment, follow through and encourage a colleague or family member to do the same. This simple step can make a lasting difference to your long-term wellbeing. Remember, prevention is better than cure.

We've heard you!

Thank you to everyone who took part in our MediBrief survey. We were thrilled to receive more than double the number of responses from our last survey! You shared how often you'd like to receive the MediBrief, what you enjoy reading and gave us some great ideas for future articles. We have taken your feedback into account, and starting in 2026, your monthly MediBrief will change to a quarterly newsletter – designed to bring you richer updates and insights, all in one place.

Fighting fraud, together

Medical scheme fraud is not a victimless crime. Every Rand lost to fraud is a Rand that should have gone towards protecting your health and your benefits. At AMS, we want to help you recognise the different types of fraud, understand how it affects you and know how you can play a part in stopping it.

What does fraud look like?

Fraud can be committed by anyone – healthcare providers, syndicates or even members – and it takes many forms:

- Submitting claims for services or medicines that were never provided.
- Members lending their AMS card to someone who isn't a registered dependant.
- "ATM" scams, where members visit a provider intending to dishonestly obtain cash from the Scheme.
- Providers offering to "make a plan" by inflating claims or disguising services to bypass co-payments.
- Failing to refund the Scheme if another party, like the Road Accident Fund, has already reimbursed you for treatment costs.

How does it affect you?

Fraud hurts all members, directly and indirectly. If fraudulent claims are paid against your membership, your benefits are depleted and may not be there when you really need them. Indirectly, fraud raises the Scheme's costs, which in turn increases contributions for all members.

Protecting member funds is everyone's responsibility:

- Check your statements: Make sure the claims listed match the services you and your family actually received.
- Keep your card safe: Never lend it to anyone who isn't a registered dependant.
- Don't participate in fraud: If someone offers you cash in exchange for a false claim, walk away – it is illegal and may result in termination of membership or even prosecution.

Fraud undermines the integrity of our Scheme and threatens the sustainability of the benefits we all rely on. By staying alert, you can help us stop fraud in its tracks.

Report suspicious activity: If you see something that doesn't look right, let us know. You can report anonymously through our dedicated hotline (toll-free **0800 004 500**) or via email at **forensics@angloms.co.za**

AMS member communication is going digital!

AMS is moving with the times. Many of us already manage our daily lives on our phones, laptops or tablets – from banking and shopping to connecting with family. It makes sense that your Scheme communication should be just as easy to access. Digital communication offers a faster, safer and more dependable way to receive your member information, without waiting for postal delivery.

Member statements and other Scheme communication for the Managed Care Plan and Standard Care Plan will, in future, be provided through secure digital channels. This means you can view your information whenever you need it, keep your records organised and avoid delays linked to unreliable postal services.

This move to digital means better service. Statements reach you more quickly, reduces the risk of delays or documents lost in the mail and gives you greater control over how you store and access your information. It also aligns with more sustainable and efficient administration

practices, which benefits both the Scheme and its members. From 2026, statements and updates will be available digitally via email, SMS, the AMS app, WhatsApp, the Virtual Agent and the Secure Inbox on the AMS website. These options ensure that your information is accessible to you wherever and whenever you may need it. Everything remains secure, and your statements will be stored in one place for Managed Care and Standard Care Plan members for easy reference whenever needed.

Postal communication will continue for those members for whom we do not have an email address or mobile number on our records. Every member will receive all essential communications. If you know that your contact details may not be up to date, this is a good time to check and update them to ensure uninterrupted access.

If you would like help with accessing your Secure Inbox, using the mobile app, or updating your details, the AMS call centre is ready to assist.

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 | **Standard and Managed Care Plans:** 0860 222 633 | member@angloms.co.za and claims@angloms.co.za

Visit www.angloms.co.za to learn more about your Scheme and benefits. Log in and find all previous MediBrief editions under My Documents > Knowledge Library