

MEDI BRIEF

MAY 2015

Welcome to our new Board of Trustees!

We would like to thank Anglo Medical Scheme members for nominating candidates, those who stood for election and everyone who voted to make the 2015 Trustee Elections a success.

We were delighted to see the extent of member interest and the number of new candidates who made themselves available. To those who did not make it this year, we hope to see you again in 2018.

During the course of 2014, the Scheme saw a number of Trustees either leave the Scheme or step aside due to work commitments.

These changes left the Scheme with vacant Alternate Trustee positions that could not be filled. As a result, the Board of Trustees decided to reduce the number of Alternate Trustees to two member-elected and two employer-appointed Alternate Trustees.

We would like to express our thanks and appreciation to all the outgoing Trustees: Gavin Preston, James Liston, Lin Sanford, Philip Chetty, Alvin Masarira, Palesa Vatsha and Bernie Switala. We are sad to lose experienced and committed Trustees who have contributed to the regions, Committees and the Board.

To Saleh Mayet we say a special word of thanks for your commitment, interest and the leadership you have shown the Scheme over many years.

I am sure I echo many members in thanking Mary Farrell, who will now serve as an Alternate Trustee, for her unwavering commitment to the Scheme and extensive participation in the Committees.

Please join us in welcoming the new Board of Trustees for the next three-year term. It gives us great pleasure to introduce Matthew Welz, who is new to the Board and David Abramowitz, our new Alternate Trustee. Congratulations to Sharon Hosking, previously an Alternate and who will now serve as full Trustee on the Board.



The new Anglo Medical Scheme Board of Trustees

Trustees			
Member Elected		Employer Appointed	
Dave Barber	Gauteng	Medwyn du Bois	KZN
Dr Frank Fox	Gauteng	Colleen Elliott	Gauteng
Marcelle Graham	Gauteng	Darren Ghavalas	Gauteng
Sharon Hosking	Western Cape	Grant Howell	Gauteng
Philip Laubscher	Gauteng	Duncan McCallum	Gauteng
Campbell McKie Thomson	Gauteng	Matthew Welz	Gauteng
Alternate Trustees			
Member Elected		Employer Appointed	
David Abramowitz	Gauteng	Nicholas Mason-Gordon	Gauteng
Mary Farrell	Gauteng	Joanna Stanley	Gauteng

The newly elected Board will vote for its Chairman and Vice-Chairman at the next meeting of the Board of Trustees; the outcome will be reported in the next MediBrief.

Fiona Robertson
Principal Officer

Tax certificates

Please be on the lookout – your tax certificate will be available shortly. You will receive it either by post or email, depending on your communication preferences. Once it is available, you can access and download it any time from the Scheme website. Register, log in as a member and select 'Anglo Medical Scheme' in the main navigation and 'Tax certificate' in the drop-down menu.

Are you suffering from a chronic condition?

A condition is regarded as chronic if it persists for a long time. A chronic disease is one that lasts three months or more and (in some cases) cannot be cured.

Chronic diseases tend to be more common with ageing. Although common and costly, many chronic diseases, such as heart disease, cancer, diabetes and stroke, are also preventable. Certain chronic conditions are linked to bad lifestyle choices which are within your power to change. Eating nutritious foods, becoming more physically active and avoiding tobacco can help keep you from developing many of these diseases and conditions. Even if you already have diabetes, heart disease, arthritis or another chronic condition, eating healthier food and doing more exercise, whether it's a brisk walk, a bike ride, a jog or a swim, can help you better manage your illness, avoid unnecessary complications and prolong your life.

AMS has embarked on a campaign to create awareness of the possibility that you or a dependant might suffer from a chronic condition, based on the medication you claim for from your Out-of-Hospital benefits.

Please phone 0860 222 633 if you have received a letter from us informing you that you might have a chronic condition OR if you are claiming for medication for three months or more, to determine whether you are suffering from a chronic condition.

Cover will not automatically be provided from the correct chronic benefit, as clinical entry criteria will still apply. Let's look at an example: If your doctor diagnoses you with sugar diabetes, certain blood tests are needed to determine whether you do indeed suffer from this condition. In this instance, a blood glucose test and a test called an HbA1c will be done and depending on the results, you may or may not meet the entry criteria. If the condition meets the entry criteria, and the condition is recognised as a chronic condition, it will be registered and paid from a specific benefit.

In certain conditions, the Scheme will only register and pay for your chronic condition if you are diagnosed by a specialist, i.e. if you are diagnosed with cancer, rheumatoid arthritis, schizophrenia, etc.

Once you are registered for a chronic condition covered by AMS, you can refer to the Scheme website to find out how we fund certain medication. Visit www.angloms.co.za > Plans & Products > Standard or Managed Care Plan > Medicines.



MANAGED CARE AND STANDARD CARE PLAN
All chronic conditions covered by AMS are published in your benefit booklet and on the website.

VALUE CARE PLAN
Please phone Primecure on 0861 665 665 to confirm your benefits.

What to do in the unfortunate event that you are diagnosed with cancer, kidney disease or need an organ transplant?

Firstly, ask your doctor to phone the pre-authorisation line on 0860 222 633 to register your condition. An application form with your relevant treatment plan will be submitted to the Scheme for approval. Once approved, you can start the treatment.

A VERY IMPORTANT POINT TO REMEMBER: Should the treatment prescribed by your doctor change in any way, you need to contact the pre-authorisation team again as treatment will be rejected if your treatment plan is not adjusted.

PMB (Prescribed Minimum Benefits) chronic conditions like for instance, Asthma, high blood pressure, HIV also have a treatment plan that allows for selected pathology tests, doctors consultations or procedures etc. covered from the risk benefit and not your day-today benefits. Refer to your benefit booklet and the PMB chronic condition list.

Should you exceed the allocated treatment, these will be paid from available out-of-hospital benefits. Please be on the look-out for documentation that will be sent out shortly if you are registered for a chronic condition confirming your entitlement. It is important for you to go for these consultations and tests to ensure that your condition is well managed.

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

Find all previous MediBrief editions in the Info Centre > MediBrief Archive.

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

Standard and Managed Care Plan: ☎ 0860 222 633

General Queries: @ member@angloms.co.za **Claims:** @ claims@angloms.co.za