

MEDIBRIEF

SEPTEMBER 2015

2016 Benefit and contribution presentation

Your Client Liaison Officer will present the changes for 2016 in November this year. Please diarise and attend these sessions to learn about your 2016 benefits and contributions.

Employees: Please find the dates for employee year-end presentations in your internal employer communication.

Pensioners are invited to attend the following presentations:

Gauteng	Address	Date	Time
Mpact Springs Mill	82 Steel Road, New Era, Springs (NB! Please use the main entrance)	02 Nov 2015	10h00 and 14h00
Great Park Synagogue	Cnr Glenhove Road & 4th Street, Houghton	03 Nov 2015	10h00 and 14h00
Apollo Hotel	158 Bram Fischer Drive, Randburg	04 Nov 2015	10h00 and 14h00
Quest Conference Centre	Currie Boulevard, Vanderbijlpark	05 Nov 2015	10h00
Mosego Home T/A New Takalani Home	Next to Lesedi Clinic, Soweto	06 Nov 2015	10h00
Sheraton Hotel, Pretoria	Cnr Church & Wessel Street, Arcadia	09 Nov 2015	10h00
Pietersburg Club	119 Suid Street, Polokwane	10 Nov 2015	10h00
Mpact Corrugated	13 Heyneke Street, Industrial Site, Nelspruit	12 Nov 2015	10h00
Sabie Country Club	Main Street, Sabie	13 Nov 2015	10h00

RSVP: sanjayo@angloms.co.za or call 0860 222 633 as soon as possible

KwaZulu-Natal	Address	Date	Time
Mondi Sports Club	Travancore Drive, Merebank	05 Nov 2015	10h00
Chamber House	Royal Showgrounds, Commercial Road	06 Nov 2015	09h30
Riverside Hotel	10 Northway Drive, Durban North	09 Nov 2015	09h00 and 11h00
Mondi Richards Bay Conference Centre 1 & 2	7 Western Arterial, Alton	10 Nov 2015	10h00 (English and Zulu)
Fern Hill Hotel and Conference Centre	R103, Midmar, Howick	12 Nov 2015	10h00
Port Shepstone Country Club	Marine Drive	13 Nov 2015	10h00

RSVP: noelened@angloms.co.za or call 0860 222 633 as soon as possible

Western Cape	Address	Date	Time
Oakdale Club	80A Bloemhof Road, Oakdale, Bellville	17 Nov 2015	10h30
Mowbray Golf Club	Raapenberg Road, Cape Town	12 Nov 2015	10h00 and 12h00
Community Hall Vergelegen	Somerset West	19 Nov 2015	10h30
Radisson Blu Hotel	Corner Marine Drive & 9th Avenue, Summerstrand	23 Nov 2015	10h30
Knysna Log-Inn	16 Gray Street, Knysna	25 Nov 2015	10h30

RSVP: shereena@angloms.co.za or call 0860 222 633 as soon as possible

Total hip replacement – Procedure information

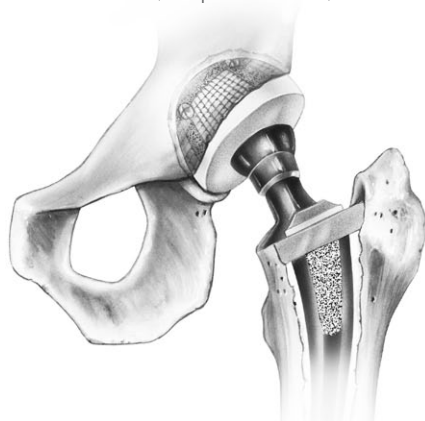
Reports indicate that total hip replacements are one of the most frequent procedures performed on Anglo Medical Scheme members. If your doctor recommended this operation, you will no doubt have many questions.

What are the benefits of the surgery?

You should experience less pain and be able to walk more easily.

What does the surgeon do during the operation?

Your surgeon will make an incision on the side of your hip and remove the damaged ball and socket of your hip. It will be replaced with an artificial ball and socket made of metal, plastic or ceramic, or a combination of these materials (see picture below).



Your hip replacement is fixed into the bone using acrylic cement or special coatings on your hip replacement that bond directly to the bone. Your surgeon will close the incision with stitches or clips.

What are the potential complications?

The healthcare team makes every effort to ensure the operation is as safe as possible but complications can happen. For a list of possible complications please refer to the full article on the web.

The above is a shortened version of the full procedure information, available on www.angloms.co.za > Member log in > Procedure Information Library (also available from the call centre).

What can I do to help reduce the risk of complications from the anaesthetic and guarantee the operation is a success?

If you smoke, stop smoking several weeks before the operation to reduce your risk of developing complications during the procedure, such as respiratory or circulatory problems.

Try to maintain a healthy weight. You have a higher risk of developing complications if you are overweight and regular exercise will also help prepare you, both for the operation and make your recovery quick.

How soon will I recover?

In hospital

After the operation, you will be transferred to the recovery area and then to the ward. You will usually have an x-ray done to check the position of your hip replacement. The physiotherapist will help you to start walking by using crutches or a walking frame (usually already by the next day). They will teach you how to look after your new hip. Your surgeon or the physiotherapist will tell you how much weight you can put on your leg. Keep your wound dry for four to five days, and use a waterproof dressing when you have a bath

or shower. The healthcare team will tell you if you need to have any stitches or clips removed, or dressings changed. You should be able to go home after three to seven days. However, your doctor may recommend that you stay a little longer.

Returning to normal activities

To reduce the risk of a blood clot, make sure you follow the instructions of the healthcare team carefully if you have been given medicine or need to wear special stockings. The healthcare team will tell you when you can return to normal activities. To reduce the risk of problems, it is important to look after your new hip exactly as you have been told. You will need to use crutches or walking sticks for a few weeks. Regular exercise should help you to return to your normal activities as soon as possible. Before you start exercising, ask the healthcare team or your GP for advice. Do not drive until you are confident about controlling your vehicle.

Always remember to obtain authorisation for a hospital admission or procedures.

Please phone 0860 222 633 for authorisation, or to find out how we fund a total hip replacement on your plan.

Update your personal details

No banking details – no refund

We are still missing banking details for 10% of our membership. If you are one of these members, you will receive communication from us in the coming weeks, but you are welcome to contact us beforehand to update your details. Without your banking details we cannot refund you if anything is due to you.

When last did you update your postal address?

We will be posting the 2016 Benefit Guide to all members at the beginning of November, so please make sure we have your current postal address.

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

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

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