

MEDI BRIEF

JUNE 2016



Our forty-seventh Annual General Meeting (AGM) took place in Johannesburg last month.

The Chairman, Colleen Elliott, reported that the Scheme had performed reasonably under the difficult economic circumstances. The Scheme's 2015 financial results were presented and

AGM Feedback

accepted by the meeting. The Chairman took the audience through the membership changes and reported on Trustees fees. It was agreed that KPMG remain on as the Scheme's auditors for the ensuing year.

The Principal Officer, Fiona Robertson, confirmed that there were no changes on the Board of Trustees for the ensuing year. The meeting elected the members of the Disputes Committee for the proceeding year: Carol Dixon, Jaco Henning and Lin Sanford. The Chairman thanked Clare Demetriou for her availability during the previous term. No member queries or concerns were raised during the meeting. We would like to thank all members who attended the AGM and those who participated in submitting their proxies. The draft minutes will be uploaded to the Scheme's website in due time: www.angloms.co.za > My Scheme > Annual General Meeting.

App of the month

mySOS: "When you don't know who to call or where you are..."

We recently sent you an SMS about the new mySOS app and would like to provide you with more detailed information. Our emergency evacuation partner, Netcare 911, has partnered with mySOS to offer our members fast and easy access to all emergency services in South Africa.

mySOS is a free, independent and all-inclusive smartphone app that provides access to the closest and most appropriate emergency services.

How to download it and set it up

Download it for free from the iStore or Google Play, and follow the prompts to enter your details, including your AMS membership number. You can even add your AMS Call Centre number, your GP or your home security provider as your own service provider in the app.

Once you have downloaded and set it up on your smartphone, mySOS can help you with the following emergency services:

- Activate an emergency for yourself or on behalf of someone
- Choose the nature of your emergency
- Auto-notify your emergency contacts on your behalf and provide them with information
- Screen display of your exact location and GPS coordinates
- List of contact details for the closest and most appropriate emergency service provider, including hospitals and clinics, doctors, pharmacies, police stations, dentists and vets
- Auto-dial the default emergency provider if you are unable to make decisions
- mySOS can even track you when you are travelling or moving outdoors, and notify your emergency contacts should you not arrive at the expected time or destination.



More information on www.mySOS.co.za

Different options of submitting your claim

You can post, fax or email your claims to the Scheme. You can now also scan and upload your claim and proof of payment in the member log-in area on www.angloms.co.za (> submit your claim). For many members, the quickest and most convenient way to submit a claim is to take a photo of the claim and proof of payment on their smartphone and then email these to claims@angloms.co.za. If you're not sure which details need to be included for us to process your claim, rather check 'How to claim' for your plan option in the Benefit Guide or on www.angloms.co.za.

Stroke

According to www.mystroke.co.za, an average of 360 South Africans suffer a stroke per day. Twice as many people die from strokes than heart attacks, particularly in South Africa. A number of initiatives are currently under way which will improve the awareness and stroke care throughout the country.

A stroke occurs when blood flow to a part of your brain is stopped either by a blockage or a rupture of a blood vessel. If you think that you or someone around you might be having a stroke, it is important to seek medical attention immediately. The quicker you get treatment, the better the prognosis. When a stroke goes untreated for too long, it can lead to permanent brain damage.

Symptoms

Symptoms depend on which part of the brain is damaged. In some cases, a person may not know that a stroke has occurred. Most of the time, symptoms develop suddenly and without warning, but symptoms may occur on and off for the first day or two.

Symptoms may include:

- Change in alertness (including sleepiness, unconsciousness, and coma)
- Difficulty speaking or understanding
- Confusion or loss of memory
- Problems swallowing
- Problems writing or reading
- Dizziness or abnormal feeling of movement (vertigo)
- Eyesight problems, such as decreased vision, double vision, or total loss of vision
- Lack of control over the bladder or bowels
- Muscle weakness in the face, arm, or leg (usually just on one side)
- Numbness or tingling on one side of the body
- Headache

The acronym F.A.S.T. is an easy way to remember the signs of stroke and what to do if you think a stroke has occurred.

F.A.S.T. stands for:

- **FACE:** Ask the person to smile. Check to see if one side of the face droops
- **ARMS:** Ask the person to raise both arms, see if one arm moves downward
- **SPEECH:** Ask the person to repeat a simple sentence. Check to see if words are slurred and if the sentence is repeated correctly
- **TIME:** If a person shows any of these symptoms, time is essential. It is important to get to the hospital as quickly as possible. Call Netcare 911 on (082) 911 – act F.A.S.T.!

Ask the Netcare 911 agent if you have a hospital nearby that specialises in stroke management so as to get the best immediate care.

Smartphone users: The mySOS app features a dedicated myStroke 'Emergency button' for direct access to a dedicated national stroke hotline.

How can I prevent a stroke?

- Maintain a normal blood pressure
- Limit saturated fat intake to minimise cholesterol
- Do not smoke, and drink alcohol in moderation
- Control diabetes
- Maintain a healthy weight
- Get regular exercise



** MediBrief articles are not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of a qualified healthcare provider to discuss your medical concerns.*

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