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The CDE Club App a free app for members interested in diabetes

The Centre for Diabetes and Endocrinology (CDE), AMS's partner in diabetes management, recently released its CDE Club app to assist members with diabetes by providing valuable information and a tool to track progress and even earn rewards. Most of the information and functionality is also available to members that don't have diabetes, but still have an interest in the topic. Download it today and give it a try.

The most important person in the management of diabetes is the person living with diabetes, as the majority of diabetes care is self-administered. You take your medication, you choose what goes on to your plate and whether (or not) you will exercise today. For you to navigate your journey successfully, 'discover', 'act', 'share' and 'reward' are key ingredients. These aspects are considered in the app.

Discover. "A person with diabetes should know more about their condition than the average general practitioner. This can be overwhelming for the diabetic. The aim of the CDE Club app is to step in and empower you to meet your daily self-management demands," says Hamish van Wyk, Registered Dietitian and Diabetes Educator from CDE. "While the intention of the app is not to take over the role of diabetes nurse, educator or dietitian, it provides information to support the user's education journey and it acts as a point of reference. It offers answers to questions such as Why do I have diabetes? What is HbA1c? Will I ever need insulin in addition to my pills? How many times a day should I check my blood glucose levels? and so on," says van Wyk.

Act. "Knowledge alone is often not enough to change behaviour. Paired with each article is an achievable action to provide the user with the next step forward. Basically, it provides a way to put what they've learned into action," he says. Based on the questionnaires the user has answered and the articles they read, the app provides suggested actions, which pop up as notifications. For example, the app can remind the user to drink more water or to take lunch to work. Users can also track their workouts and steps, among other things. Users that register on the CDE Diabetes Management Programme,



can view their online health record with clinical feedback. "This is incredibly important, as ultimately, the suggested actions ideally need to translate into improved clinical outcomes, such as lower blood pressure."

Share. To assist in the maintenance of changed behaviour, the next section of the app encourages users to view and share their successes with friends and supporters. "It is so important that people living with diabetes are encouraged and supported on their journey. Lifestyle changes are hard to implement alone. I believe that if we had a community that encourages and supports healthy living, we would not be experiencing the current global tsunami of type 2 diabetes," says van Wyk.

Reward. The CDE Club app has a list of rewards that are redeemable at no cost. As users read articles, complete actions and achieve clinical targets, they will earn 'badges'. By accumulating badges, users are rewarded with coupons for discounted prices on various brands. "Short-term rewards keep people motivated, which will ultimately lead to lifestyle changes and improved health. The Rewards section of the app aims to give users a sense of achievement and keep them motivated." Best of all, these rewards are free!

Van Wyk says this app is the first of its kind and believes it will make a difference in the lives of people living with diabetes. "Diabetes can be managed and people with diabetes can live rich and fulfilling lives", he concludes.

To download the CDE Club app, scan the QR code on the website http://www.cdediabetes.co.za/home/diabetes/join-cde-club/ about-cde-club.html, or search "CDE Club" app on either the Google Play Store or the iStore.

Silent killers

Silent killer diseases are diseases that produce minimum or no symptoms and are capable of causing death or severe complications if not treated.

Part I: Hypertension (high blood pressure) - the experience of one of our members

An unsuspecting 47-year-old member went to see her General Practitioner (GP) with muscle stiffness and pain in her groin after a gym session. Her GP concluded that excessive strain to these areas caused the pain and discomfort. In concluding the consultation, completely unrelated, she casually requested her GP to take her blood pressure. Imagine their shock to discover that her blood pressure reading was 178/114.

A normal blood pressure reading is 120/80 (with age the range can differ). If your systolic pressure (upper number) is between 120 and 139 mm Hg or your diastolic pressure (lower number) is between 80 and 89 mm Hg, it could mean that you have pre-hypertension. This would not yet technically be considered high blood pressure, but it is outside the normal range.

Our member did not present with pre-hypertension, but with

hypertension. This was not easy to explain as she is fit, weighs within the normal range, maintains a moderate exercise regime and healthy eating habits. Nor did she have a family history of high blood pressure. The next step was to assess all aspects of her lifestyle, i.e. stress, work pressures, other medical conditions and medication that could explain the high measurement. Nothing could be pinpointed with certainty. The doctor prescribed high blood pressure medication, to be commenced with immediate effect, as she was at risk of a stroke. It took a few weeks for the blood pressure to settle and for the medication to control the condition. The condition is now regarded as chronic and the member needs to take the medication for the rest of her life. The early diagnosis will, however, prevent further cardiac complications.

This scenario is a prime example of patients living with an illness that goes by undetected. Cardiac disease, diabetes, glaucoma (although not deadly, causes blindness if not diagnosed early), non-melanoma skin cancers, colon cancer, fatty liver disease and osteoporosis are some usual suspects, to mention a few. Make sure you go for regular medical checks to catch conditions early and take appropriate steps to intervene.

If your doctor diagnoses a chronic condition:

Phone 0860 222 633 (for MCP and SCP members) and 0861 665 665 (for VCP members) to confirm whether the Scheme provides funding. You will also find information about Prescribed Minimum Benefits (PMB) conditions, as well as Non-PMB chronic conditions, in your Benefit Guide. Registration of your chronic condition ensures funding from the correct benefit and that you have access to information about your disease and the proper disease management support from the Scheme.

Do you know your Trustees?

As we have had a few changes on our Board during the last year, we would like to use this opportunity to re-introduce your Trustees in the following editions of MediBrief. The full list of Trustees is on www.angloms.co.za > My Scheme > People behind the Scheme.



Chairman - Colleen C Elliott

Colleen is the Head of Human Resources SA at Anglo American. She has filled this role since 2009. Colleen is the Principal Officer of all retirement funds administered by the Johannesburg Corporate Office, as well as a Trustee of several external retirement funds. Colleen

has been an Employer Appointed Trustee of the Anglo Medical Scheme since 2010 and was elected as chairman in 2015. She is a member of the Investment Committee and participates in the Management Committee where possible.



Vice-Chairman - Duncan McCallum BCom (Wits), FCMA, CGMA (CIMA) Duncan is the Manager of Corporate Services at Anglo American and holds a number of director positions within the Group's companies. He is a Trustee of the Anglo American Corporation

Pension Fund and of the Anglo American

Corporation Retirement Fund. Duncan has been an Employer Appointed Trustee of the Anglo Medical Scheme, with an active interest in the Scheme business, since 2015. He is a member of the Audit Committee, chairs the Management Committee and was elected as Vice-Chairman of the Scheme in 2017.

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