

MEDIBRIEF

SEPTEMBER 2017

No banking details – no refund

As announced in the past, the Scheme will only pay claim refunds via EFT to your bank account. From 1 October 2017, the Scheme will no longer generate cheques. Please ensure that we have your current banking details. To update your banking details, ask the Call Centres to send you the forms or update your details in the member log-in on www.angloms.co.za.

You need 'specialist referral' for 'specialised radiology'

Radiology (taking and interpreting medical images) is used for diagnostic purposes. These images can be obtained by using X-rays, radioactive substances or specialised radiology. For specialised radiology, such as computed tomography (CT) scans, magnetic resonance imaging (MRI) scans, isotope therapy, mammograms and bone density scans, you need a referral from a specialist (not your GP) and authorisation from the Call Centre.

Year-end presentations

Your Client Liaison Officer will present the 2018 changes relevant to your plan in November this year. Employed members: please find the dates for employee year-end presentations in your internal employer communication. Pensioners are invited to attend the following presentations:

Gauteng	Date	Time	Address
Mpact Springs Mill	01/11/2017	10:00 and 14:00	82 Steel Road, New Era, Springs. NB: Please use main entrance
Great Park Synagogue	02/11/2017	10:00 and 14:00	Cnr Glenhove and 4th Streets, Houghton
Apollo Hotel	03/11/2017	10:00 and 14:00	158 Bram Fischer Drive, Randburg
Sheraton Hotel	06/11/2017	10:00	Cnr Church and Wessel Streets, Arcadia, Pretoria
Soweto	10/11/2017	10:00	Mosego Home T/A New Takalani Home (opp. Lesedi Clinic)
Quest Conference Centre	13/11/2017	10:00	Currie Boulevard, Vanderbijlpark
Limpopo	Date	Time	Address
Pietersburg Club	07/11/2017	10:00	119 Suid Street, Polokwane
Mpumalanga	Date	Time	Address
Mpact Corrugated	08/11/2017	10:00	13 Heyneke Street, Industrial Site, Nelspruit
Sabie Country Club	09/11/2017	10:00	Main Street, Sabie
RSVP: sanjayo@angloms.co.za or call 0860 222 633 as soon as possible			
KwaZulu-Natal	Date	Time	Address
Mondi Sports Club	01/11/2017	10:00	Mondi Sports Club, Travancore Drive, Merebank
Fern Hill Hotel and Conference Centre	02/11/2017	10:00	R103, Midmar, Howick
Riverside Hotel	03/11/2017	09:00 and 11:00	10 Northway Drive, Durban North
Mondi Richards Bay, Conference Centres 1 and 2	07/11/2017	10:00 English/ Zulu	7 Western Arterial, Alton, Richards Bay
Port Shepstone Country Club	09/11/2017	10:00	Cussonia Road, Port Shepstone
Chamber House	17/11/2017	09:30	Royal Showgrounds, Pietermaritzburg
RSVP: meganj@angloms.co.za or call 0860 222 633 as soon as possible			
Western and Eastern Cape	Date	Time	Address
Mowbray Golf Club	09/11/2017	10:00 and 12:00	1 Raapenberg Road, Mowbray
Encore Conference Centre	14/11/2017	10:30	Cnr Platteklouf Rd & Rothschild Blvd, Welgelegen
Community Hall on Vergelegen Wine Estate	15/11/2017	11:00	Lourensford Road, Somerset West
Radisson Blu PE	22/11/2017	10:30	Cnr 9th Avenue & Marine Drive, Nelson Mandela Bay
Knysna Log-Inn	23/11/2017	10:30	16 Gray Street, Knysna
RSVP: shereena@angloms.co.za or call 0860 222 633 as soon as possible			

Silent killers

Part II*: Hyperlipidaemia (high cholesterol)

Cholesterol is a waxy substance that makes up one of your blood fats (lipids). While your body needs cholesterol to continue building healthy cells, having high cholesterol can increase your risk of heart disease.

When you have high cholesterol, you may develop fatty deposits in your blood vessels. Eventually, these deposits make it difficult for enough blood to flow through your arteries. Your heart may not get as much oxygen-rich blood as it needs, which increases the risk of a heart attack. Similarly, decreased blood flow to your brain can cause a stroke.

Causes

There are different reasons for high blood fats. It could be that you eat unhealthily, for example, too many saturated fats (meat and dairy products are often high in saturated fat such as beef, lamb, pork, poultry with skin, cream, butter and cheese) and trans fats (such as doughnuts, cookies, crackers, muffins, pies and cakes). On top of that, you might be a smoker or rather spend the evening on the couch, instead of going for a walk or going to gym. Another cause could be your genes – some forms of hyperlipidaemia can be inherited. Or, as you get older, your cholesterol levels could creep up although you could also have high cholesterol at a young age.

Treatment

Your doctor will determine your treatment based on the cause and severity of your hyperlipidaemia. Some patients might require medication while some might not if they can improve their blood lipid levels through lifestyle changes. You will, however, benefit from increasing your exercise levels, losing weight, eating a healthy diet and by stopping smoking immediately.

Testing your blood levels is important as you can't 'feel' or 'see' high cholesterol

You will only physically 'feel' hyperlipidaemia when damage to your cardiovascular system is already done. Don't wait until you feel the damage – go for regular health checks. Start with a simple finger prick test, included in the annual Vitality Check available to all members. If your pharmacist or doctor considers it necessary, they will ask you to do a more detailed blood test at the lab.

Register your chronic condition

If your doctor found that, for example, your cholesterol is too high and you need medication for more than three months, it is considered 'chronic'. Your doctor or pharmacist can call us to register and to confirm funding. If you need cholesterol-lowering medication, it could be a PMB. Registration of your condition ensures that certain medication, testing and treatment will be paid by the Scheme and not from your day-to-day benefits.

** Last month (Part I) we wrote about Hypertension. MediBrief articles are not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of a qualified healthcare provider.*

Do you know your Trustees?

This month we would like to introduce you to David Abramowitz and Medwyn du Bois. The full list of Trustees is available on www.angloms.co.za > My scheme > People behind the Scheme.



David Abramowitz – member-elected Trustee (Gauteng)

BCom (Wits), BCom Hons (Wits), CA(SA), FCMA, CGMA (CIMA)

David, one of our newer board members, is a Principal in the Corporate Finance Team at Anglo American and has worked in that position for the last ten years. He is an

Alternate Trustee on the Anglo American Corporation Retirement Fund. In 2015, he was elected by members as a Trustee of AMS and he also serves on the Scheme's Investment Committee. With his strong financial background, David adds significant expertise to the discussion and debate.



Medwyn du Bois – employer-appointed Trustee (KwaZulu-Natal)

Medwyn is one of the Scheme's longest-standing Trustees, serving as an employer-appointed Trustee for most of the time since 1992. He played an instrumental role in steering the Scheme to the solid position it enjoys today. Medwyn was the

chairman of the Management Committee and vice-chairman of the Scheme from 2009 to 2015 and currently also serves on the Scheme's Management and Investment Committees. Medwyn served the medical schemes industry as a director of the Board of Health Care Funders (BHF) for several years. Although now retired from full-time employment, he has retained his keen interest in the broader medical scheme and retirement fund industry.

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