



NEWSLETTER

ISSUE 2 | MARCH/APRIL 2017

Dear Member

In this edition of the newsletter, we share information on enhancements to the Customer Online functionality on the PG Group Medical Scheme website. We explain the registration process in more detail to enable you to access your personal and medical scheme information in the comfort of your own home. We also share important facts on tuberculosis and measures to prevent the disease. Due to the change in seasons and the onset of colds and flu, we provide you with immune-boosting tips before winter sets in.

How to log on to the Customer Online functionality on the PG Group Medical Scheme website

The Scheme's Customer Online functionality now has a refreshing new look. Did you know that you can check your available benefits, update your personal details, view past claims statements, request a new membership card and download a membership certificate?

If you would like to access your personal information, you will need to register again, even if you were previously registered and had a PIN.

To register, follow the steps below.

A – If you were previously registered

- Go to www.pggmeds.co.za and click on 'login'.
- Select 'Members please CLICK HERE to register as a user or log in to transact online'.
- Insert your membership number and password and click on 'Login'.
- You will be prompted to change your current password. Please enter your current password and provide a new password. **Important:** For your own security, please try to enter a password that is a minimum of eight digits long and includes mixed case letters, numbers and symbols.
- Click on submit.
- You will be taken back to the login page. Please log in using your new password.
- If you cannot remember your password, click on 'Forgot your password?'.
- Click on 'I'm a member' – you will be requested to enter your membership number and email address. A new password will be emailed to you.

We welcome any suggestions that you may have on articles or member benefits you would like to see published in future newsletters. Please send your suggestions to the Scheme Fund Manager, **Eugene Eakduth**, by email to eugene.eakduth@momentum.co.za or by fax to **0861 64 77 75**.

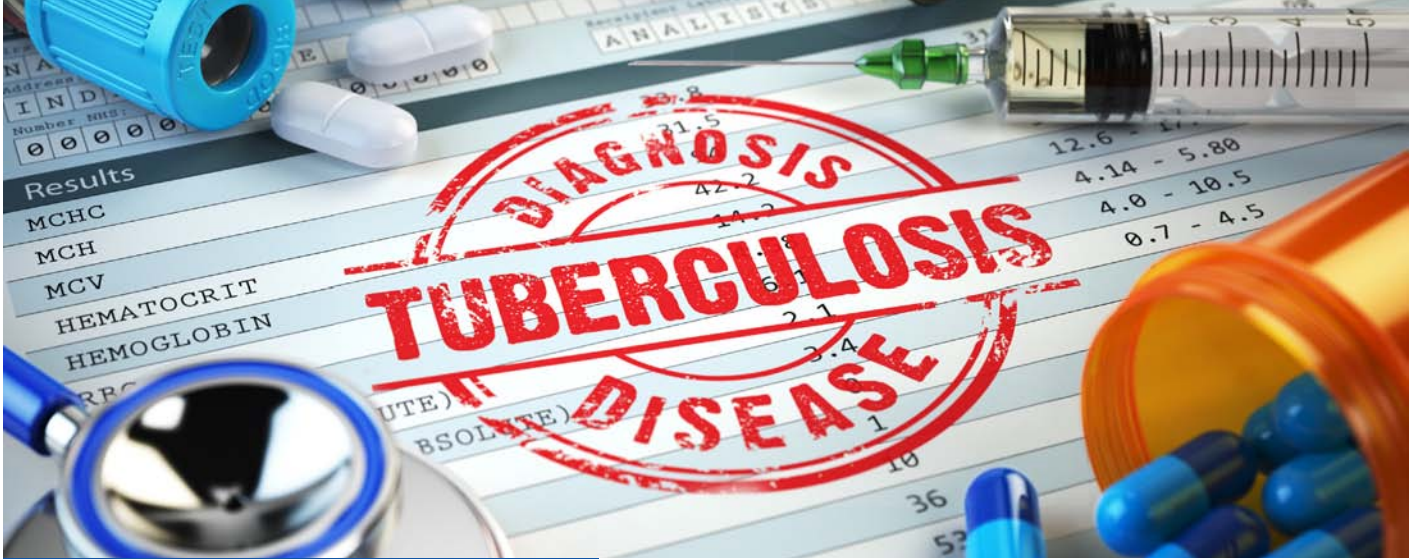
Enjoy the read!



B – If you were not previously registered

- Go to www.pggmeds.co.za and click on 'login'.
- Select 'Members please CLICK HERE to register as a user or log in to transact online'.
- Click on 'register'.
- This will take you to the terms and conditions page. Read the terms and conditions and click on agree at the bottom of the page to continue.
- Click on 'Register as member'.
- Provide the relevant information, such as your membership number, first name, last name, date of birth, email address and cell phone number. **Important:** Please ensure that the Scheme has your current contact details on record. Click on 'Register member'.
- Your username and password will be sent to you by email or SMS.
- First-time users that log in will be required to activate their secure login page prior to being allowed access.

Should you require any assistance or support to log in, email us at webmaster@mmiholdings.co.za for assistance.



What is tuberculosis (TB)?

TB is an infection that is caused by a bacterium called mycobacterium tuberculosis, a germ that often leads to TB of the lungs (pulmonary tuberculosis), although bacteria can spread through the bloodstream and affect any organ in the human body. TB germs usually spread through the air when a person who is infected with TB of the lungs coughs, sneezes or talks.

Who is most at risk?

People who have weak immune systems, such as young children, adolescents, the elderly and people who suffer from illnesses such as cancer, HIV/AIDS, diabetes and silicosis, are at risk of being infected with TB. People who smoke and drink alcohol excessively are also at risk of being infected with TB.

What are the symptoms of TB?

Symptoms include a cough that lasts for more than two weeks, night sweats, weight loss, chest pain, coughing up blood, fever, chills and loss of appetite.

How will the Scheme assist?

The Scheme will assist as follows:

- If the signs and symptoms indicate that you could have TB, your treating doctor needs to perform a physical examination and X-rays and pathology tests confirming the infection and submit a full medical history report.
- Thereafter, you will need to register any medication prescribed for six months or more on your chronic medication benefit. Your doctor must submit a prescription with the diagnosis codes and pathology test results for consideration to our chronic medication department via email to pggmmr@mhg.co.za or via fax on **031 580 0597**. You will receive written confirmation once your chronic medication has been approved.
- Should you require any further assistance regarding your chronic medication registration, you can contact our call centre on **0860 00 50 37**.

Precautionary measures to help prevent TB in others

If you are infected, protect yourself and others as follows:

- Wash your hands after sneezing, coughing or holding your hands near your mouth or nose.
- Cover your mouth with a tissue when you cough, sneeze or laugh. Discard used tissues in a plastic bag, seal it and throw it away.
- Do not attend work or school.
- Avoid close contact with others.
- Sleep in a room away from other family members.
- Ventilate your room regularly. TB spreads in small, closed spaces. Put a fan in your window to expel air that may contain bacteria.



Did you know?

TB is transmitted from one person to another through airborne droplets from the throat and lungs of a person with TB.

By way of intervention and knowledge, TB awareness encourages people to participate in efforts to stop the spread of TB.

Prescribed minimum benefit (PMB) alert

What is covered under PMBs for tuberculosis (TB) by most medical schemes?

Answer

TB is a condition that is covered as one of the 26 PMB conditions. This entitles patients to consultations, the appropriate investigations, such as radiological and pathological tests that are necessary to make the diagnosis, as well as prescribed medication.

Source: CMScript

REMINDER

The Scheme's Medicine Risk Management (MRM) Programme authorises chronic medication; **it does not supply medication**. You **must** register with the MRM Programme to qualify for benefits.

If you do not register your medication with MRM, benefits will be paid from your medical savings account instead of the chronic medication benefit.

A prescription with diagnosis codes and your membership details are required to register your chronic medication. Chronic medication updates and new registrations can also be done telephonically by your doctor or pharmacist.

Call us on **0860 00 50 37** for more information.



Immune-boosting tips

As winter sets in, colds and flu seem inevitable. However, having a healthy immune system could turn you into one of those people who never get sick.

'Most people forget to follow the basic rules to protect their health. Your immune system is complex and depends on many things, including a healthy, fresh diet, regular exercise, not smoking, adequate sleep, good hygiene and limiting psychological stress in your life,' says Sean Gomes, Managing Director of Wellness Warehouse.

Here are **four** immune-boosting tips to help you stay healthy:

Step into the sun

Thirty minutes of sunlight a day will provide your body with the Vitamin D it needs to improve immune function and prevent colds and flu. If you can't get outside, supplement a lack of sunlight with vitamin D tablets.

Spice it up

Spices boost the immune system, so liven up your cooking and your taste buds. Turmeric, ginger, rosemary, thyme, cloves and nutmeg all help to ward off colds and flu. Don't be shy with the garlic either!

Keep it clean

Wash your hands frequently. Many of the viral infections we contract during the flu season are passed on through touch and the simple act of washing your hands can have a dramatic effect on how successfully you maintain your health.

Eat your vegetables

Did you know that vegetables give you the vitamins you need to bolster your immune system? Fresh, raw vegetable juice is an excellent source of vitamins – especially A and C – so make sure to have that vegetable soup!

Source: <http://www.health24.com/Medical/Flu/Preventing-flu/5-immune-boosting-tips-20130416>

UNLOCKING FINANCIAL WELLNESS

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Through a device or app linked to your Multiply profile



(claimed via Entrytime online)

*From January 2017 there will be no activation fee or minimum gym visit requirements and the monthly gym fee discount is a flat 25% at Virgin Active and Planet Fitness.

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