

TOP LIVING

bestMed

June 2013
Member Edition
Vol. 03

**ARE YOU
FIT FOR
CROSSFIT?**

**MASTERCHEF SA
SEASON 2:
WHAT'S COOKING?**

**Kos so na
aan jou hart**

**RIAAN CRUYWAGEN
SE VROU PRAAT UIT**

RUNAWAY BRIDE?
Don't. Plan your BIG day

WIN
— A —
BREAKAWAY
— WORTH —
R13 000!

**OKKERT BRITS:
SA's 'Tarzan' and his Jane**

CONTACT DETAILS

General

Tel: 086 000 2378
E-mail: service@bestmed.co.za
Fax: 012 472 6500

Walk-in facility

Block A, Glenfield Office Park, 361 Oberon Avenue,
Faerie Glen, Pretoria 0081

Postal address

PO Box 2297, Arcadia, Pretoria, 0001

Claims

Tel: 086 000 2378
E-mail: service@bestmed.co.za (queries)
register@bestmed.co.za (claim submissions)

Hospital authorisation

Tel: 0800 22 0106
E-mail: authorisations@bestmed.co.za

CDL chronic medication

Tel: 086 000 2378
E-mail: medicine@bestmed.co.za
Fax: 012 472 6760

ER 24 and international travel cover

Tel: 084 124

BestBaby

Tel: 011 704 0072
E-mail: service@bestmed.co.za

HIV/AIDS programme

Tel: 011 251 9400
E-mail: bestmed@optipharm.co.za
mhc@bestmed.co.za
Fax: 086 500 9822

Oncology programme

Tel: 012 472 6254
E-mail: diseasemanagement@bestmed.co.za

Online service access and queries

E-mail: service@bestmed.co.za

Webmail (e-mail facility)

E-mail: webmail@bestmed.co.za

Website technical issues

E-mail: webmaster@bestmed.co.za

COUNCIL FOR MEDICAL SCHEMES

Customer Care Service Centre

Tel: 0861 123 267

E-mail enquiries

E-mail: support@medicalschemes.com

E-mail complaints

E-mail: complaints@medicalschemes.com

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For the full disclaimer visit our website, www.bestmed.co.za

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WORD FROM THE CEO

Bestmed's winning recipe.

I often get the question as to what Bestmed's winning recipe is being one of the top open medical schemes in South Africa.

A recipe is a set of instructions that describe how to prepare or make something; its original usage was in the writing of medical prescriptions.

A good chef never gives out his recipe.

Bestmed has come a long way since 1964 and in my past 18-years as CEO (or in my past 24-years at Bestmed) I can, without a doubt say that the most important ingredients are dedicated staff and loyal members.

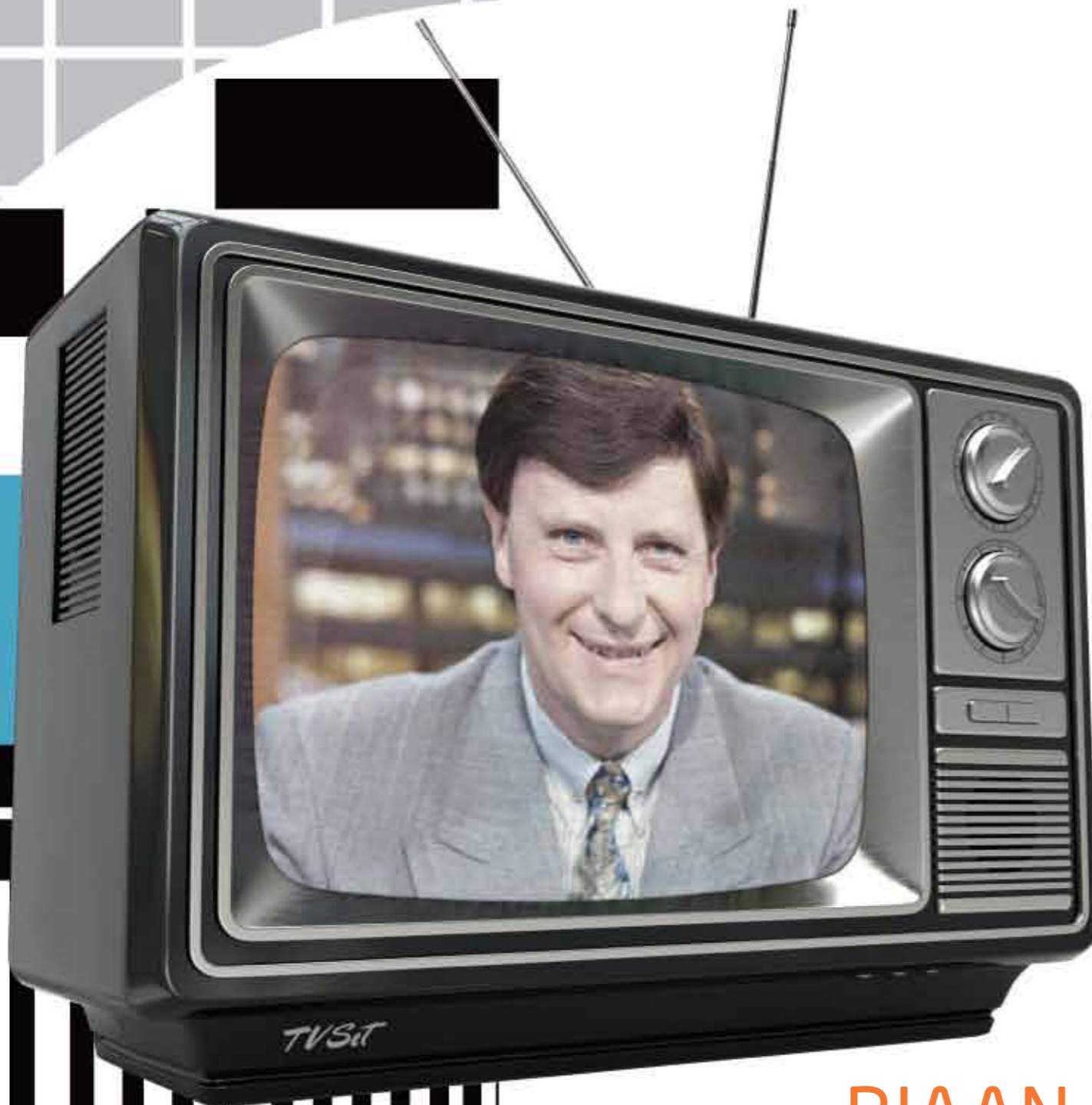
There you have it, the secret ingredients.

Our rising success can be attributed to the fact that we are constantly inspired by our corporate vision which states that: "Bestmed shall be trusted as the medical scheme of first choice to access value-for-money lifestyle and preventative care benefits, and a healthcare offering that is unique in the market we serve." This is the reason why we follow a principled approach, interacting with all stakeholders in a mutual spirit of partnership. It is our passion to surpass customer expectations and forge seamless partnerships, thus ensuring real benefits for our members.

At Bestmed we prefer to choose life because your health and wellbeing is our primary concern. That is why we encourage all of our members to live a more preventive, wellness-focussed and balanced life by looking after your wellbeing.

We hope that you enjoy this edition of TOP LIVING.

Warm regards
Dries la Grange



RIAAN CRUYWAGEN

is nog glad nie 'ou nuus' nie.

Baie dinge in die lewe is verslawing vormend en om van dit ontslae te raak sit nie in enige man se broek nie. Na 37-jaar op die kassie, as Afrikaanse nuusleser, sou dit dus gepas wees om na Riaan Cruywagen te verwys as 'n 'verslawing'. Op 26 November 2012 het miljoene Suid Afrikaners ingeskakel vir Riaan Cruywagen se laaste nuusbuletin en, nog voor die bulletin begin het, reeds aan onttrekkingsimptome begin lei. Helaas, wie sou kon dink dat 'n paar maande later mens hom weer op die lug sou sien. TOP LIVING het by hom gaan aanklop.

HOE SAL HAAS DAS VIR RIAAN CRUYWAGEN BESKRYF?

"Jong, hy sou my beskryf het as 'n perfeksionistiese nuusleser uit Menseland, wat my geleer het hoe om nuus te lees."

DIE VYF LEKKERSTE AFRIKAANSE WOORDE?

"Dinges" - as ek iemand se naam nie ken nie noem ek sommer die persoon 'dinges'.
"bliksem" - en julle gaan seker hierdie woord 'n bietjie moet redigeer.
"katjiepiering" - dis mos 'n blomnaam, is vir my 'n baie mooi naam.
"genugtig".
"lunsriem" - en Riaan verduidelik trots wat dit is - "dis 'n riem wat gewoonlik aan ossewaens was, wat vuil was van die 'grease'."

HOE HET RIAAN CRUYWAGEN SO JONK GEBLY OOR DIE JARE?

"Positiewe lewensingesteldheid, ek is van nature 'n optimis. Ek het nooit by politiek betrokke geraak nie; ek het altyd onderskeid getref tussen my werk en privaatlewe."

WAT IS DIE EEN DING WAT NIEMAND VAN RIAAN GEWEET HET NIE, MAAR NOU GAAN WEET?

"Dat ek 'n baie onrustige siel is, ek kan glad nie stilsit nie." Sy vrou, Riana, haak af en sê: "Hy het beslis roomiere."

MET WIE SOU U GRAAG 'N ONDERHOUD WOU VOER, WAAROM?

"O ek sou graag met Prinses Diana 'n onderhoud wou voer." Hoekom? "Sodat ek in haar pragtige oë kon staar." So 'n antwoord verg waagmoed, veral as 'n mens in ag neem dat sy vrou, Riana, reg langs hom sit. Riana gee hom 'n kyk en Riaan lag dan, "maar sy is dood, so Riana hoef nie bekommerd te wees nie."

GUNSTELING TV-PROGRAM?

"Frasier, sonder enige twyfel." (mens sou dink dat dit na 37-jaar die Afrikaanse nuusbuletin sou wees)

AS JY ENIGE ANDER WERK KON KIES, BEHALWE VOLTYDSE OUPA, WAT SOU DIT WEES?

"Lugdiens vlieënier. Dit was my groot droom om 'n vlieënier te word, maar ai, die ou bril het my agter gehou."



Foto verskaf deur kykNET se ontbytprogram, Dagbreek

WEIGHTLOSS MYTHBUSTERS

Losing weight is easy, you have to take control; make small lifestyle changes.

What small changes?



Drink eight glasses of water a day, not all at once.



Use the stairs instead of the escalator/ be active for 30 minutes a day.



Eat at least 3 fruit and veg a day.



THE MYTH

They sneak onto you during the night when no one is watching, when you're the least active. They crawl under your skin and hide there for days, months and years...until that day comes when you realise they are there...the evil thing called fat.

In a state of panic you think:

Losing weight is hard? It's impossible to lose weight? Fat is going to take over your life?



BUSTED



Myths discourage people to lose weight. The big truth is to burn more calories than you take in over a period of time and to maintain this over a period of time. Not only to maintain this, but to make it your lifestyle.

You need to be willing to make small lifestyle changes and dietary adjustments as you age, change, and grow.

ANGINA

What is Angina Pectoris?

Also commonly known as angina, is chest pain which occurs due to ischemia (restriction in blood supply to tissue, causing a shortage of oxygen and glucose needed for cellular metabolism) of the heart muscle.

What is Unstable Angina?

Unstable angina (UA) (also "crescendo angina", this is a form of acute coronary syndrome) is defined as angina pectoris that changes or worsens.

It has at least one of the following features:

- it occurs at rest (or with minimal exertion), usually lasting >10 min;
- it is severe and of new onset (i.e. within the prior 4-6 weeks); and/or
- it occurs with a crescendo pattern (i.e. distinctly more severe, prolonged, or frequent than before).

UA occurs unpredictably at rest which is a serious indicator of an impending heart attack. What differentiates stable angina from unstable angina (other than symptoms) is the pathophysiology of the atherosclerosis. The pathophysiology of unstable angina is the reduction of coronary flow due to transient platelet aggregation on apparently normal endothelium, or coronary artery spasms or coronary thrombosis. The process starts with atherosclerosis, and when inflamed leads to an active plaque, which undergoes thrombosis and results in acute ischemia, which finally results in cell necrosis.

What are the symptoms?

Chest discomfort which may include the following sensations:

- Heaviness;
- Pressure;
- Tightness;
- Squeezing;
- Burning; or
- Choking.

Apart from the chest discomfort, angina pains may also be experienced in upper central abdomen, back, neck area, jaw, or shoulders. Angina is typically precipitated by exertion or emotional stress. Pain may be accompanied by breathlessness, sweating and nausea.

What are the causes?

Major risk factors include:

- Age
- Smoking of tobacco (pipe and cigarettes)
- Physical inactivity
- High blood pressure
- High cholesterol
- Obesity (BMI \geq 30 kg/m²)
- Family history of premature cardiovascular disease (male <55 years, female <65 years old).

Prevention

To understand the causes and making right health choices is a vital part in preventing this disease. Regardless of your age, background or health you can lower your risk of heart disease by simply changing your (bad) health habits. Leading a healthy lifestyle reduces your chances of dying from heart disease, by nearly two thirds.

KOS! SO NA AAN JOU HART!

Verlaag jou cholesterolvlakke en kans vir bloedstolling

Hartsiekte is die nommer een oorsaak van sterftes in Suid Afrika. Een uit elke drie mans en een uit elke vier vroue sal hartsiekte ontwikkel voor die ouderdom van sestig. Hierdie is kosse wat jy by jou dieët inname moet voeg om jou hart lief te hê.

Ayesha Seedat, geregistreerde dieëtkundige van die Hart- en Beroertestigting van Suid Afrika, beklemtoon tien kosse wat goed is vir jou hart.

Onthou ook om op die uitkyk te wees vir voedsel wat die Hart- en Beroerte Stigting van Suid Afrika se handelsmerk op het. Hierdie voedsel is laer in versadigde vet, cholesterol, natrium (sout) en bygevoegde suiker, en hoër in vesel.



Sardyne

Sardyne is 'n goeie bron van proteïene, B-vitamiene en kalsium en bevat goeie vette wat cholesterolvlakke kan verlaag en wat bloedstolling kan voorkom.



Avokado

Bevat goeie vette wat cholesterolvlakke kan verlaag. Een porsie (kwart van 'n klein avokado) bevat dieselfde hoeveelheid kilojoules as 'n teelepel margarien.

Okkerneute

Behalwe vir vesel en vitamiene A, C en E is okkerneute ook ryk in goeie vette wat cholesterolvlakke kan verlaag en wat bloedstolling kan voorkom.



Olyfolie

Olyfolie is bekend vir die hartgesondheid-voordele wat dit inhou weens die cholesterol-verlagende effek wat dit het. Dit verlaag ook jou kans vir bloedstolling, die vernouing en verharding van jou are.

Hawermout

Dit kan jou cholesterolvlakke verlaag weens die oplosbare veselinhoud.



Bone

Bevat proteïene, vitamiene en oplosbare vesel en is 'n gepaste bestanddeel vir soppe, bredies en selfs slaaie. Probeer om bone so gereeld moontlik in jou dieët in te sluit aangesien die oplosbare veselinhoud jou cholesterolvlakke mag verlaag, wat dus voordeel vir jou hart inhou.

Lae-vet jogurt

Suiwel speel 'n belangrike rol in jou dieët aangesien dit die nodige proteïene, B-vitamiene, kalsium en ander minerale bevat. Vermoedlik volroom suiwelprodukte aangesien dit jou cholesterolvlakke verhoog.



Bessies

Aarbeie en ander bessies is voordelig vir jou hart weens die vesel en vitamiene A, C en E inhoud. Ander vrugte sluit sitrus en geel/oranje vrugte in. Probeer om elke dag ten minste 3 vrugte en groente in te neem.

Alhoewel die bogenoemde kosse voordeel vir jou hart inhou beteken dit nie dat jy dit outomaties by jou dieët hoef in te sluit nie. Jy kan kardiovaskulêre-voordele geniet deur slegte vette met goeie vette te vervang, bv. Olyfolie in plaas van sonneblomolie.





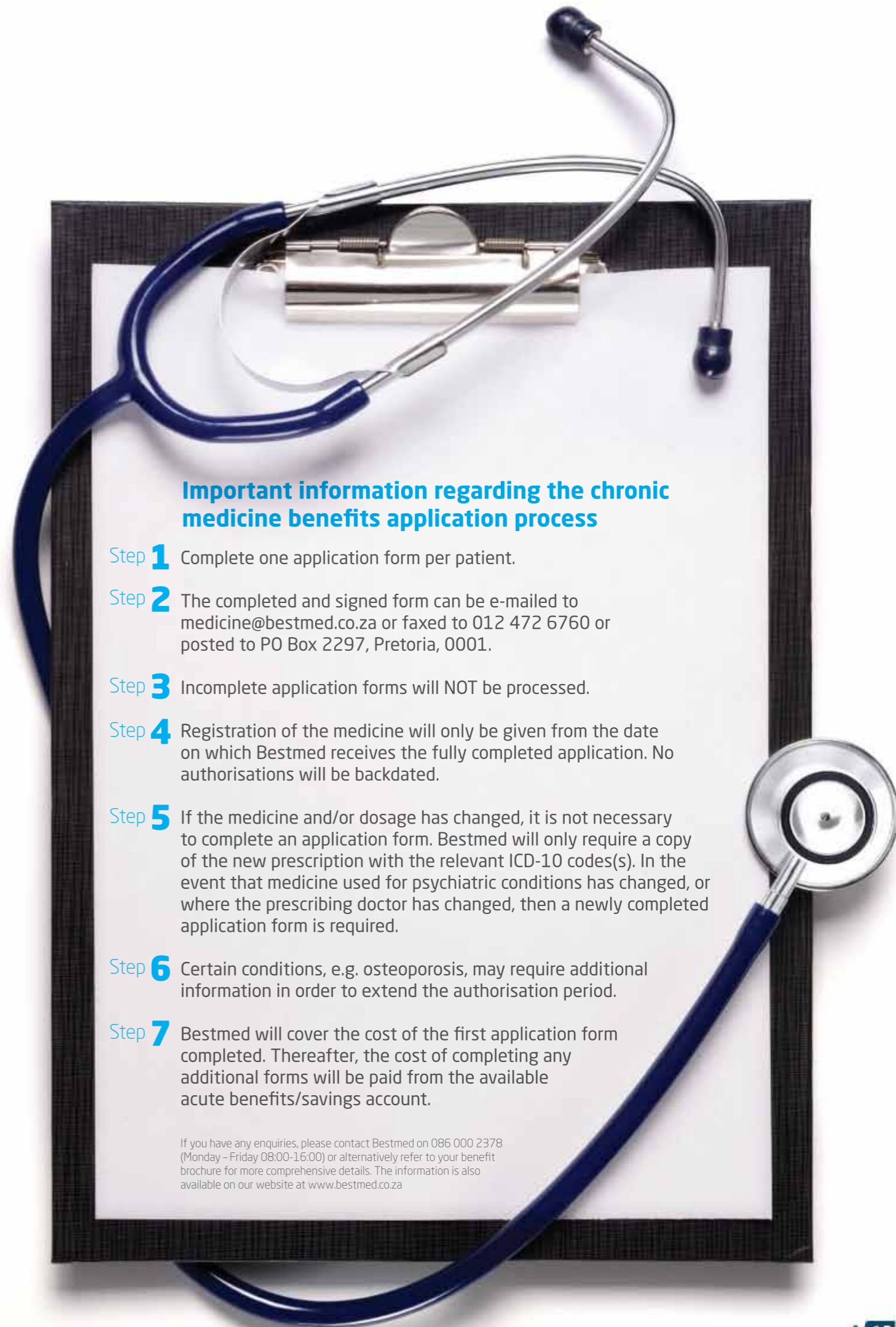
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CHRONIC MEDICINE APPLICATION PROCESS

It is compulsory to register all the chronic condition/s in order to receive funding from the chronic medicine benefits. Once approved, you will only have to present the Doctor's prescription at the pharmacy to have the approved chronic medicine dispensed and reimbursed from the chronic medicine benefit.

Some of the CDL and non-CDL chronic conditions require additional clinical information in order to qualify for registration. Before Bestmed can process the application, it is necessary for them to receive a report from the appropriate treating Specialist, together with specific clinical information. The conditions where additional information is needed, with the specific information required for each chronic condition, are listed below.

Condition	Specific Requirement
Chronic Obstructive Pulmonary Disease (COPD)	COPD questionnaire to be completed
Diabetes	Diabetes questionnaire to be completed and submitted together with the HbA1c blood test results and/or fasting blood glucose results, pre-treatment value and current values
Epilepsy	EEG report must be submitted with the application
Hyperlipidaemia	Hyperlipidaemia questionnaire to be completed. Lipogram results (initial and/or most recent) to be submitted with the application
Osteoporosis	Osteoporosis questionnaire to be completed. Bone Density (BMD) test results to be submitted (initial and most recent)
Psychiatric conditions	Psychiatric questionnaire to be completed by a Psychiatrist
Rheumatoid Arthritis	Rheumatoid Arthritis questionnaire to be completed initially by a Rheumatologist



Important information regarding the chronic medicine benefits application process

- Step 1** Complete one application form per patient.
- Step 2** The completed and signed form can be e-mailed to medicine@bestmed.co.za or faxed to 012 472 6760 or posted to PO Box 2297, Pretoria, 0001.
- Step 3** Incomplete application forms will NOT be processed.
- Step 4** Registration of the medicine will only be given from the date on which Bestmed receives the fully completed application. No authorisations will be backdated.
- Step 5** If the medicine and/or dosage has changed, it is not necessary to complete an application form. Bestmed will only require a copy of the new prescription with the relevant ICD-10 codes(s). In the event that medicine used for psychiatric conditions has changed, or where the prescribing doctor has changed, then a newly completed application form is required.
- Step 6** Certain conditions, e.g. osteoporosis, may require additional information in order to extend the authorisation period.
- Step 7** Bestmed will cover the cost of the first application form completed. Thereafter, the cost of completing any additional forms will be paid from the available acute benefits/savings account.

If you have any enquiries, please contact Bestmed on 086 000 2378 (Monday – Friday 08:00-16:00) or alternatively refer to your benefit brochure for more comprehensive details. The information is also available on our website at www.bestmed.co.za

THE WEDDING DIARY

A countdown to your BIG day.

Forgot the rings at home, the chef who had to make the wedding cake drank all the sherry, a car accident an hour before the wedding, a bar fight the previous night leaving the groom with a shiner, a nervous mom dropping face powder on your dress, a horse eating your flowers or getting your friend arrested on her bachelorette.

These are only a few unforeseen possibilities that could happen to you on your wedding day. Ensure that you are well prepared for your BIG day. Here's a check list, so start planning for your big day.

12-18 Months before the wedding

Now that you have said "yes", and it's finally going to happen, it's important that you and your partner decide on these few, but important facets of your big day. The below steps are often the most difficult to decide on and have been said to test your patience with your family and friends.

- Wedding date
- Wedding file
- Style of wedding
- Wedding budget
- Wedding planner
- Ceremony location
- Reception venue
- Wedding gown

8-11 Months

With the big decisions taken care of, it's time to get down to the nitty-gritties, these following steps can be quiet enjoyable for you and your partner.

- Bridal party
- Interview and hire the following:
- Pastor
- Caterer
- Photographer and videographer
- DJ or band
- Bridesmaids' dresses
- Compile names and addresses for guest list
- Gift registry

5-7 Months

During this time you can start finalising the guest list, and arranging accommodation for visitors who will be coming from far. This period can also be used to shop for your wedding cake and most importantly the honeymoon!!!



4 Months

Now it's the time to start looking at different flower arrangements for the venue and for the bride to carry on her big day. Also this is a convenient time to shop for your wedding bands.

3 Months

- Send out your invitations
- Select tuxedos
- Arrange for rental of items (arches, candle sticks, crystal)
- Discuss finalised menu options and costs with your caterer
 - Shop for bridal party gifts
 - Begin any necessary counselling sessions with your wedding officiate

2 Months

Hopefully at this stage you are still in one piece and you haven't lost your mind, as the big day comes closer make sure to go over these crucial steps to make sure your big day is a success.

- Choose your wedding music
- Select a location for your rehearsal dinner
- Confirm with formal wear shop that they have received all measurements of every male attendant
- Schedule your alterations and final fitting for the gown
 - Schedule fittings for the bridesmaids and flower girl
 - Make arrangements for your bridesmaid luncheon and other pre-wedding parties
- Order address labels with you & your future husband's new name & new address
 - Confirm your order with the florist

1 Month

At this stage you start to see all the planning coming together, if something doesn't seem right this is the perfect time to make the necessary arrangements.

- Design your wedding programmes
- Apply for your marriage license
- Have a final gown fitting
- Choose all of your wedding accessories
- Visit your hair stylist
- Visit your make-up artist
- Hair and make-up done; have your formal bridal portraits done
- Discuss and finalise details with wedding service providers





1 Week

- Organise your wedding day attire
- Confirm honeymoon reservations
- Confirm reservations for out-of-town guests
- Pick up passports (if necessary)
- Gather all necessary documents for travel
- Confirm rehearsal plans with attendants
- Confirm reservations for the rehearsal dinner
- Pick up formal wear
- Your groom's bachelor party should be during this week prior to the wedding

1 Day

Even though there are a few things which need to be looked at, try to relax and rest. The last things you need are eye bags on your wedding day.

- Go through your list of things to do and make sure all your bases are covered
- Get a manicure and pedicure
- Put wedding attire and accessories together
- Give rings to best man
- Try to get a good night's sleep!



2 Weeks

- Call any guests that haven't sent back their response card
- Give the caterer a finalised head count
- Pick up your marriage license
- Give your DJ or Band a list of songs
- Confirm rehearsal plans with your officiant and church wedding coordinator.
- Obtain any legal information regarding changing your name for e.g. driver's license
- Complete floor and seating plan
- Confirm all rental and floral delivery dates and times.
- Check parking arrangements



Your wedding day

There is nothing to worry about. Enjoy, you have worked very hard. Make sure have had something to eat in the morning. Have your hair and make-up done, and take time to have a few candid photos taken with the family. It's also advisable to have someone at the venue and reception checking the site as early as possible. Most importantly...If anything doesn't go according to plan, don't worry; your guests probably won't even notice the difference.

After the wedding

With the big day being over, hopefully you are at your honeymoon destination having a well-deserved break. When you get back make sure to write Thank-you notes and most importantly to change that Miss to a Mrs!

May you live happily ever after.

DISEASE:

ADULT RESPIRATORY DISTRESS SYNDROME

Adult Respiratory Distress Syndrome (ARDS) is a life-threatening lung condition that prevents enough oxygen from getting into the lungs and into the blood. ARDS is a serious reaction to injury, complication or acute infection of the lung. ARDS leads to a build-up of fluids in the air sacs. This fluid prevents enough oxygen from passing into the bloodstream.

Symptoms

- Difficulty in breathing
- Low blood pressure and organ failure
- Rapid breathing
- Shortness of breath
- Causes
- Aspiration (breathing vomit into the lungs)
- Inhaling chemicals
- Lung transplant
- Pneumonia
- Trauma

Treatment

- Treat infections
- Reduce inflammation
- Remove fluid from lungs

A breathing machine is used to deliver high doses of oxygen and continued pressure called PEEP (positive end-expiratory pressure) to the damaged lungs. Patients often need to be deeply sedated with medications when using this equipment. Some research suggests that giving medications to temporarily paralyze a person with ARDS will enhance the chance of recovery.

Treatment continues until you are well enough to breathe on your own.

Recovery Assistants

If you are recovering from ARDS, the following suggestions can help protect your lungs:

- Quit smoking (If you smoke, seek help to quit, and avoid second-hand smoke whenever possible)
- Quit alcohol consumption (Alcohol can relax the portion of your upper airway that keeps foreign material from entering your lungs)
- Get vaccinated (The yearly flu (influenza) shot, as well as the pneumonia vaccine every five years, can reduce your risk of lung infections)
- Exercise (10-15 min walking a day)
- The right diet (including three fruits and veg, eight glasses of water a day)

Sources:

<http://www.nlm.nih.gov/medlineplus/ency/article/000103.htm>

http://en.wikipedia.org/wiki/Acute_respiratory_distress_syndrome

<http://www.mayoclinic.com/health/ards/DS00944/DSECTION=lifestyle-and-home-remedies>

Hudson LD, Slutsky AS. Acute respiratory failure. In: Goldman L, Schafer AI, eds. Cecil Medicine. 24th ed. Philadelphia, Pa: Saunders; 2011:chap 104.

HOE GOED KEN JY JOU WYN

interessante feite

[wine vinum WYN vin vinho wein gwin wijn] word regoor die wêreld geniet. Hier is 'n paar interessante feite.



Frankryk is die grootste wyn produsent ter wêreld.



Daar werk ongeveer 250 000 mense op wynplase in Suid Afrika.



Spanje is die grootste produsent van wit wyn ter wêreld.



Australië het in die 1970's wyn in 'n boks ontwikkel.



Die oudste wynkelder ter wêreld kom voor in die wrak van die Titanic.



Tydens 'n ete in Antieke Griekeland, het die gasheer die eerste sluk van die wyn geneem om gaste te verseker dat die wyn nie vergiftig was nie.



Die wereld se oudste bottel wyn dateer terug na 325 jaar na Christus en was gevind naby 'n Duitse dorp genaamd Speyer. Dit word vertoon in die dorp se museum, die Historisches



In antieke Egipte, is die vermoë om wyn te stoor tot volwassenheid beskou as alkemie en was dit die voorreg van net die Farao.



Wyn word op elke kontinent geproduseer, behalwe Antarktika.

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INTERNATIONAL TRAVEL INSURANCE

As a Bestmed member, ER24 is pleased to offer you international travel insurance, for medical emergencies. ER24 has contracted the specialised services of Chartis, with operations in over 130 countries, territories and jurisdictions around the world. Chartis prides itself on being one of the largest and most far-reaching insurance and financial services organisations on the planet.

To access emergency medical assistance when you are on holiday internationally, please call

+27 10 205 3100

When the operator asks for the name or number of your policy please say ER24 INTERNATIONAL TRAVEL EXTENSION and quote your Bestmed membership number.

The policy is available on Bestmed's website at www.bestmed.co.za. This policy document will be required in order to obtain travel visas and must be carried with you whilst travelling. Please contact Chartis on 0860 100 491 in order to obtain an Embassy Letter prior to visiting the Embassy to apply for your travel visa. No additional activation of your policy needs to occur before you travel. The fact that you are an active medical scheme member automatically covers you for travel worldwide according to the terms and conditions of the attached schedule. Please contact ER24 offices directly on 011 319 6500 should any of the following apply to you as you'll require additional insurance:

- Members over the age of 80 wanting to travel;
- Members travelling for more than 90 days at a time;
- Members plan on partaking in hazardous pursuits.

Please take a moment to visit the Bestmed website at www.bestmed.co.za and read the policy carefully, if you intend travelling internationally, so that you will be aware of how your policy works.

Three easy steps to ensure you're covered:

1. Obtain travel Policy (via Bestmed website or Contact Centre);
2. Obtain Embassy Letter if required for travel visas (via Chartis as above);
3. Keep documents on you whilst travelling.

You are welcome to contact the Bestmed Contact Centre on 086 000 2378 should you have any general enquiries regarding this additional value proposition.

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Better living. Better life.



FIT FITTER CROSSFIT

The boot camp phenomenon

- Are you ready to change your level of fitness?
- Are you ready to change your wellbeing?
- Are you ready to change your lifestyle?

Welcome to CrossFit.

Top Living spoke to Riaan Hofmeyr, CrossFit instructor and business partner of the Pretoria box.

Why has CrossFit become so popular?

The fact that CrossFit has become so popular is mainly due to it being a fresh new idea of exercise and fitness that distances itself from the main stream mirror flexing crowd you find in normal gyms across the world. We want everybody to feel at home and to enjoy the exercises and not only a selected few. The days of training on your own are gone and you have the chance to feel part of something bigger. Sweating and suffering through workouts with likeminded people.

What makes CrossFit any different from other exercise programmes?

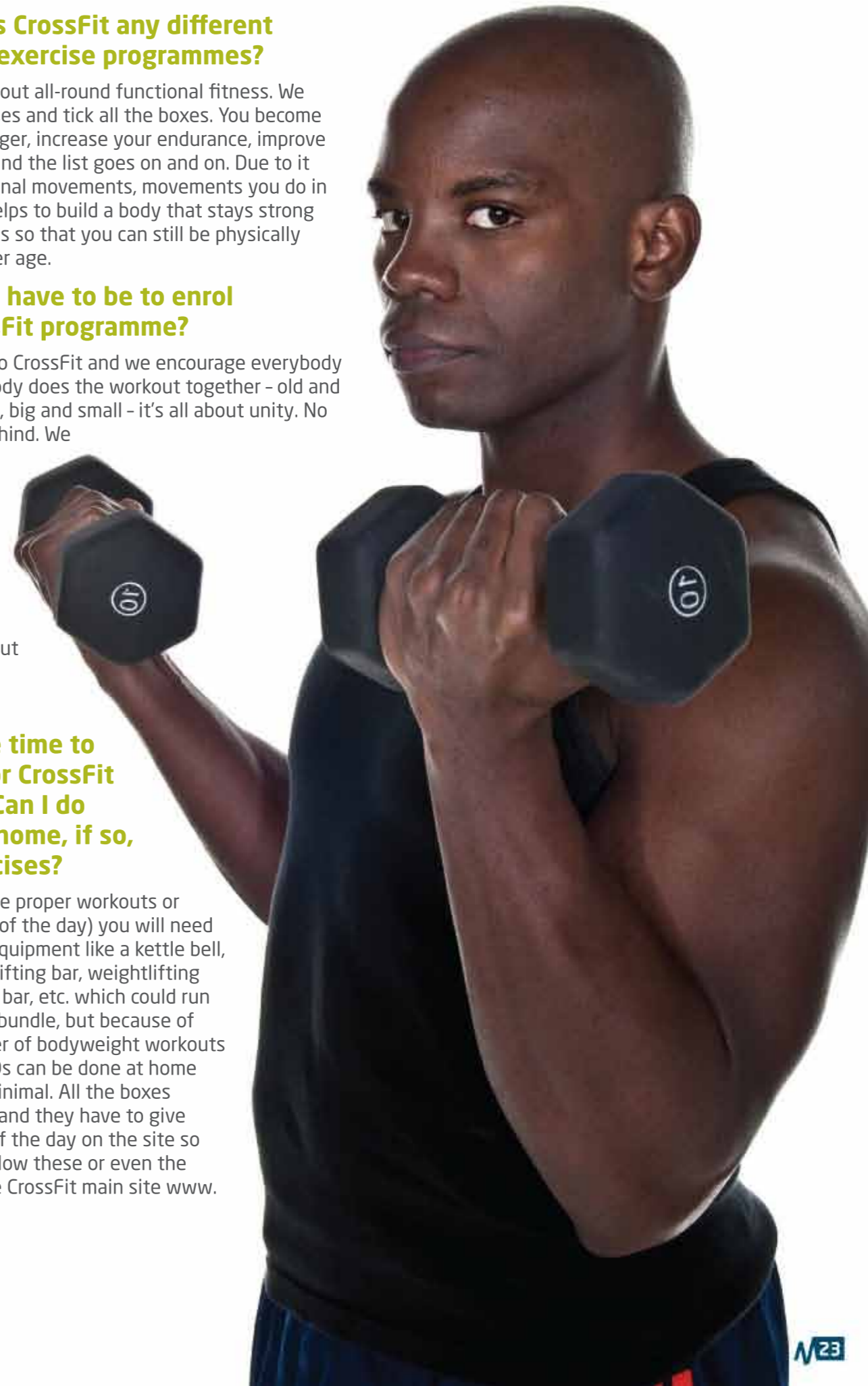
CrossFit is all about all-round functional fitness. We cover all the bases and tick all the boxes. You become faster and stronger, increase your endurance, improve your flexibility and the list goes on and on. Due to it all being functional movements, movements you do in everyday life, helps to build a body that stays strong through the ages so that you can still be physically active at an older age.

How fit do I have to be to enrol in the CrossFit programme?

ANYBODY can do CrossFit and we encourage everybody to do it. Everybody does the workout together - old and young, fit or not, big and small - it's all about unity. No one gets left behind. We scale workouts to the need of the individual (less weight, less reps) and that allows the whole group to enjoy the workout together.

I don't have time to go to gym or CrossFit every day. Can I do CrossFit at home, if so, which exercises?

In order to do the proper workouts or WODs (workout of the day) you will need the necessary equipment like a kettle bell, Olympic weightlifting bar, weightlifting plates, a pull-up bar, etc. which could run you up a pretty bundle, but because of the large number of bodyweight workouts a lot of the WODs can be done at home with the bare minimal. All the boxes need a website and they have to give their work out of the day on the site so anybody can follow these or even the workouts on the CrossFit main site www.crossfit.com.



WHAT'S HAPPENING AT BESTMED?



ACE race

We started 2013 with the annual ACE Race. Some 3000 local and neighbouring community members from north-east Pretoria participated in the 10/21km event, held at the Eersterust Stadium.

The race was launched 18-years ago with an initial number of 984 runners and has gone on to take the community by storm. The increase in the number of participants is indicative of the interest in the road race and the Eersterust community came out in large numbers to support and cheer on the runners.

Big, Bigger, Biggest Bestmed TuksRace

Bestmed is a front runner when it comes to strategic sponsorship of sports events. It was our third year of being part of this race. This event comprised 21km, 10km, 5km and 1km race distances and over 13 000 runners, including top athletes and social runners took to the streets of Pretoria.

The Bestmed TuksRace 21km title defending champion, Stephen Mokoka, who completed the race in breaking record last year, managed to win this year's race in 66 minutes.

Irvette van Zyl, the winner of the 2012 Spar 10km women's race claimed her first Bestmed TuksRace 2013 21km championship and aims to add to this achievement by winning more races this year.

This year also saw great names entering like Afrikaans singer Mathys Roets who competed in the wheelchair race and Olympic athlete LJ van Zyl in the 5km race.



Afrikaans singer, Mathys Roets



South African Runner, René Kalmer

Bestmed in Sport Launch



Bestmed in Sport Launch MC, Arnold Geerts

On the 9th of April 2013 we officially announced our sports sponsorships at the University of Pretoria's High Performance Centre. Attendees included high profile guests such as the Deputy Minister of Sport, Mr Gert Oosthuizen and various media houses. We have decided to consolidate our corporate sponsorship with our involvement in the following properties: HPC Sport Science Unit; Tuks Trauma and First Aid to all University sports codes and visiting teams; Tuks Athletics; AmaTuks Football Club; 7 Cycling races and in particular cycling development in Port Elizabeth; Contributing to women empowerment in our sponsorship of the Bestmed ASG pro ladies team; Assisting LJ van Zyl in preparing for world class events. This is in line with the objective of our social investment strategy, which is to contribute to communities in which they do business focussed on health, education, sports development and socio-economic upliftment. As a medical scheme, investing and promoting sports activity is a critical investment in the wellness of Bestmed members in the fight against lifestyle conditions such as cholesterol, diabetes and high blood pressure.



Deputy Minister of Sport, Mr Gert Oosthuizen



From back left to right: Olympic gold medalist rower Matthew Brittain, Paige Schweiger, AmaTuks captain Tebogo Monyai, Bestmed CEO Mr Dries la Grange, Linda vd Biggelaar, Michelle Benson. **From front left to right:** Zandile Ndhlovu, Ashleigh Blackwell, An-li Kachelhoffer

Bestmed on top of the World with Lee den Hond



Lee den Hond

On 19 May 2013 Lee den Hond became the third South African woman to summit Mount Everest. All funds raised by her were sponsored to the Carte Blanche Making a Difference Campaign in aid of child orphans in Schaumburg, Hartebeespoort.

Bestmed sponsored Lee as we believe it is a key focus for us to make a difference; it is an honour for us that our flag was planted by Den Hond at 8848m above sea level.

HELLO!
My name is...

...AND I'M
ADDICTED TO...

- Have others expressed concern about your addiction? Do you wish they would mind their own business?
- Have you ever decided to end your addiction for a week or so and lasted for a couple of days only?
- Have you ever had a drink or taken drugs to get going in the morning after a rough night out?
- Have you ever switched from one type of alcohol or drug to another in the hope that this would give you more control?
- Has your addiction created tension at home?
- Do you envy people who can drink or take drugs without getting into trouble?
- Have you had problems as a result of drinking or taking drugs in the past year?
- Do you ever try to get extra drinks or drugs at a party because you do not get enough?
- Have you missed a day or days at work/ school because of your addiction?
- Do you tell yourself you can stop your addiction at any time, even though you keep on doing it?
- Do you have blackouts and or memory loss?
- Have you ever felt that your life would be better without your addiction?

If you answered "yes" to four or more of the above you need help. 'Admitting' is the first step towards change.

Alcohol

Alcoholics Anonymous
National Helpline
0861 HELP AA
(0861 4357 22)

Drugs

Narcotics Anonymous
24-Hour Helpline
083 900 MY NA
(083 900 69 62)

Gambling

National Responsible
Gambling Programme
Toll Free Helpline
0800 008 006



When it comes to client CARE, WE DELIVER



At Dis-Chem, our commitment is to make sure that you always get the medication you need.

- FREE national courier delivery service for chronic medication, if you can't get to a Dis-Chem Pharmacy.
- Delivery to your doctor and/or oncology rooms for chemo or other special treatments and therapies.
- Repeat medication reminder service.
- Call and we'll pre-pack your meds for collection, so you can avoid the queues.
- Preferential dispensing fees for BESTMED Medical Scheme members, to save you serious money.
- Assistance with medical scheme authorisations.
- Generic substitutions to stretch your annual scheme benefits.

**Dis-Chem: oncology, special therapy
and pharmaceutical care.**

**When you need it.
And where you need it.**



direct@dischem.co.za



Call 012 348 8735/8862
Fax 086 641 8311
oncology@dischem.co.za

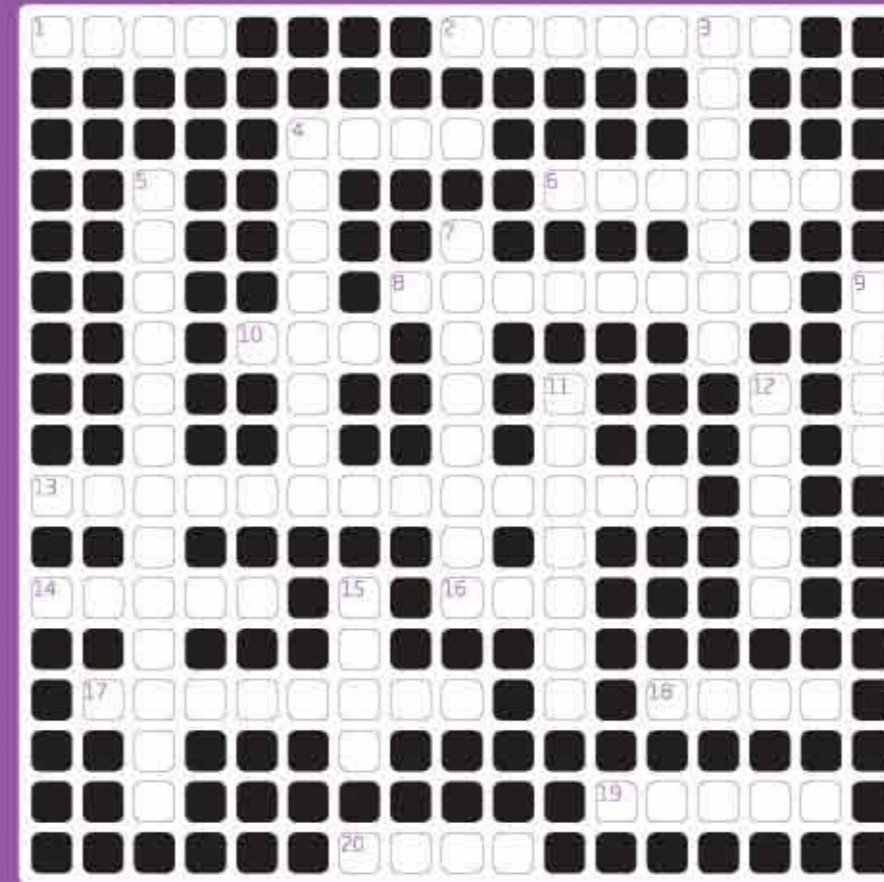


Pharmacists who care

Customer Careline 0860 347 243
careline@dischem.co.za

HOW WELL DO YOU KNOW BESTMED?

WIN A
KINDLE



Across

1. Bestmed's name in 1964
2. www.bestmed.co.za is our _____ address
4. Our pay-off line is: "Better living. Better _____"
6. 086 000 2378 is our Call _____ number
8. Bestmed is an Authorised Financial Services _____.
10. The amount of times you can change from one option to another per annum
13. Bestmed's current CEO
14. Which icon/shape is used, which forms part of our product name logo?
16. Annual General Meeting (Abbr.)
17. Our maternity programme is called?
18. A Bestmed product range.
19. Bestmed will turn _____ in 2014
20. The number of product options we have.

Down

3. A social network where we can be followed.
4. First person on our Top Living magazine cover.
5. The annual Makro Bestmed Cycle Race takes place in this city.
7. Our Head Office is situated in this city.
9. True or False: All our options include preventative care benefits such as Biometric screenings?
11. PMBs are Prescribed _____ Benefits
12. A Bestmed product range.
15. A Bestmed product range.

please print this page, fill in your answers and send to competitions@bestmed.co.za or fax to 012 472 6834



KAN JY RAAI WIE DIE **VERSKUILDE VERMAAKLIKHEIDSTER** IS?

Wenk:

Hy het onlangs in Suid Afrika opgetree. Staan die kans om een van twee Dis-Chem koopbewyse te wen ter waarde van R250 elk.

Stuur jou antwoord na competitions@bestmed.co.za. Die sluitingsdatum vir die kompetisie is 15 Julie 2013.

DID YOU KNOW:

In 2003 Okkert was the number one pole vaulter in the world?

OKKERT BRITS

ALWAYS IN POLE POSITION



Okkert Brits is no ordinary human. Unlike Tarzan, Okkert is no fictional character, but a former South African Olympic athlete who specialised in pole vault. In 1995 he set an African pole vault record of 6.03m and is still the holder of this title. He competed in the 1996, 2000 and 2004 Olympic Games finishing 7th in 2000.

Born in Uitenhage in the Eastern Cape, he travelled from concrete jungle to concrete jungle participating and winning numerous medals at international athletic events. Nowadays he lives in the friendly city, Port Elizabeth. Okkert, the father of three is married to Jane neé Gillespie.

Okkert and Jane, who met him at the Nederburg fashion show in Cape Town in 2002, are both sport enthusiasts who enjoy jogging, tennis and squash. He recently (17-24 March 2013) took part in the epic Absa Cape Epic mountain bike race. He teamed up with Welsh rugby captain Colin Charvis to raise funds in support of the JAG foundation. Charvis is also the world record try scorer for a forward in Test rugby. Brits and Charvis agreed to take part to raise funds for the upliftment of children in communities. The Cape Epic Race is held over eight days and includes a time-trial prologue. The route changes every year, and leads aspiring amateur and professional mountain bikers from around the world through approximately 800km of the unspoilt nature of the western cape and up in approximately 15 000m of climbing over some of the most magnificent passes in South Africa.



JANE, IS OKKERT A ROMANTIC?

Neither of us are really romantic. When one of us tries to be it usually ends up in laughter.

JANE, WHICH ACTIVITIES DO YOU ENJOY?

We enjoy anything fun that keeps our family fit and healthy. The children love body boarding at St Francis Bay and love going for bike rides with their 'papa'.

EVOLVE. We predominantly sell Precor equipment and we are involved in a few gyms too. Our company is based in Cape Town.

JANE, DESCRIBE A TYPICAL DAY IN THE BRITS-HOUSEHOLD?

We all get up at 06:00 - get ready for school, breakfast and off we are. We usually all see one another around lunch time. The afternoon activities begin and our house is always filled with children. If Okkert is home we will usually sit down and eat dinner together. We take the children to bed at 19:00 on week nights. Okkert will pray with them and tell an adventurous story. Then it's time to relax!

OKKERT, WHAT IS YOUR FAVOURITE FOOD?

I enjoy European style cold meats, cheeses, and fresh breads.

OKKERT, WHAT ARE YOUR FAVOURITE MOVIES?

My favourite movies are Bad Boys and Tombstone.



JANE, DESCRIBE OKKERT IN THREE WORDS?

Hilarious. Loyal. Honest.

OKKERT, WHAT ARE YOUR CHILDREN'S NAMES AND AGES?

Sarah 7, David 6 and Elizabeth (was born in May).

OKKERT, WHAT WORK DO YOU DO IN PE?

I am a partner in a gym equipment company called

OKKERT, WHAT IS YOUR FAMILY'S DREAM DESTINATION?

We love almost any destination, but the island style will almost predominantly be our first choice.

So whether Okkert is competing, being a father or being a husband he is always in pole position, ready to be number one.

DON'T WORRY, BE HAPPY.

Take charge of your health for a healthier, happier you.



EXERCISE:

You don't have to join a gym to get fit. Simply incorporate more physical activity into your daily routine.



FRUIT AND VEG:

Fruit and vegetables are rich in protective nutrients, especially cancer-fighting antioxidants.



SLEEP:

7-9 Hours of sleep reduces stress, reduces anxiety and depression. It improves your memory and keeps your heart healthy.
'ME' TIME: Set aside 30 minutes every day to do something special for yourself. Take those 30 minutes to switch off from the world and focus only on yourself.



STRESS LESS:

It's impossible to live a life completely devoid of stress. A moderate amount of stress helps us to get everyday things done and motivates us to achieve our goals. Too much stress, however, can take its toll on our health - both physically and mentally.



QUIT USING TOBACCO PRODUCTS:

By quitting you will not only save money and your looks, you will also add years to your life. In one year your risk of having a heart attack will have dropped by half; in five years your risk of having a stroke returns to that of a non-smoker; in 10-years your risk of lung cancer will have returned to that of a non-smoker; and in 15-years your risk of heart attack will have returned to that of a non-smoker.



BMI:

Keep an eye on your Body Mass Index - If you want to enjoy good health it is important to maintain a healthy, balanced body weight.



WEAR YOUR SEAT BELT:

Always wear a seat belt and insist that every passenger in your car also wears one, including those sitting on the backseat.



FAMILY ENVIRONMENT:

A healthy family environment is a wonderful gift. Make your time together fun and active.



BE A CLEVER SCHEME MEMBER:

Make a few copies of your membership card and give a copy to a family member or friend. Also memorise your membership number so the hospital can quickly double-check with the Scheme to verify your identity.

IMMUNISATION CHART



Disease	Vaccine	Birth	6 Weeks	10 Weeks	14 Weeks	9 Months	12 Months	15 Months	18 Months	6 Years	12 Years
Tuberculosis	BCG	State EPI Vaccine									
Polio	OPV	State EPI Vaccine	State EPI Vaccine				The WHO does not recommend oral polio for children in polio free countries.				
Diphtheria Tetanus Pertussis Polio Haemophilus Influenza Hepatitis B	Pentaxim DTaP - IPV/Hib		State EPI Vaccine	State EPI Vaccine	State EPI Vaccine				Recommended State Vaccine		
	Heberbiovac		Recommended Additional Vaccine	Recommended Additional Vaccine	Recommended Additional Vaccine						
	Infanrix Hexa DTaP - IPV/Hib/HepB		Recommended Additional Vaccine	Recommended Additional Vaccine	Recommended Additional Vaccine				Recommended State Vaccine		If no HepB at birth can be given at 8, 12 & 16 weeks
Pneumococcal (Subject to pre-orth)	Prevenar 13		State EPI Vaccine		State EPI Vaccine	Recommended State Vaccine			Recommended State Vaccine		
	Synflorix		Recommended Additional Vaccine	Recommended Additional Vaccine	Recommended Additional Vaccine				Recommended State Vaccine		
Rotavirus	Retarix		State EPI Vaccine		State EPI Vaccine						
Measels	Rouvax					Recommended State Vaccine					
Chickenpox	Varilrix						Recommended State Vaccine				
Hepatitis A	Havrix						Recommended State Vaccine		Recommended State Vaccine		
	Avaxim						Recommended State Vaccine		Recommended State Vaccine		
Measles Mumps Rubella	Priorix							Recommended State Vaccine		Recommended State Vaccine	
	Trimovax							Recommended State Vaccine		Recommended State Vaccine	
Tetanus Diphtheria	Td								Recommended State Vaccine	Recommended State Vaccine	
Diphtheria, Tetanus, Pertussis, Polio	Adacel Quadra dTAp - IPV									Recommended State Vaccine	Recommended State Vaccine
Human Papil- loma Virus	Cervarix										Recommended State Vaccine
	Gardasil										Recommended State Vaccine
Influenza (Including H1N1 (Swine Flu))	Vaxigrip Influvac Fluarix					From 6 months, important for children in creche, chronic illness and respiratory problems.					

State EPI Vaccines

Recommended Additional Vaccines

Recommended State Vaccines



Heaven on Earth

The 80s song Heaven is a place on Earth, made popular by Belinda Carlisle, is the one thing that comes to mind upon arrival.

"They say in Heaven, love comes first...oh, Heaven is a place on Earth."

In the native Shangaan language, Tintswalo means 'the intangible feeling of love, gratitude and peace bestowed upon someone offering you a meaningful and worthy gift.'

So if Heaven was a place on earth, where would it be?

At the foot of Chapman's Peak overlooking the quaint fishing village of Hout Bay, Cape Town. Welcome to Tintswalo Atlantic, the latest addition to the Tintswalo Collection. This magnificent luxury lodge is situated in one of the most stunning locations in Southern Africa.

TRAVEL:

TINTSWALO ATLANTIC

As you enter you can't help but to stop, catch your breath, thinking this is the place where you'd want to meet the love of your life. This is the place where you'd want to get engaged. This is the place where you'd want to get married. This is Utopia - 360 degrees view of pure bliss.

Whether you come here for your honeymoon, business or to just come and relax you will not get better accommodation anywhere else.

The Tintswalo suites are authentically decorated to emulate the experiences and colours of various well-known islands of the world. The air-conditioned suites provide accommodation quite literally on the edge of the Atlantic Ocean. Each suite has its own unique view of the ocean and the majestic sentinel across the bay.

The suites promise supreme accommodation, comfort and privacy - spacious en-suite bathroom, all with his and her basins as well as a shower from where you can enjoy an uninterrupted marine view.

Asked what makes Tintswalo Atlantic different than other lodges, General Manager Melissa du Rand had the following to say, "Tintswalo Atlantic is a well-established exclusive shoreline lodge with endless possibilities. This is not only one of the best boutique destinations in South Africa, but one of the most special boutique destinations in the world."

"...one of the best boutique destinations in South Africa."

These are definitely not marketing words, but true in every single square meter, every step taken in awe.

As the Southern African sky turns to twilight the lodge's panoramic view turns out to be a highlight, as Hout Bay shows off its night lights. With a Martini in the hand overlooking the calm Atlantic dinner is not on the horizon, but soon to be served on a beautifully romantic set table with a bamboo lantern that creates the perfect ambiance.

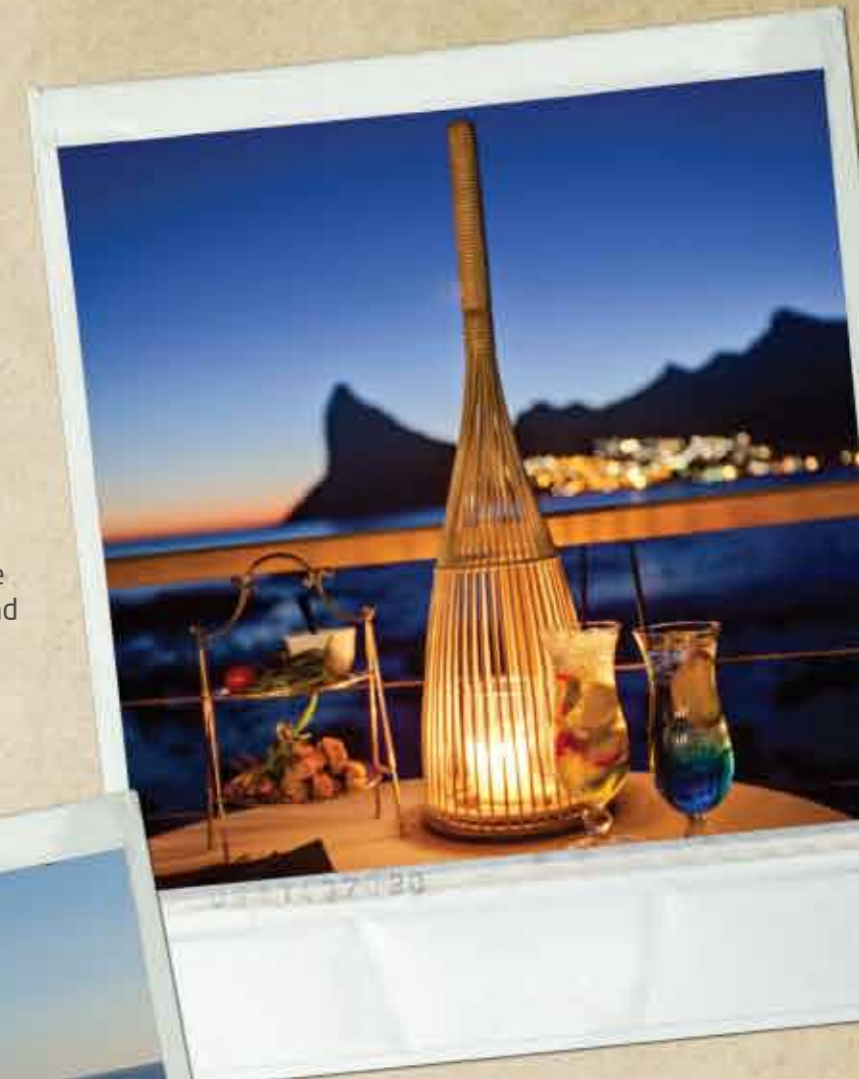
As one's eye catches the plate of food on its way to your table, you can't help but to do a double take

It is time to head off and spend the night at Robben Island - luckily just a short walk from the dinner table to the suite. The Robben Island suite provides a quirky and yet very real reminder to those who wish to reflect on South Africa's transition, with the ocean in the background there's no greater way to fall asleep.

Waking up in the morning at Tintswalo after a one night stay is definitely a nightmare as reality strikes, knowing it's time to head back to the concrete jungle.

There is no convincing left - like the well-known South Easter, this place will sweep you off your feet. An entry in their guestbook makes this quite evident, "I visited the Atlantic Lodge last week and it blew me away!"

"I visited the Atlantic Lodge...and it blew me away!"



- as requested, a three course meal served at once. 'Bon appetite' - words every food connoisseur are used to, announcing it is now the time to indulge in fine cuisine.

The starter - Scottish Salmon Carpaccio served with a Grenoblaise sauce, smoked Salmon mousse and fresh watercress. Main meal - Grilled lamb rack served with asparagus and wild mushroom risotto and chilli chocolate jus. Dessert - Lemon tart with Honey and Almond Praline ice cream and vanilla and Saffron syrup.

WIN

Win a one-night-in-a-lifetime Tintswalo Atlantic experience. A lucky couple will spend one night at Tintswalo Atlantic - including breakfast for two and air travel worth R13 000.

Tell us in 50 words or less why you deserve a breakaway?

Send your answer to competitions@bestmed.co.za with 'Tintswalo' in the subject line.

Terms and Conditions: The closing date of the competition is 15 July 2013. The judge's decision is final and no correspondence will be entered into. Winners will be notified telephonically. Prize must be redeemed before 31 January 2014. Complimentary stay excludes: all other meals, all beverages, spa treatments, laundry, and gratuities. The two (2) air tickets will be in Economy Class and subject to availability in L-class - this means the winner will need to book well in advance. Air tickets will only be available to winners outside of Cape Town. Travel from and to Cape Town International Airport is to the winner's own account. All entrants, by entering the competition, automatically and irrevocably grants to Bestmed Medical Scheme, its successors and assigns to use, publish or reprint in whole or in part statements, pictures, endorsements or quotations solely for marketing and advertising purposes.

TINTSWALO ATLANTIC BE REJUVENATED

1 Night from R3 120 pps

Nestled at the base of Chapman's Peak, lies the only lodge on the Atlantic Ocean's water's edge, Tintswalo Atlantic. With unsurpassed and breathtaking views, Tintswalo Atlantic offers guests the opportunity to experience absolute tranquility and relaxation.

INCLUDES:

- 1 Night accommodation at the luxurious Tintswalo Atlantic
- Breakfast & dinner
- Complimentary bubbly on arrival
- Transfers in or around Cape Town
- Tea/coffee and juices
- Wine tasting
- Spa experience
- Guided walk

Excludes airfare.

Valid for travel until 31 August 2013.

Book and pay before 30 June 2013 to receive an additional 5% off.

Package is subject to availability and currency fluctuations and excludes professional fees. Price quoted is from a starting price and is per person sharing (pps). Terms and Conditions apply.

Looking for some rejuvenation?

Make an appointment with Sure Travel Studio - our travel specialists can prescribe a special treatment just for you. The health benefits of one of our relaxing getaways will rejuvenate you and give you a radiance that can't be bought in a bottle!



MASTERCHEF SA

BACK WITH MORE FLAVOUR

MasterChef South Africa is a reality cooking competition. This popular entertainment show has thrilled viewers in over 33 countries helping amateur cooks realise their food dreams. Thousands of hopefuls will cook for the chance to be a part of the MasterChef kitchen. They will be scrutinised by South Africa's leading culinary experts as they battle it out for the title of MasterChef.

M-net launches its second season on 11 June (channel 101 on DStv at 19:30) and there's something to appeal to everyone's taste. We caught up with the three MasterChef SA judges and asked them what's cooking?



From left to right: Pete Goffe-Wood, Bennie Masekwameng and Andrew Atkinson



Pimp my Ride - I've always wanted one of those cars with the suspension that goes up & down. **The Ultimate Braai Master** - never heard of it

BENNIE

1. On MasterChef Australia, the show featured a variety of international chefs. Can viewers expect any surprises?

"Expect to see the cream of South African chefs and a very influential international chef with a long list of achievements that stood the test of time."

2. Which food can you simply not go without?

"My wife's cooking - good home cooked meals, full of love and a touch of class!"

3. Which other reality TV show would you star in and why? (please choose one and say why)

The Biggest Loser

Keeping up with the Kardashians

Here comes Honey Boo Boo

Pimp my Ride

The Ultimate Braai Master

"Pimp my ride. I love cars especially customised cars, so I would love to have my car pimped!"

ANDREW

1. Are we ever going to see a celebrity cook-off on MasterChef SA?

"Not this year, but I'm sure there are loads of plans for different challenges in the future."

2. You are applying for resident chef at Buckingham Palace, what dish will you serve the Royal family to convince them that you are the right man for the job?

"I'd definitely make it fun and not formal. The Royals have dined at some of the best establishments around the world and I'm sure they would enjoy some fun dining. A table full of different finger foods, which you have to eat with your hands, and no utensils. I'd make it a fun dining experience for them, then again it boils down to the company."

3. Which other reality TV show would you star in and why?

The Biggest Loser

Keeping up with the Kardashians

Here comes Honey Boo Boo

Pimp my Ride

Survivor

"Survivor! So I could get lost on a deserted island, but it'll need to be by myself so I will run away and lose the crew and rest of the contestants first, what fun!"



PETE

1. What will differentiate Season 2 from Season 1?

This time we know 100% more about television than we did last year. Seriously though, now the South African audience has taken to season one, we've found that we got a better calibre of cooks in the second season so we are able to set the bar higher this time.

2. Your favourite international chef(s)?

Marco Pierre White, Thomas Keller, Michel Roux Jnr.

3. Which other reality TV show would you star in and why?

Keeping up with the Kardashians - I am still amazed at the whole concept of simply being famous for being famous - I have a huge masochist streak so I think it would be fun to be their personal chef

Here comes Honey Boo Boo - couldn't participate in this programme without murdering every last person in it.



Who will follow in the winner of MasterChef SA Season 1, Deena Naidoo's footsteps?

Spice up your Tuesdays and Wednesdays with MasterChef SA Season 2; tune into M-net (Channel 101 on DStv) at 19:30.





GET YOUR BIOMETRIC SCREENING DONE

WHAT IS A BIOMETRIC SCREENING?

A biometric screening is a short health examination that determines the risk level of a person for certain diseases and medical conditions. These screenings include finger prick tests for:

- Glucose levels
- Cholesterol levels
- Body Mass Index (BMI)

WHY SHOULD I GO FOR A BIOMETRIC SCREENING?

Prevention is better than cure. These tests promote good health, health awareness, and health education.

WHO CAN GO FOR A BIOMETRIC SCREENING?

ALL Bestmed members and dependants older than ten years may use this benefit once a year.

WHERE CAN YOU GO TO GET A BIOMETRIC SCREENING?

At selected Clicks, Dis-Chem or Script Savers pharmacies



A maximum amount of R110 will be reimbursed from the Scheme risk benefit and will not impact your day-to-day benefits.

We provide cover for preventative care benefits on all our benefit options. For further information on preventative care benefits, visit our website www.bestmed.co.za

WALL OF KINDNESS

Dit is soms die klein dingetjies wat 'n groot verskil maak.

Ons lewe in 'n tyd waar swak dienslewering aan die orde van die dag is en dit wil voorkom asof dit maar net aanvaar moet word as deel van die samelewing. Daar is egter een maatskappy by wie dienslewering 'n deel is van hulle daaglikse werk en dit is Bestmed. Nog nooit was ek deel van enige maatskappy wat vergelyk kan word met Bestmed se kwaliteit van diens nie. Dit is voorwaar 'n voorreg om deel te wees van so 'n dinamiese mediese fonds en sy personeel.

Baie dankie
Derick Grobler

Allow us to share this wonderful story with you.

I would like to take this opportunity to thank Bestmed for being the BEST medical aid in the world.

Last year I was blessed with a 570g baby and she was hospitalised for 3 months; I was also hospitalised for a month before we finally decided to give birth.

I want to thank Bestmed for giving me a peace of mind knowing that the medical bills have been taken care of.

Bestmed has given my baby a survival chance, she now weighs 4.3kg she is healthy and Bestmed has continued to give her the best medical support she needs.

I'm thankful for your continuous support that you give me and my family.

Thank you for being my guardian angel. Please mention the excellent service we receive from Femina hospital as well.

Regards Itumeleng Morare

CLICKS+

Feel good and **WIN** with Bestmed and Clicks



Did you know you can do a **Bestmed Biometric screening at a Clicks Clinic?**

Biometric screening includes:

- Glucose test
- Cholesterol test
- Blood pressure
- BMI

Call **0860-254-257** to book an appointment now



Answer the question below and stand a chance to WIN an Apple iPod Nano

What Bestmed screening can be done at a Clicks Clinic?

Email your name and answer to competitions@bestmed.co.za to enter.

Competition closes **30 July 2013**. Terms and conditions apply.

ClubCard Members earn Points at all Pharmacies and Clinics

feel good pay less





INSIDE SELECTED **Checkers** & **SHOPRITE** STORES



WHY PAY MORE?

We now have the generics of most prescription Cold & Flu Medicine*. All generics on the formulary below are R25 or less per product, please advise patients if substitution is suitable. *Formulary applies.

PRESCRIPTION MEDICATION

FORMULARY LIST 2013

PRODUCT	PACK SIZE	PRODUCT	PACK SIZE
ANTIBIOTIC		MUCO./BRONCHODIL COMBINATION	
· Amoclan 375mg tab	15's	· Adco-Linctopent syrup	100 ml
· Amoclan 625mg tab	15's	· Adco-Linctopent syrup	200 ml
· Amoclan SF syrup	100 ml	· Diphenamill	200 ml
· Amoclan S syrup	100 ml	CORTISONE	
COUGH		· Adco-Prednisolone syrup	50 ml
· Brunacod	100 ml	PAIN/FEVER	
· Docsed	100 ml	· Adco-Dol	20's
· Tussitot	100 ml	· Adco-Mefenamic acid suspension	200 ml
DECONGESTANTS		· Ibugesic suspension	100 ml
· Acufly	100 ml	· Pynmed syrup	100 ml
· Flutex effervescent	12's		
· Sinu-Flu	20's		

Valid until 31 December 2013