



# CELEBRATING WOMEN'S MONTH

## PRIORITISE YOUR HEALTH

Women's Month focuses on raising awareness about important health issues that affect women. **MBMed** offers several benefits to help you to take charge of your health and improve your quality of life.

### Preventative benefits

The Scheme aims to improve the health and well-being of all its members through awareness and education, prevention and screening, as well as targeted interventions to improve health outcomes and reduce overall Scheme costs. Female members and/or beneficiaries qualify for the following:



**HPV vaccine** (to prevent cervical cancer): two doses for beneficiaries between 9 and 14 years and 3 doses for beneficiaries between 15 and 26 years.



**1 HPV PCR screening test** per beneficiary between 25 and 65 years every 5 years.



**1 Pap smear test** or liquid-based cytology test per female beneficiaries per year.



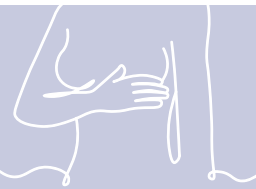
**1 Mammogram** per female beneficiary per year.



**2 HIV screening tests** per beneficiary per year by a registered nurse at a pharmacy.

Claims for these benefits are paid from a separate benefit and will not affect your routine Day-to-Day benefits (although if you need further treatment, this will be subject to your other applicable benefits).

### Boost your breast health



± 30% of all newly diagnosed cancers in women are breast cancer making it the **most diagnosed cancer in women** worldwide.



Successful treatment and survival rates are highly dependent on early detection.

- ✓ Conduct regular breast self-exams
- ✓ Have a mammogram every year

#### You can also boost your breast health by:



**Maintaining a healthy weight:** obesity can increase breast cancer risk for women after menopause.



**Exercising:** physically active women are 25% less likely to develop breast cancer.



**Eating healthy meals.**



**Limiting alcohol consumption:** alcohol is not healthy for you so limit your intake to one alcoholic drink per day.



**Don't smoke:** smoking can increase your risk of breast cancer. Get help with the Scheme's *GoSmokeFree* programme.

### Protect yourself

The Scheme covers contraceptives up to 100% of the lower of the cost to the supplier plus the negotiated mark-up or the negotiated dispensing fee for a Pharmacy Preferred Provider Network. Prescribed products are not for the treatment of acne.



### Pap smears save lives

During a Pap smear, a specimen is collected from the cervix to look for any abnormalities, which could be indicative of cancer. When detected early, cervical cancer can be effectively managed. HPV testing and Pap smears further improve cervical cancer screening.

### Be in the know about STIs and STDs

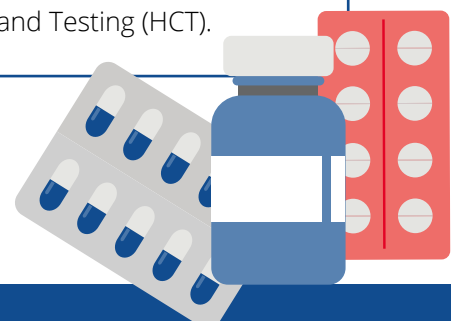
Sexually transmitted infections (STIs) cause sexually transmitted diseases (STDs), such as syphilis, herpes, gonorrhoea, chlamydia and HPV. If left untreated, they can lead to pelvic inflammatory disease (PID), infertility and contribute to certain cancers. To prevent STDs, practise safe sex using a condom, have an annual Pap smear and consult a gynaecologist, especially if you think you may have been exposed.

**Be proactive about your health as a woman so you are prepared for any possible health challenges.**



### PrEPare for good health

Pre-exposure prophylaxis (PrEP) can prevent you from contracting HIV. PrEP is an oral tablet taken daily to reduce the risk of HIV infection and is covered by the Scheme. Adherence to this medication and regular HIV testing are essential for optimum outcomes. The Scheme pays for two HIV screening tests per beneficiary per year by a registered nurse at a pharmacy. If you test positive, please register with the confidential Aid for AIDS (AfA) programme and receive unlimited anti-retrovirals, related medicine, pathology and radiology, consultations and HIV Counselling and Testing (HCT).



**NEED HELP?** Contact your Scheme for any benefit-related queries you may have.

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