



Welcome to the May newsletter of 2017!

## MAY IS ANTI-TOBACCO CAMPAIGN MONTH

In this issue we would like to discuss the silent killer in South Africa: Tobacco. Smoking puts you at risk for developing illnesses such as lung cancer, chronic lung disease and heart disease. Tobacco contains nicotine, a highly addictive drug that start to crave when are without it. This is what makes it so difficult to give up. Your body and brain soon starts to need nicotine in order to feel good, resulting in addiction.



### Reasons to Quit

Many people quit smoking for health reasons

Here are a few of the benefits gained by quitting smoking

- Being a good role model
- Smelling better and having fewer wrinkles
- Saving money
- Lowering the risk of heart attack and many other diseases.

### Benefits of Quitting

- |                           |  |
|---------------------------|--|
| Within <b>24 hours...</b> | Your risk of heart attack decreases    |
| Within <b>48 hours...</b> | Damaged nerve endings start to grow    |
| Within <b>3 months...</b> | Circulation and lung function improves |
| Within <b>5 years...</b>  | The risk of lung cancer decreases      |
| Within <b>10 years...</b> | The risk of lung cancer is normal      |

## REASONS TO MAKE YOU SMILE

### Here's why being on RUMed rocks!

- You can go to any Doctor
- Low 2017 Contribution increases
- Unlimited in hospital cover
- Reserve levels are high
- Locally based administration company



## DID YOU KNOW?

**Flu Season** is upon us and as a RUMed Member you can get your Flu Vaccine covered at 100% sch **Preventative Care Benefit**.

Please go to your nearest pharmacy to receive your flu vaccine !



## RUMED HAPPENINGS

### The 2017 Benefits changes

On the 1st January 2017 RUMed made some benefit changes such as the removal of the 20% co-payment on acute medication, basic dentistry and GP consultations (up to the monetary limits as stated in your benefit guide)

In regards to the Preventative Care Benefits changes: RUMed funds childhood immunisations according to the South African Expanded Program of Immunisation (EPI SA) schedule. Please note that the R2000 allocated as an additional amount in 2017 for child immunisations is not pro-rated for children added to the Scheme after 01 January.

### Annual General Meeting

The RUMed AGM will take place on the 7<sup>th</sup> June 2017 at the Council Chambers, Rhodes University at 12 noon.

Everyone is welcome to join the AGM; all you need to bring is your membership card

## A LITTLE REMINDER

**RUMed Emergency Services are contracted through ER 24.**

### What to do in the event of a medical emergency:

Always call **084 124.ER24** has immediate access to all available emergency resources where **RUMed** members reside (and country-wide) and will immediately dispatch the closest appropriate resource to the incident.

If someone is calling on your behalf, please tell him/her to call **084 124**.

Tell the **ER24** operator that you are a **RUMed** member. They will prompt you or the caller through all of the information they require to help you and we will provide **realhelprealfast**



### International medical cover through ER24

Please be aware that the name of the international cover has changed to Bryte Insurance Company Limited (formally known as Zurich Insurance Company South Africa Limited).

Please find all details on the RUMed website.

