



# Rhodes University Medical Scheme









## Newsletter

Dear Rumed Members,

### MAXIMIZING YOUR PREVENTATIVE CARE BENEFITS

At Rumed, we believe in empowering you to take charge of your health. That's why we're excited to remind you of the preventative care benefits available to you and your family. These benefits are designed to help you stay healthy and catch potential health issues early. **Covered up to a maximum of R1500 per beneficiary and to a maximum of R3000 per family.**

#### What's Covered:

 <b>Mammograms</b>	Ensure early detection of breast cancer with mammograms, covered at 100% of scheme rates.
 <b>Prostate Specific Antigen (PSA) Test</b>	Men, take advantage of the PSA test for prostate cancer screening, covered at 100% of scheme rates.
 <b>Cholesterol Blood Test</b>	Keep your heart health in check with cholesterol blood tests, covered at 100% of scheme rates.
 <b>Blood Sugar Test</b>	Monitor your blood sugar levels regularly, covered at 100% of scheme rates.
 <b>HIV Test</b>	Stay informed about your HIV status with HIV tests, covered at 100% of scheme rates.
 <b>Pap Smear (includes consultation)</b>	Women, prioritize your cervical health with Pap smears, covered at 100% of scheme rates.
 <b>Glaucoma Test</b>	Protect your vision with glaucoma tests, covered at 100% of scheme rates.
 <b>Immunisations</b>	An additional R2 000 for child immunisations which does not accumulate to the family limit of R3 000 and is not pro-rated during a calendar year.

### HOW TO UTILIZE YOUR BENEFITS:

Simply schedule an appointment with your healthcare provider for any of the above tests. Inform them that you are a Rumed member, and they will bill Rumed directly.

### WHY IT MATTERS:

Preventative care is key to maintaining good health and catching potential health issues early. By utilizing your preventative care benefits, you're taking an important step towards a healthier future for you and your family.

### STAY HEALTHY, STAY INFORMED

Thank you for choosing Rumed for your healthcare needs. Together, we can work towards a healthier future for everyone.

Warm Regards,

**Rumed Medical Aid Team**

*Photographs by Sara Garrun and Sophie Smith.*

### Contact Details

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