



# CELEBRATING WOMEN'S MONTH

## PRIORITISE YOUR HEALTH

Women's Month focuses on raising awareness about important health issues that affect women. The AECI Medical Aid Society offers several benefits to help you to take charge of your health to 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 per beneficiary between 9 and 14 years and 3 doses per beneficiary between 15 and 26 years.



**Specialist consultations**, e.g. with a gynaecologist as per the out-of-hospital consultations limit for your plan.



1 **Pap smear** test or liquid-based cytology test for female beneficiaries from age 25 every 3 years or annually for HIV-positive beneficiaries.



1 **Mammogram** per female beneficiary per year from age 50.



2 **HIV screening tests** (1 for pre-testing and 1 for post-testing) 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 once you turn 50

**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*.

### 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.

### PROTECT YOURSELF

The Scheme covers oral and injectable contraceptives, contraceptive patches, vaginal rings and implants;

**Comprehensive & Comprehensive Select:** up to R3 500 per beneficiary per year

**Value:** up to R2 500 per beneficiary per year.



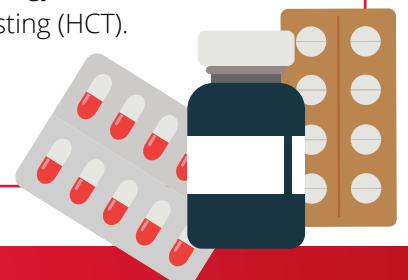
### BE IN THE KNOW ABOUT STIS AND STDs

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 a Pap smear every 3 years 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 (1 for pre-testing and 1 for post-testing) per beneficiary per year by a registered nurse at a pharmacy. If you test positive, please register with the 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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