



MEDICAL AID SOCIETY

Celebrate **WOMEN'S MONTH**



This Women's Month, we continue to celebrate the strength and resilience of every woman across our nation. One of the most powerful ways to take care of your overall wellbeing is to prioritise preventative health screenings and vaccines. These steps will help you detect any risks to your health early and improve your long-term health.

We encourage all female members to stay up to date with the following key female health screenings and vaccines:



HPV VACCINE

The Human Papillomavirus (HPV) vaccine protects against the virus responsible for most cases of cervical cancer. This vaccine is recommended for young women and girls (typically ages 9 to 26) but can also be beneficial later, depending on clinical advice. Early vaccination significantly reduces the risk of developing cervical cancer later in life.



PAP SMEAR (CERVICAL SCREENING)

A Pap smear helps to detect early changes in cervical cells before they develop into cancer. It is recommended for women from age 21 onwards every 3 years, depending on results and guidelines. Regular screening can help detect abnormalities early, making treatment more effective.



MAMMOGRAM (BREAST SCREENING)

A mammogram is an X-ray used to detect breast cancer early, often before symptoms appear. Mammograms are recommended for women 40 years and older (or earlier if at higher risk). Early detection greatly improves treatment success and survival rates.

As an AECI Medical Aid Society member, you are offered the following screening and vaccine benefits:

- Two doses of the **HPV vaccine** per beneficiary between 9 and 14 years and three doses per beneficiary **between 15 and 26 years**.
- One **Pap smear** or one cytology test per female beneficiary **over the age of 25 years every 3 years or annually for HIV-positive beneficiaries**.
- One **mammogram** per female beneficiary **40 years and older per year**.



Check your
available benefits
and book your
appointments
today.



Contact your Scheme: ☎ 0860 002 103 | @aecisociety@medscheme.co.za

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