AECI®
MEDICAL AID SOCIETY



12 - 20 OCTOBER

# WORLD BONE & JOINT WEEK

*Looking after the framework that carries you through life.*

## WHY THIS WEEK MATTERS

World Bone & Joint Week raises awareness of musculoskeletal conditions - the most common cause of severe, long-term pain and physical disability worldwide, affecting hundreds of millions of people.

## SIGNS TO WATCH FOR

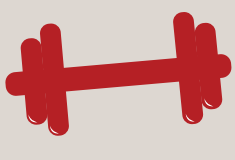


- Joint pain, stiffness or swelling, especially in the morning or after rest
- Reduced range of movement in a joint
- Back or neck pain that persists or gets worse over time
- Bone pain or fractures caused by minor falls or knocks
- Muscle weakness, poor balance or an increased risk of falling
- Changes in posture or a gradual loss of height (a possible sign of osteoporosis)

**Many musculoskeletal conditions develop gradually, so early symptoms are often dismissed as normal wear and tear. Don't wait for pain to become severe before getting advice.**

## PREVENTION AND TREATMENT

Many musculoskeletal conditions can be prevented or their impact reduced, through simple daily habits:



Stay physically active, including weight-bearing and strength exercises



Eat a balanced diet rich in calcium and vitamin D



Maintain a healthy weight to reduce strain on joints



Practise good posture and take care when lifting heavy objects



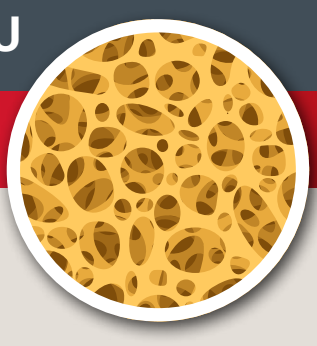
Avoid smoking and limit alcohol, both of which weaken bone health



If you're experiencing joint or bone pain, see your doctor. Early diagnosis and treatment - through physiotherapy, medication or lifestyle changes - can help prevent conditions from worsening and keep you active and mobile for longer.

## HOW AECI MEDICAL AID SOCIETY CAN HELP YOU

### BONE DENSITOMETRY SCAN (used to diagnose osteoporosis)



**Comprehensive and Comprehensive Select Options**
One scan per beneficiary out of hospital and unlimited scans in hospital.

**Value Option** One scan per beneficiary in or out of hospital.

### HIP AND KNEE REPLACEMENT PROGRAMME



For members on the **Comprehensive and Comprehensive Select Options**, the Society has appointed a Designated Service Provider (DSP) for knee and hip replacements to ensure the best health outcomes and financial peace of mind. The DSP uses a multidisciplinary team dedicated to assist with rapid and successful recovery, keeping you as comfortable as possible during the healing period.

The following is covered as part of your hip or knee replacement through our DSP:

- All hospital costs
- Surgeons and anaesthetist fees
- Prosthesis
- Physiotherapist (pre-, intra- and postoperative)

#### HOW DO I ACCESS THE PROGRAMME?

Call 0860 00 2103 for the details of a contracted orthopaedic surgeon closest to you, log in to the AECI Medical Aid Society member zone via our website or ask your GP.

**A R10 000 co-payment will be payable if you or your registered beneficiaries voluntarily use a non-DSP provider for hip and knee arthroplasties and/or replacement surgeries, except in the case of emergencies and PMBs.**

**Value Option**
Cover is limited to the PMB level of care.

### BACK AND NECK REHABILITATION PROGRAMME



The Back and Neck Rehabilitation Programme helps people living with chronic back and neck pain to treat the cause of their pain. Together with the services of Documentation Based Care's (DBC) facilities nationwide, this programme improves quality of life by:

- reducing back and neck pain
- improving musculoskeletal functionality
- helping avoid unnecessary surgery

Conservative treatment, such as the specialised exercise therapy offered by DBC facilities, should be considered the first-line treatment for back and neck pain that has persisted for more than 12 weeks. DBC facilities are licensed to operate specialised therapeutic equipment and carry out protocols that could help treat the cause of your chronic back and neck pain.

This treatment addresses back and neck issues before lengthy, painful and expensive surgery becomes necessary, sparing patients the pain and suffering that goes with prolonged back and neck issues. The Society covers the full cost of the programme across all Options, so your Day-to-Day benefits are not impacted.

#### HOW DO I ACCESS THE PROGRAMME?

Call 0860 105 104 to arrange an initial assessment to determine if you qualify for the programme or read more here.

**If you or your registered beneficiaries have surgery without consulting DBC, you may be liable for a co-payment of R5 000.**

**Don't wait for joint or bone pain to become serious. If something feels off, see your doctor and take the first step towards staying active and mobile for the long run.**

**Contact your Scheme:** 0860 002 103 | aecisociety@medscheme.co.za
or scan the QR Code to visit the AECI MAS Member Portal | aecimedicalaidsociety.co.za