Making the most of your medical scheme benefits during holidays

Your medical scheme can support your health during the festive season - here's how to use it wisely:

- **Know your coverage** - Review your scheme's plan benefits, including emergency cover, travel health support, and wellness perks. Check for sun safety campaigns, and chronic condition support.
- **Use preventive services** - Book routine check-ups or screenings before the holidays. Take advantage of wellness programmes.
- **Stay in-network** - Use healthcare providers within your scheme's network to avoid extra costs. Save your scheme's 24/7 helpline number for emergencies.
- **Travel smart** - If travelling, check if your plan includes international medical cover or travel vaccines. Pack a basic health kit with sunscreen, insect repellent, medications, and your membership card.
- **Digital tools** - Use your scheme's app or website to locate nearby providers, access virtual consultations, or manage claims.

Practical summer holiday health tips

Stay hydrated

- Drink plenty of water throughout the day.
- Avoid sugary and alcoholic drinks, especially in the heat.
- Include water-rich foods like watermelon, cucumber, and oranges.

Protect your skin

- Use sunscreen with a high SPF and reapply regularly.
- Wear hats, sunglasses, and lightweight clothing.
- Seek shade during peak sun hours (10am–3pm).

Eat fresh and light

- Choose seasonal fruits and vegetables.
- Opt for grilled or steamed meals over fried foods.
- Practice moderation with festive treats.

Stay active

- Go for morning walks, swim, or try outdoor yoga.
- Explore nature reserves or parks.
- Use hotel gyms or join group activities.

Practice safe hygiene

- Wash hands regularly, especially before meals.
- Carry hand sanitizer when travelling.
- Be cautious with food safety - especially at picnics or braais.

Get enough sleep

- Stick to a regular sleep schedule.
- Create a restful environment, even while travelling.

Remember, your health is the foundation for a happy holiday!

Wishing you and your loved ones a healthy, safe and joyful season.

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