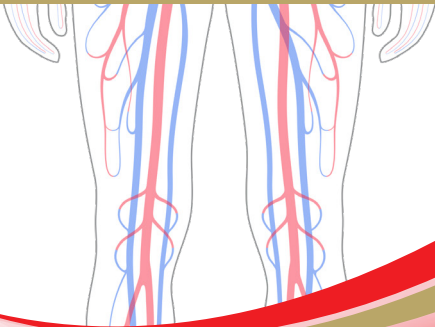
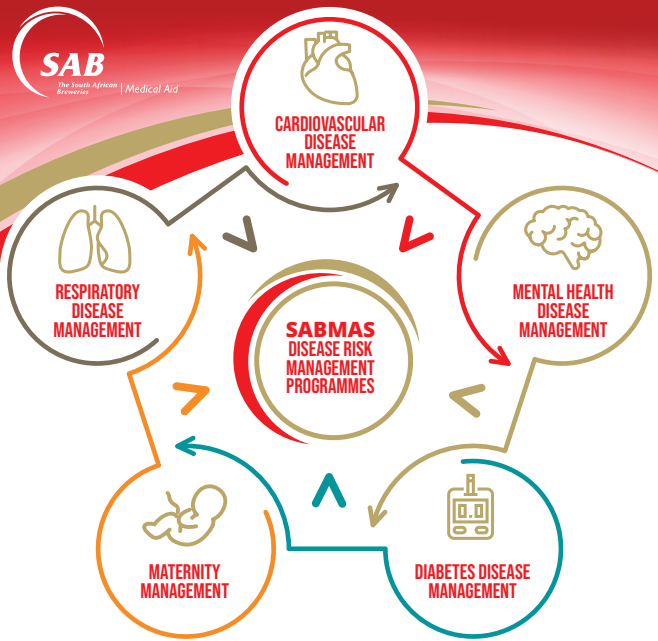


DISEASE RISK PROGRAMMES

WHAT YOU NEED TO KNOW





Dear Member

Your wellbeing is of vital importance to us. Being diagnosed with a chronic illness can be stressful and it's normal to experience a range of emotions in the wake of such a diagnosis. However, you can learn to manage these feelings to live a fulfilling life. We are here for you, to assist in managing your chronic condition effectively through our Disease Risk Management (DRM) Programme.

When registering on the programme, we will help you to manage your chronic condition and improve overall health. Our ultimate goal being to minimise complications and avert costly hospitalisation admissions.

The programme will provide a comprehensive treatment plan that is suited to the condition you were diagnosed with, along with regular health information to help you better understand your chronic illness. All our plans have a wellness benefit for screening and testing; these are defined consultations and tests that must be done each year in order to monitor your health and wellness.



THE BENEFITS OF REGISTERING ON THE SABMAS DISEASE RISK MANAGEMENT PROGRAMME INCLUDE:

- Regular follow-ups, counselling and support. This is done quarterly or every six months, depending on the seriousness of your chronic condition.
- Relevant educational information on your chronic condition.
- Support relating to lifestyle changes and behaviour modification to help improve your overall health.
- Referral and advice on a range of relevant healthcare centres and professionals for support through the different stages of your programme.

Treating your chronic condition is vital if you want to continue living a fruitful life. We will, therefore, keep you as healthy as possible through our proactive Wellness Programme.

**JOIN ANY OF OUR DISEASE RISK PROGRAMMES
BY CONTACTING US ON:**

0860 002 133 or send us an email
DRM@sabmas.co.za