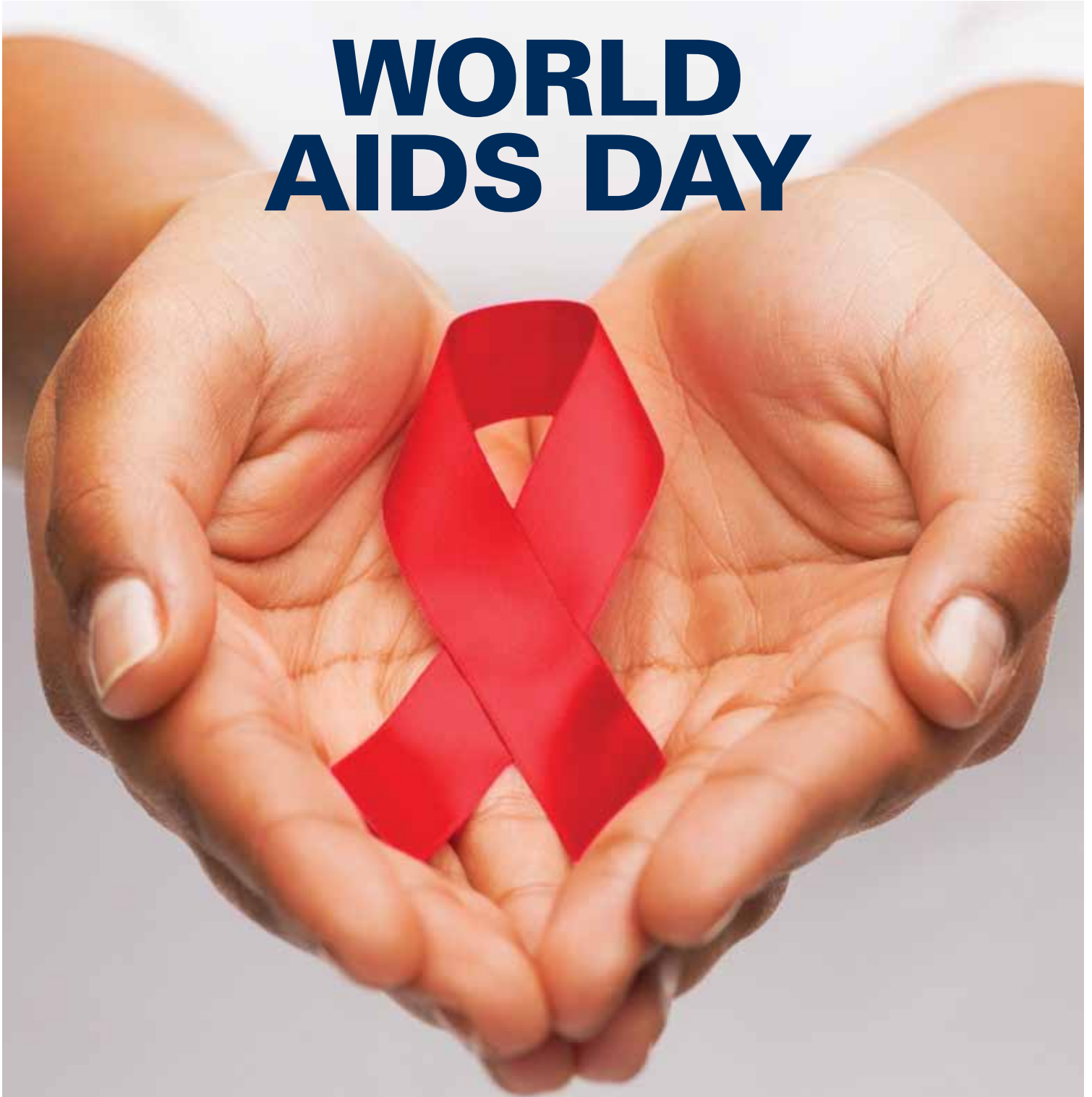


IN

HEALTH

ISSUE 1 | DECEMBER 2014

WORLD AIDS DAY



A Liberty publication



STAKE YOUR CLAIM

What you need to
submit your claim

COOK'S CORNER

Healthy "fried"
chicken

PREACHING POSITIVE

Reverend Byamugisha,
an HIV beacon of hope

SCIENCE SNIPPETS

Dear readers

Welcome to our revised In Health communication. We were sending our In Health magazine out on a quarterly basis – for previous editions visit libertyhealthblue.com – but after feedback from our policyholders, we have made a change to a more compact format that we will send out on a more regular basis. Every two months, we will select a health theme in line with the World Health Organization's events calendar, starting with World AIDS Day that is celebrated on December 1. If you have any suggestions or input for our communications, please contact us at info@libertyhealthblue.com. We welcome your feedback. Liberty Blue Health Cover is expanding its reach and client base every month. We have a presence in 12 countries on the African continent, giving you access to services across the continent at a network of providers you can have complete confidence in. On the last page of this magazine, you will find contact details for our offices in each country. If you find yourself needing assistance with healthcare, wherever you may be, please contact us and we will try to assist you wherever possible. We look forward to hearing from you.

The Liberty Blue Health Cover team

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ON TRACK

Health and fitness apps are becoming increasingly popular. Between December 2013 and June 2014, their usage grew by 62%, compared to 33% growth in usage of apps overall. We pick four highly rated health aids aimed at assisting you with your exercise, diet, sleep and general health knowledge.

 **MOVES**
Free. iOS and Android

This is one of the simpler pedometer apps, which is a good thing for many people just starting out. Its simplicity doesn't detract from its usefulness. It tracks the amount of exercise with great accuracy and a lot less fuss than many of its competitors. All you have to do is switch it on and it logs time spent walking, cycling and running.

 **SLEEPBOT**
Free. iOS and Android

Want to know what's happening in that missing third of your life? If so, try this comprehensive sleep-tracking

app that records, analyses and maps out your sleep patterns. It has an alarm cycle, movement tracker, sound recorder, sleep debt log, analysis of the data and trend graphs.

 **CALORIE COUNTER & DIET TRACKER BY MYFITNESSPAL**

Free. iOS and Android
This app's success is based on its inclusion of the two weight loss essentials – diet and exercise. It has a massive database of foods and drinks and helps you keep track of the calories, fat, carbs and cholesterol. It also offers more than 350 cardio and strength training exercises.



 **POCKET FIRST AID & CPR**

US\$1.99. iOS and Android
This app is literally a lifesaver. It shot to fame when it helped save the life of an injured man trapped in the 2010 earthquake in Haiti. It's an easy-to-use emergency guide that has credibility – its content comes from the

American Heart Association. It includes high-quality videos and hundreds of pages with illustrations on things like first aid basics, CPR, choking, bites, bruises, burns, seizures and diabetic and environmental emergencies.

(Sources: Technology review, Healthline.com, Mobihealthnews.com, Businessinsider.com, PC Magazine)



TELETUBBIES

Watching high-energy TV programmes might make watching calories harder, a new study suggests. With snacks freely available, young adults watching an action movie ate almost twice as much food as those watching an interview show, the researchers found. Those watching the action movie ate more even if the sound was turned off.

FRY RIGHT

Frying with olive oil is better for your health than seed oils, research from Sfax University in Tunisia showed. Tests found that olive oil remains the most stable at high temperature with repeated use. This means it is likely to be better for health than other oils such as sunflower, corn and soybean oils.

TB BY NUMBERS

- 9 million** people developed tuberculosis in 2013.
- 8 billion** US dollars is needed every year for an effective response to the disease.
- 45%** The amount the mortality rate has fallen by since 1990.
- 1.5%** The average fall in the number of people developing TB every year.
- 37 million** people have been saved through diagnosis and treatment since 2000.

PLEASE DON'T STOP THE MUSIC

Music therapy appears to reduce depression in children and adolescents with behavioural and emotional problems, according to researchers at Queen's University Belfast. They found that children who received music therapy had significantly improved self-esteem and significantly reduced depression compared with those who received treatment without music therapy.



YOUNG GUNS

Keeping active might just hold the secret to staying young. Studies from Canada's McMaster University showed that endurance exercise could halt the aging process in a group of mice, even though they were genetically engineered to age faster. A treadmill exercise routine over a period of several months helped the mice retain the same youthful appearance as normal mice, and prevented premature aging in almost every organ providing nearly 100% protection against graying fur, hair loss, brain and muscle atrophy, and more.

SPOTLIGHT ON EBOLA

- Ebola virus disease (EVD), formerly known as Ebola haemorrhagic fever, is a severe, often fatal illness in humans.
- EVD outbreaks have a case fatality rate of up to 90%.
- EVD outbreaks occur primarily in remote villages in Central and West Africa, near tropical rainforests.
- Ebola is introduced into the human population through close contact with the blood, secretions, organs or other bodily fluids of infected animals.
- Ebola then spreads in the community through human-to-human transmission.
- Severely ill patients require intensive supportive care. Several vaccines are being tested, but none are officially available for clinical use on people or animals.

(Sources: WHO, Medicalnewstoday.com, Healthnews.com, The Telegraph)



BREAKTHROUGH

A man completely paralysed from the chest down, after his spinal cord was sliced in half in a stabbing attack four years ago, is able to walk again after undergoing pioneering surgery. The 38-year-old Bulgarian man, Darek Fidyka, is believed to be the first person in the world to recover from complete severing of the spinal nerves, and sensation has now returned to his lower limbs. The groundbreaking procedure involved transplanting olfactory ensheathing cells from his nose to his spinal cord.

GETTING TO ZERO IN AFRICA

Africa's theme for this year's World AIDS Day ties in with the wider global strategy of the Joint United Nations Programme on HIV/AIDS (UNAIDS) – zero new HIV infections, zero AIDS-related deaths and zero discrimination.



World AIDS Day is a day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection.

It has been held on December 1 every year since 1988, and provides an opportunity for people worldwide to unite in the fight against HIV, to show their support for people living with HIV, and to commemorate those who have died. HIV/AIDS remains one of the world's most significant public health challenges, particularly in low- and middle-income countries. However, as a result of recent advances in access to antiretroviral therapy (ART), HIV-positive people now live longer and healthier lives. ART can also dramatically decrease the risk of onward transmission.

The African Union Commission notes that while significant trials remain, there is good news too. UNAIDS latest figures also reflect this optimism.

The programme reports the lowest levels of new HIV infections this century, at 2.1 million. New HIV infections fell by 13% in the last three years alone.

AIDS-related deaths are at their lowest since the peak in 2005, having declined by 35%.

New HIV infections among children have fallen by 58% since 2001.

Adding to the good news, UNAIDS recently announced a new fast-track strategy proposing a rapid and massive acceleration of HIV prevention and treatment programmes aimed at ending the AIDS epidemic by 2030. "An AIDS-free generation is in our reach," Switzerland's president, Didier Burkhalter, told the 69th United Nations General Assembly in September. "It is our responsibility to make it happen. Nations have to unite in this common goal and act together with force of conviction." The success of the fast-track strategy relies on countries to frontload investments and step up the pace of delivery of HIV services, especially the roll out of ART.

"I call on countries, the private sector and civil society to seize this opportunity to end the AIDS epidemic by 2030," UN Secretary-General, Ban Ki-Moon, concurred. "This will require innovation, leadership and shared responsibility to ensure that no one is left behind."

If fully implemented, the fast-track approach will avert 18 million new HIV infections and 11 million deaths by 2030.

LIBERTY BLUE HEALTH COVER'S DISEASE MANAGEMENT PROGRAMME INCORPORATES HIV/AIDS COVER. YOUR BENEFITS INCLUDE:

- Access to ARV therapy based on internationally accepted treatment guidelines.
- Treatment for opportunistic infections, including Tuberculosis.
- Vaccinations to prevent illnesses such as flu.
- Provision of approved multivitamins and other appropriate supplements to support the immune system.
- Treatment for the prevention of mother-to-child HIV transmission.
- Post-exposure prophylactic treatment for all members and their registered dependants, which reduces the chance of becoming HIV positive after possible exposure.

Getting tested and registering on the Liberty Blue Health Cover disease management programme is free and easy. Any HIV positive person can register whether they require ARVs or not. We respect your right to confidentiality and will not discuss your information with anyone without your consent.

Follow these steps to register on the programme:

- Together with your doctor, complete a disease management form. The form can be downloaded at libertyhealthblue.com or collected from your local office.
- Submit the completed form to your local office.
- Once we have authorised your application, we will notify you and your doctor.
- Your doctor will perform an initial status test followed by a blood test, and depending on the results, may put you on a treatment programme. In this case, your doctor will give you a script so you can collect your medicine from your local pharmacy every month.
- Your doctor will submit treatment claims to the local office. Each claim will be matched against the registered treatment and paid from the relevant benefit.
- If your doctor changes your treatment, you or your doctor should notify your local office by faxing or emailing a clinical report and new prescription.

For more information, visit libertyhealthblue.com



35 million people are living with HIV worldwide

3.2 million of these are children

32.6 million of these come from low- and middle-income countries

39 million people have died from AIDS-related causes so far

1.5 million people died in 2013

11.7 million people (36%) were receiving ART in low- and middle-income countries

7 out of 10 pregnant women living with HIV (970,000 women) received ART in 2013.

(Sources: UNAIDS, worldaidscampaign.org, aidswatchafrica.org, WHO)





CHOW ON CHICKEN

Don't fry your "fried" chicken. For a healthier take on everyone's favourite dish, oven fry – it will still be crispy and tasty.

FAT FRIENDLY TIP

Remove the skin – this will lower the fat content by almost half and the calories by about a third. You won't lose the crispiness of fried chicken – that comes from the coating you use, not the skin.

INGREDIENTS

- 8-10 chicken pieces
- 6 slices of bread (or 4 cups of cornflakes)
- 1/2 cup low-fat buttermilk
- 1 clove of garlic
- 3 tablespoons vegetable oil
- Salt and pepper to taste

DIRECTIONS

- Oven: 220°C
- Mix buttermilk, garlic, salt and pepper in a large bowl.
- Remove the skin and add chicken pieces to the mixture.

- Leave overnight in the fridge or at room temperature for at least 30 minutes to marinate.
- Place bread in blender to make breadcrumbs or crush cornflakes with a rolling pin in a big, sealed plastic bag. Crisp the breadcrumbs by tossing with oil and baking for about 10 minutes. Place in a large bowl.
- Take chicken pieces from the buttermilk, let the excess mixture drip off, and then roll in the breadcrumbs/cornflakes.
- Place in the oven on a rack, in a roasting pan or baking sheet. Bake until thoroughly cooked for 30 to 40 minutes. The juices should run clear when the meat is pierced with a knife.

Note: Spice up your marinade with a hot sauce. Also try adding mustard, cayenne pepper, paprika and/or sage.



KITCHEN CARE:

Most germs in the home are found in the kitchen, according to studies. You can get sick if food isn't stored, handled and cooked correctly. Our hands are one of the worst culprits when it comes to spreading germs, so it's important to wash them thoroughly before cooking. Harmful bacteria can be found in raw chicken, and it can spread easily to anything it touches. Take particular care to keep it away from ready-to-eat foods that don't need cooking. Use different chopping boards for ready-to-eat and raw foods. Store raw chicken in a sealed container in the fridge, away from other foods. Remember, chicken needs to be cooked thoroughly before eating in order to kill the germs.

POSITIVE LIVING

The Reverend Canon Gideon Byamugisha

He is a prominent church leader in Uganda, and he's also the first African religious figure to openly declare his HIV-positive status. Since discovering he had HIV in 1992, the Reverend Canon Gideon Byamugisha has dedicated his life to fighting the stigma around HIV/AIDS.

He has shared his story with thousands around the globe to restore dignity and provide hope to those who have been discriminated against due to their status. In 1991, the charismatic canon and his wife were offered a scholarship to go to the University of Cardiff, UK, to do a PhD. In the process of preparing the paperwork, his wife was diagnosed with pneumonia. She died very suddenly a few days later. Six months passed before Byamugisha's sister-in-law told him that his wife was HIV positive. "Imagine my reaction," he told the third Women Deliver conference in Malaysia last year. "I was very devastated. At the time, they were telling us you could not get HIV

unless you were a prostitute, a truck driver or a homosexual."

In January 1992, the reverend tested positive and within 20 minutes he declared his status due to the prejudiced and judgemental reaction he encountered from his counsellor.

Byamugisha's announcement was met with mixed reactions. However, his saving grace was the support he received from his bishop, Rev Samuel Balagadde Ssekadde. Ssekadde took him in and cared for him while he was very sick. He also wrote a letter to the health minister appealing for help and immediate access to ART. The Reverend Byamugisha has transformed the response to HIV of various churches throughout Africa and around the world. He has also spoken at special UN conferences, and founded the African Network of Religious Leaders Living with or Affected by HIV and AIDS. Byamugisha married again, to a woman who also has HIV. They have two children,



appropriately named Love and Hope. He continues to spread the word and inspire change.

"When people who are positive are loved, cared for and supported, there is a lot the community gains," he told the conference delegates. "We participate in breaking the transmission chain. We live longer and we become productive. The community would have looked after our orphans but we are able to look after our children."

WORK IT OUT

Exercise cannot control HIV/AIDS but it may help you feel better.

Exercise has much the same advantages for people with HIV as those not living with the virus. Studies also indicate the positive effect of exercise on the progression of HIV and blood counts. However, there are more risks for people with HIV than those without. Therefore, it's best to follow a few basic guidelines.

Consult your doctor

Before you start, talk to your doctor about what you can and cannot do.

Don't overdo it

The "no pain, no gain" rule does not apply. Your body is already under a lot of stress, so take it easy. Moderate exercise is recommended. Don't exercise every day – your body needs time to rest and recover.

Eat and drink correctly

Your liquid intake is very important. Extra water can help you replace the fluids you lose. Avoid a big meal before exercise

and try to eat during the first hour after your session to replenish your energy.

Weights and cardio

Weight training is one of the best ways to increase lean body mass and bone density that may be lost through HIV disease and aging. Follow this with some form of cardiovascular exercise to improve body composition and keep your blood lipids and sugar down. Try bicycling, light jogging or brisk walking.

Warning signs

Be aware of your state of health before you start exercising. You should be able to tell the difference between general tiredness and serious fatigue or illness.



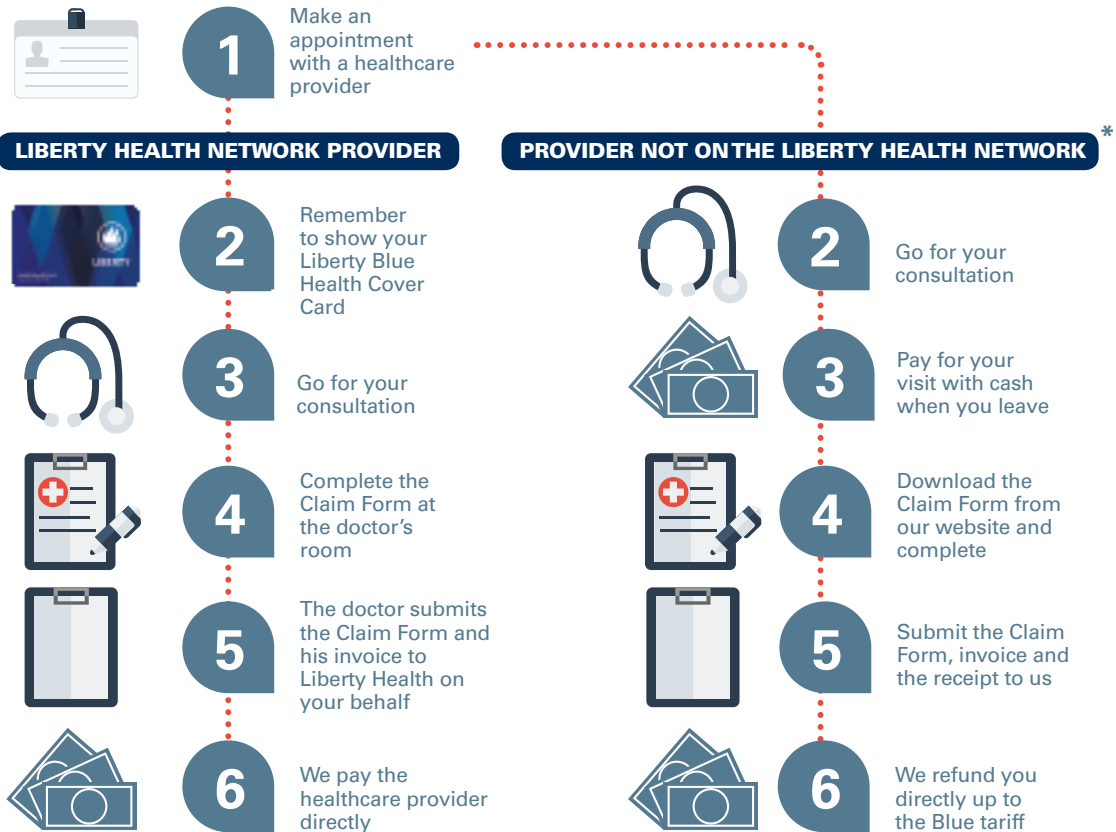
(Sources: Aidsinonet.org, Today's dietitian, Health24)

LIBERTY BLUE HEALTH COVER

SUBMITTING A CLAIM

Step-by-step instructions on how to claim

Save yourself the admin of claiming by visiting a Liberty Health network provider. You don't have to pay for the treatment first AND the doctor submits the claim on your behalf.



*Not applicable to the Lite option, no refunds from non-network providers

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