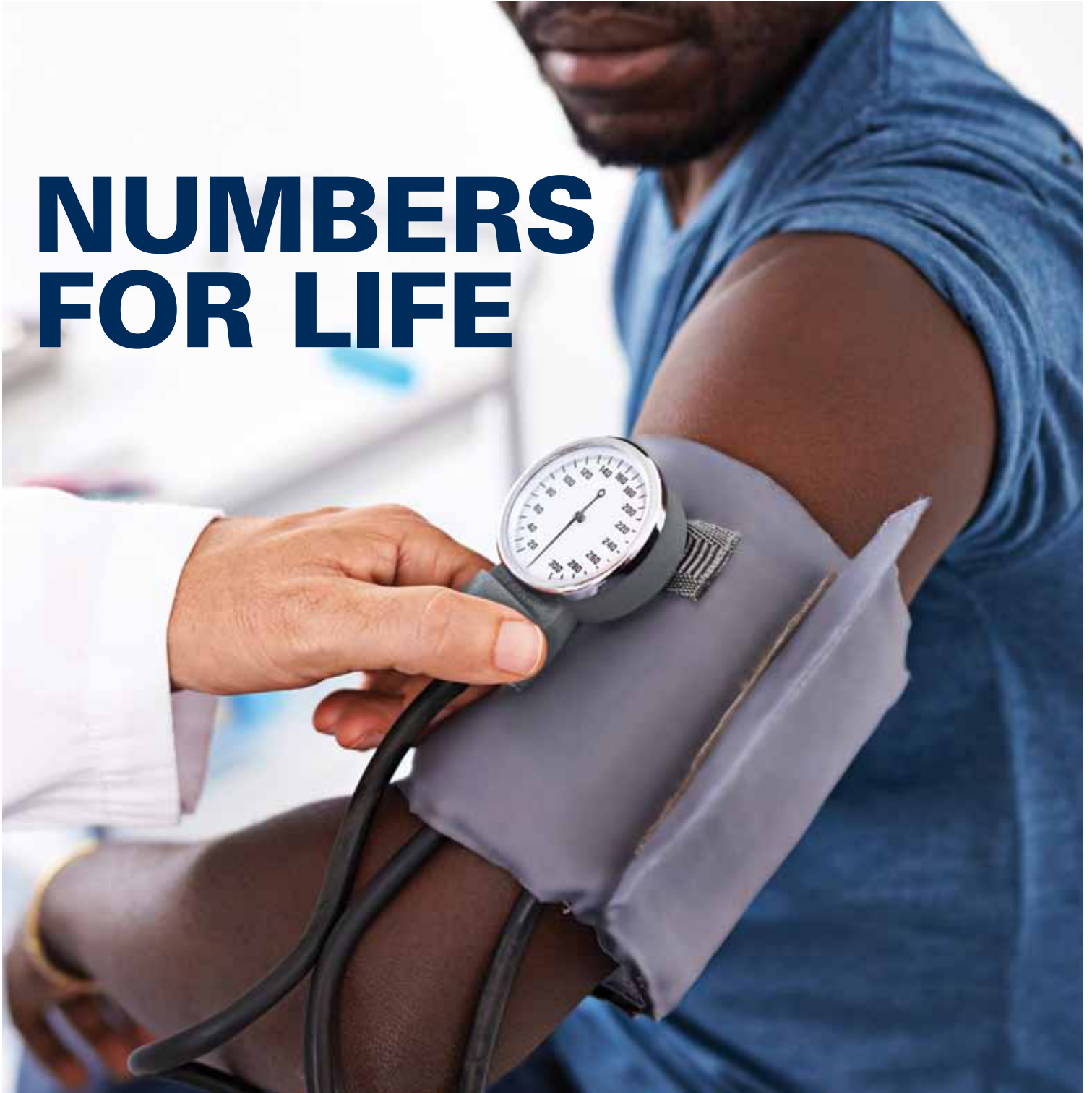


IN HEALTH

ISSUE 10 | JUNE/JULY 2016

NUMBERS FOR LIFE



A Liberty publication



FASHION CLASSICS

Winter working wear for 2016

HEALTH HAS NO BORDERS

Liberty's emergency evacuation option

WHOLESOME FARE

West African warmth in a pot

Dear readers

A warm welcome to the latest edition of our *In Health* communication. A few simple figures could save your life. So know your numbers when it comes to your blood pressure, cholesterol, blood glucose and weight. Once you know them, you can make a plan to improve your health, as even small changes to your lifestyle can have a major impact. Liberty Health Cover's international emergency evacuation is available on certain benefit options and could save your life should you need emergency medical attention outside your country of residence.

Winter is upon us and there's nothing like a hearty stew to give you warmth and energy on a cold winter's night. So try our West African peanut stew recipe for some comforting cuisine. From cooking to clothing, we show you simple ways to update your winter work wear by shaking up the classics with a little touch of 2016 style. On the last page of this newsletter, you will find useful information on reporting fraudulent behaviour by making use of our in-country Fraud Hotlines. Please feel free to share this newsletter and health insights with your family, friends and colleagues. You can access past editions on our website, libertyhealthblue.com. If you have any suggestions or input for our communications, please contact us at inhealth@libertyhealthblue.com. We welcome your feedback.

The Liberty Health Cover team

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SCIENCE SNIPPETS



ELECTRONIC AID

The UK Royal College of Physicians announced that electronic cigarettes are the best hope people addicted to tobacco cigarettes have to quit. The college summarised an increasing body of research and concluded that the benefits of e-cigarettes far outweigh the potential harm for smokers. It also noted that the concerns about them, like leading young people to start smoking tobacco, have not materialised. Although most US public health officials have focused on the hypothetical dangers of e-cigarettes, the British study found that its use has the potential to help half or more of all smokers get off cigarettes.

MILESTONE MOMENT

We now have the best possible picture of the genetic events that cause breast cancer, according to scientists. An international team worked out practically all the things that could go wrong in our DNA that makes healthy breast tissue turn cancerous. They

uncovered 93 sets of genes that, if mutated, can cause tumours, and they believe this is the definitive list, barring a few rare mutations. The study, published in *Nature*, was described as a "milestone" moment, and will hopefully lead to the discovery of new ways to both prevent and treat the disease.



SUPERHERO SEARCH

In a fascinating but frustrating study, researchers discovered 13 people who have "superhero DNA." Hundreds of thousands of people from around the world donated their DNA to the study known as The Resilience Project. Scientists were looking for people who carried

damaging genetic mutations, but instead of focusing on the sick, this time they turned their attention to those who were healthy. They discovered 13 people who, despite carrying mutations, were resistant to genetic diseases. They believe these people could provide answers to tackling a variety of illnesses.

However, the lucky 13 cannot be contacted again because of the study's consent rules. A follow-up study will begin with participants submitting their genetic data with the understanding they will be recontacted. The study was published in the journal *Nature Biotechnology*.

345 people are reported to have died from yellow fever in the last seven months in Angola, according to WHO.

(Sources: abc.net.au, bbc.com, cnn.com, nytimes.com)

LIFE-SAVING SERVICE

Some Liberty Health Cover options offer international emergency evacuation. Here's one reason why you might want to consider it.

It was 8.30pm when the phone rang on the 24-hour emergency evacuation line manned by staff at Liberty Health in Cape Town.

The call was from one of our African countries requesting the evacuation of a baby girl born earlier that afternoon. Not only was the baby premature, but she also had a severe heart defect.

The newborn was in a critical condition in ICU and the attending cardiologist had requested evacuation from the local hospital, as the level of care and specialisation required was unavailable there. In addition, the hospital's supply of the medication necessary for the baby's survival was very low and would run out by noon the following day.

The first step was to find a paediatric cardiologist who would perform the life-saving surgery in South Africa. By 11.30pm the Liberty Health emergency staff had spoken to a renowned cardiologist who was willing to do the surgery. Unfortunately, the hospital's cardio-thoracic ICU was full, and the surgeon would only be able to confirm if a bed was available the following morning. In the meantime, Liberty Health's medical director had contacted the in-country cardiologist and established that the baby could stay overnight and be evacuated the following morning. The emergency team also contacted another paediatric cardiologist at a different hospital just in case Plan A did not work out.

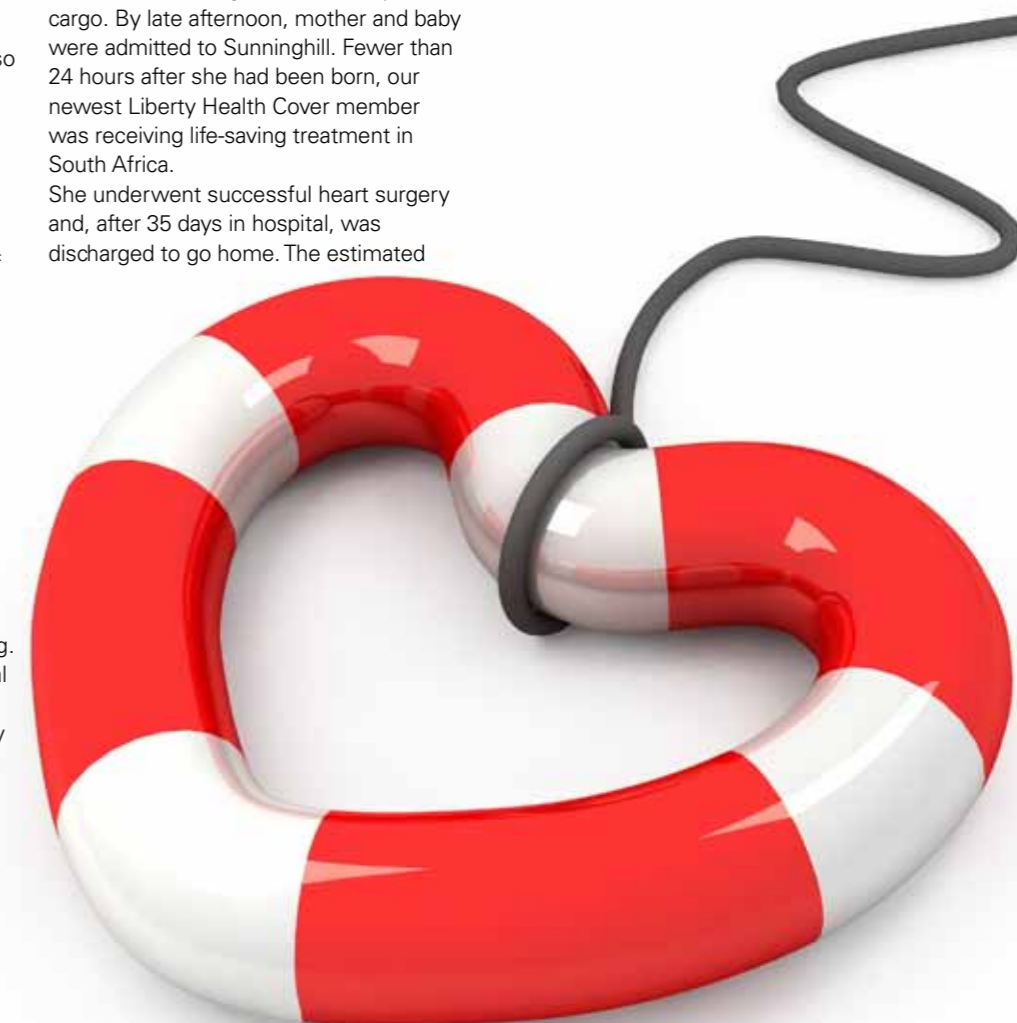
At 8.30am Liberty Health gave the go-ahead for the evacuation to

Sunninghill Hospital, where a bed in the cardio-thoracic ICU had become available.

A Netcare 911 air ambulance with medical staff and advanced life support set off from Johannesburg to collect its special cargo. By late afternoon, mother and baby were admitted to Sunninghill. Fewer than 24 hours after she had been born, our newest Liberty Health Cover member was receiving life-saving treatment in South Africa.

She underwent successful heart surgery and, after 35 days in hospital, was discharged to go home. The estimated

cost to Liberty Health Cover was R1,200,000, but naturally the cost of saving a life is priceless.



HEALTHY HELPING HANDS

May 5 was World Hand Hygiene Day. It's the day the World Health Organization (WHO) uses as a call to action for health workers. Its message is simple – clean hands save lives.

Hand hygiene is one of the most important interventions that health workers can undertake to protect their

patients and prevent infections. But it is also important for us to protect ourselves in our everyday lives inside and outside the home.

You may think that cleaning your hands involves a few seconds of rubbing your hands under a tap. However, to get the best results, the process is a lot more

complicated than you probably thought. In fact, WHO has come up with a method that contains no less than 11 intensive steps and takes around one minute to complete. Check it out on:

who.int/gpsc/clean_hands_protection/en/

KNOW YOUR NUMBERS

A few simple figures could save your life. Once you know them, you can make a plan to improve your health. Even small changes to your lifestyle can have a major impact. Check these four on a regular basis.

BLOOD PRESSURE

Your blood pressure is a measure of how hard your heart has to pump blood around your body. It consists of two numbers that are both important:

- Systolic pressure, which measures the blood pressure when the heart is contracting and actively pushing blood out
- Diastolic pressure, which measures the pressure in the blood vessels when the heart rests between beats.

Normal blood pressure is below 120/80. Pre-hypertension is 120-139/80-89.

Hypertension or high blood pressure is 140 or higher/90 or higher.

High blood pressure is not necessarily dangerous, but it must be treated to avoid heart attacks, strokes and other serious conditions.

You may not experience any symptoms so the only way to find out your blood pressure is to have it checked on a regular basis.

CHOLESTEROL

Cholesterol is a type of fat or lipid that is found in your blood. Too much of it can build up in the walls of your arteries, narrowing them and increasing your risk of having a heart attack or stroke.

A blood test called a lipoprotein panel can help show whether you're at risk for coronary heart disease.

This tests your:

- Total cholesterol, which should be less than 200mg/dL
- LDL (bad) cholesterol, which should be less than 100mg/dL
- HDL (good) cholesterol, which should be 60mg/dL and higher
- Triglycerides, which should be less than 150mg/dL.

Various factors can help lower your LDL cholesterol, including diet, weight management, physical activity and drug treatment. Your doctor will help you work out a programme that best suits you.

BLOOD SUGAR

Blood sugar, or blood glucose, level refers to the amount of sugar in the blood.

Blood sugar levels can vary depending on the foods we eat and the activities we do. Ideally, blood sugar levels should remain relatively stable.

If you have diabetes, testing your blood sugar can be an important tool in managing your treatment plan and preventing long-term complications of the disease.

Hyperglycaemia or high blood sugar level is a common problem for people with diabetes.

Hypoglycaemia is when a person's blood sugar level drops too low and your body doesn't have enough energy to carry out its activities.

Levels differ but for the majority of healthy individuals, normal blood sugar levels are as follows:

- Between 4.0 to 6.0mmol/L (72 to 108 mg/dL) when fasting
- Up to 7.8mmol/L (140mg/dL) two hours after eating.

WEIGHT

Being overweight increases your risk of heart disease, stroke, high blood pressure, Type 2 diabetes, kidney disease and some types of cancer.

The best tool to determine whether you are a healthy weight is your waist size, which should be smaller than 89cm in women and less than 101cm in men.

You can also measure your weight through your body mass index (BMI), which uses your height and weight. A healthy BMI rests between 18.6-24.9.

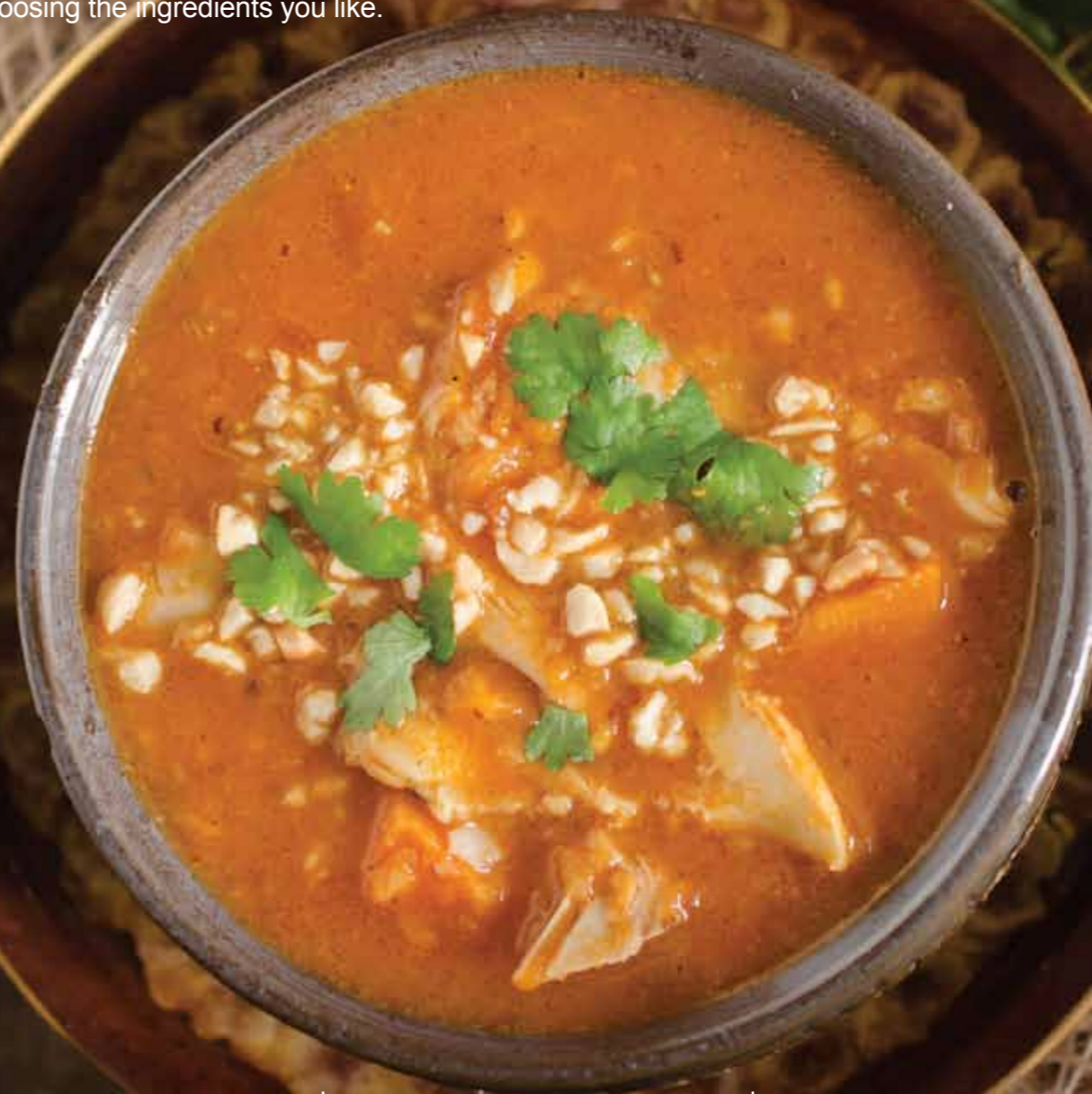
(Sources: diabetes.co.uk, heart.org, highwayssafetyhub.com, knowyournumbers.co.nz, nhs.uk, nlm.nih.gov, strokefoundation.com.au, webmd.com)

IMPROVE YOUR NUMBERS

MAINTAIN A HEALTHY WEIGHT
REDUCE SALT INTAKE
LIMIT ALCOHOL INTAKE
EXERCISE REGULARLY
STOP SMOKING

WINTER WARMER

There's nothing like a hearty stew to give you warmth and energy on a cold winter's night. There are so many tasty variations and you can create your own personal favourite by picking and choosing the ingredients you like.



Stews are easy to make, and also perfect for preparing in bulk to freeze a portion for another chilly night. This **West African peanut stew** can be found in the *New York Times* and on allrecipes.com, so why not give it a try? You can make it vegetarian or add chicken.

INGREDIENTS

2 tablespoons peanut oil (can swap for vegetable or corn oil)
1 red onion, chopped
2 cloves garlic, minced
2 tablespoons chopped fresh ginger (powdered if no fresh)

450g chicken, cut into chunks (optional)
1 tablespoon crushed red pepper (can replace with a pinch of cayenne)
Salt and ground black pepper to taste
5 cups chicken stock
3 small sweet potatoes, cut into chunks
1 tin of chopped tomatoes
100g kale, roughly chopped
1 cup chunky peanut butter

DIRECTIONS

Heat the peanut oil in a large pot over medium-high heat. Cook and stir the onion, garlic and ginger in the hot oil until softened (about 5 minutes).

Add the chicken. Cook and stir until completely browned (about 3-4 minutes). Season with the crushed red pepper, salt and black pepper.

Pour the chicken stock over the mixture. Stir the sweet potatoes into the liquid and bring the mixture to a boil. Reduce heat to low, cover the pot partially with a lid, and cook at a simmer for 15 minutes.

Stir the tomatoes, kale and peanut butter into the stew. Partially cover the pot again and continue cooking, occasionally stirring for another 20 minutes.

WINTER FASHION

Office wear does not have to be boring. You can look both professional and classy by shaking up the classics with a little touch of 2016 style.



THE LITTLE BLACK DRESS

You can't go wrong with the classic LBD. For the office, add a spot of colour with a bold coloured jacket or detailed kimono. For the evening, add elegance to your outfit with a stunning pair of heels. Don't forget to accessorise.

THE COSY CAPE

This gorgeous trend is perfect for layering up this winter. Take your pick from oversized capes and kimonos with playful patterns and thick, warm knits to elegant lighter fabrics. There are lots of great capes and cover ups in different fabrics and colours for the workplace.



THE TURTLENECK

An old favourite has made its return. Pair your turtleneck with a smart skirt or trousers.



THE TAN BAG

Suitable for both work and play, it's the perfect accessory to any outfit.



THE STYLISH HAT

This season's must-have accessory – find the perfect style and fit for your face.



THE STATEMENT NECKPIECE

Liven up a plain outfit with a statement necklace, earrings or bracelet.



THE NAVY SUIT

This timeless classic, along with the black suit, can do no wrong paired with a white shirt.



THE SHOES

Put your best foot forward, into the boardroom with these stylish lace-ups.



THE SHIRT

Add some colour to a plain suit with a bright or patterned shirt.



THE BRIEFCASE

The latest on-trend accessory is the briefcase reborn, with both plain leather and fun options to choose from.

BUSINESS CASUAL

Have fun with your office look by pairing a smart suit jacket with a chino or trouser and buttoned up shirt. Depending on how relaxed your office atmosphere is, add a smart tie for sophistication.

THE CARDIGAN

The cardigan has become a go-to piece for the winter wardrobe, as it can be worn for both smart and casualwear. So why not swap that jacket for a stylish and warm cable knit cardigan on occasion?



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