



Prevention is better than cure

Take charge of your health. Even if you feel fine and think your body is in top condition, regular wellness check-ups are important.



The importance of regular check ups

Routine check-ups can detect serious illnesses in their early stages, when you are not even showing any symptoms and when your chances for treatment and cure are better.

Almost all of Alliance Health's medical aid and health insurance schemes include preventive health care and can cover preventive medical expenses. Invest in your health.

Your wellness checks are important. You can get your breast, cervical and prostate cancer screening at Galen House in Bulawayo, Well Woman Clinic in Harare or visit your GP for a referral. Screening is available until 30 October 2021 and booking is essential.

Find out from clientservices@healthzim.com what your medical aid or insurance scheme covers for wellness checks.

What tests should you have?

Your doctor will be able to guide and advise you on which tests you must take but generally, tests may include checking your blood pressure, blood sugar, cholesterol, HIV test, pap smear, mammogram, and osteoporosis screening.

The tests you need depend on your age, health, gender, and your risk factors. Risk factors might include family history, and lifestyle issues, such as smoking. Schedule an appointment with your health care provider to discuss what screenings and exams you need and when you need them.



Breast Cancer Myths vs Facts

Make sure you know the facts about breast cancer; here are some of the most common breast cancer myths debunked.

Myth: Finding a lump in your breast means you have breast cancer
Fact: Only a small percentage of breast lumps turn out to be cancer. However, when you feel a lump, do not ignore, have it checked out.

Myth: Men do not get breast cancer; it affects women only
Fact: Though rare, men get breast cancer too. Breast cancer in men is usually detected as a hard lump underneath the nipple and areola.

Myth: There is no risk of developing breast cancer if you do not have family history of it.
Fact: You can develop breast cancer from environmental and lifestyle factors even without family history.

Myth: Regular screening prevents cancer
Fact: Screening does not prevent cancer but can save lives by detecting breast cancer as early as possible when you have a higher chance of better outcomes.

Prostate Cancer: Are you in the know?

Besides breast cancer, one of the most common cancers is prostate cancer.

Risk factors for developing prostate cancer include age, race, geography, family history, gene changes and other lifestyle factors such as diet, obesity, smoking etc.

Here are some things you can do that might lower your risk of prostate cancer.

- Staying at a healthy weight
 - Keeping physically active
 - Following a healthy eating pattern
 - Taking necessary supplements (consult your doctor)
 - Getting regular prostate wellness checks
- Detecting cancer early often allows for more treatment options.



Introducing the Alliance Health Eagles



Cricket has a special place in the heart of many Zimbabweans. At Alliance Health we believe in healthy communities and we are associated with sporting fraternities including supporting young BMX riders and helping raise funds for pensioners through the Old Legs cycling tour.

This October, we celebrated the dawn of a rebranded team, the Alliance Health Eagles cricket team ahead of the 2021/22 domestic cricket season. Our relationship with the Eagles started last year (2020) with the sponsorship of the teams travel kit. The Eagles squad, played well over the past year, with several players currently feeding into the Zimbabwe national cricket team.

Follow Alliance Health Eagles on twitter and Facebook to keep up to date with the team's journey.



Claims submission FAQ

1. What do I need to do to claim for treatment that I paid cash for?

To claim for the re-imbursment of treatment costs which you paid cash for; the following should be handed in to Alliance Health for processing:

- Fully completed claim form
- Original receipt of payment made
- Referral letter (if service is by a specialist or for diagnostics)

Send your claims via email to claimsteam@healthzim.com or WhatsApp 0772126120

2. How long is a claim valid for?

A claim is only valid for 3 months from date of treatment after which it is considered "expired" and cannot be presented for payment from the fund.



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