



## A Change In Season

While the last few weeks have seen a drop in Covid-19 infections, please continue to observe all Covid-19 regulations wear your mask, sanitise regularly, and maintain social distance.

As a member, you are assured of cover for COVID-19 treatment should the need for medical attention arise. This is based on your scheme benefits and annual benefit limits. We also have oxygen concentrators available if prescribed by your doctor. Contact us on [clientservices@healthzim.com](mailto:clientservices@healthzim.com) for more details.

**As we embrace summer and venture out more often:**

- Stay hydrated – drink plenty of water
- Stay under protective shade
- Use sunscreen (SPF 15 or higher)
- Wear hats, shades
- Eat more fresh fruit & vegetables



## Ways to use your health benefits wisely:

1

Visit your GP or nearest family clinic for consultation when feeling unwell. That way you ensure you have sufficient benefit reserved for when you need to visit the emergency rooms in an emergency.



2

When prescribed medication, ask your pharmacist for generic drugs over their brand counterparts. Generic drugs are exact copies of their brand name equal but are usually much cheaper.





## Silverback Tour Cycling for a cause

In mid-July, a determined team of cyclists took to riding their mountain bikes in excess of 3000km in this year's edition of the annual Old Legs Tour. Dubbed the Silverback Tour, it was an adventure for the riders and their team from Zimbabwe, through Zambia, Tanzania all the way to Uganda. At the end of it all, the team of riders managed to raise \$158,000.00 while getting a good workout at the end of a long winter.

The money raised goes to various charities including the M'dala Trust in SA, Pensioners Aid, Bulawayo Help Network Zim and ZANE in the UK. We are proud to sponsor the team's healthcare cover and to be associated once again with the Old Legs Tour as we contribute in helping raise funds for thousands of pensioners in need in and around Zimbabwe.

We commend the cyclists and the whole Old Legs team for their commitment to bettering pensioner lives. To know more about the Old Legs Tour and ways to donate to the cause, visit [www.oldlegstour.co.zw](http://www.oldlegstour.co.zw)

**Did you know?** Cycling is a top-notch cardio workout, and it strengthens your lower body. This summer, if you want a workout that is gentle on your back and knees, grab a bicycle and get pedalling.



# Supporting local sport



While most activities came to a halt with the national lockdown, some sporting activities continued in controlled and safe environments. One such sport was cricket. As Alliance Health we are happy to be playing a part in the development and furthering of sports in our country through sponsorship of the Mashonaland Eagles team kit.

We are honoured to support our provincial and, in essence, national cricket teams as they play in domestic matches in the Logan Cup with other Franchise teams (Matebeleland Taskers,

Mountaneers, MidWest Rhinos, Southern Rocks) and international teams like Ireland, Scotland, Pakistan, Bangladesh, Afghanistan etc.

The Mashonaland Eagles team manager, Wonder Chisango, expressed delight on the partnership with Alliance Health and is eager to continue with the partnership in the upcoming 2020-21 season.

Good luck Eagles, Chevrons and Lady Chevrons! We look forward to a very long partnership.

## Blood donors – You could save a life

The national blood bank is running low on stock and **ONE 1 pint could save up to 3 lives.**



**Donating blood also has benefits for the donor:**

Donating blood regularly is beneficial to prevent and reduce heart attacks and liver ailment. The risk of heart and liver related problem is caused by the iron overload in the body.

Donating blood helps in maintaining the iron level in the body and thus reduce those risk.



**Cancer** is the most feared and deadly disease. Blood donation helps in lowering the risk of cancer. By donating blood regularly, the iron level in the blood is balanced and the risk of cancer-related to the liver, lungs, and intestine gets lower.



**Once** we donate blood, the body tries to restore the blood loss. This helps in the production of the new blood cells and maintain good health.



**Join the cause, help save a life!**

[Click here to find out more.](#)



Your subscription payments are due by the 1st of each month. Payment can be done via direct transfer to our CABS or Stanbic accounts, for details visit: ZWL and Nostro bank details.

Your claims can be sent electronically to us from the service provider, in real time! Have your fingerprints enrolled at your nearest biometric enable service provider and enjoy the convenience of this biometric claims system. Our call center is still available to pre-authorize non-biometric claims.



- General enquiries** [clientservices@healthzim.com](mailto:clientservices@healthzim.com)
- Claims submission** [claimsteam@healthzim.com](mailto:claimsteam@healthzim.com) (ensure all sections of claim form are completed fully)
- Pre-authorization** [callcentre@healthzim.com](mailto:callcentre@healthzim.com) or call 08677000716 / 0772126120 (24hr lines)