

Health Ally



Alliance Health Quarterly Newsletter



FROM THE EDITOR

INSIDE THIS ISSUE:

2014 IN RETROSPECT	2
DONNYBROOK CHALLENGE GALLERY	3
KIDZONE: WORDSEARCH	4
CUT OUT AND KEEP CALENDAR	4
FOCUS ON: WATER AND YOUR HEALTH	5
COMPETITION TIME!	6
FRIENDLY REMINDERS	6

As the door to 2014 closes behind us and we welcome 2015 we at Alliance Health commit, with renewed energy, to continue providing you with 21st Century Healthcare solutions.

Whilst on the subject of committing, the discussion of New Year's resolutions is inevitable. Should one of yours be just to remember to write 2015 instead of 2014, you are not alone.

Do you have plans to get healthy in 2015? Committing to any new lifestyle transformation isn't always easy, but it's worth it! A fitness-related New Year's resolution is a powerful step in the right direction, but it's just the

first step. Extra effort will be required to stay on track and carry your goal through to year end.

A good resolution is one that is practical and not too extreme to the point of being overwhelming. Don't let it be a to-do-list for the first week of January only. The pages of 2015 lie blank ahead for you to fill.

Here's wishing you a prosperous 2015. May every day of the new year be filled with joy, good health and happiness for you and your families.

Happy reading!



2014 IN RETROSPECT: ALLIANCE HEALTH GALLERY

The year 2014 has come and gone and with it came system developments, product enhancements and overall growth as an organisation.

Alliance Health recognised and celebrated the good work of those members of staff that have served the company well for 5 years and more in the form of **long service awards**. These include **Audra Levendale, Loveness Nyahuye, Japhet Sibanda, Tafadzwa Mudondo, Violet Gono, Ronald Chinanzvavana and Mader Cader**.

Also important to note is the **Employee of the Year** award which was scooped by the well-deserving **Kevin Chitenhe**. Congratulations and well done to him for the marvellous work he has done throughout the year.

Congratulations are also in order to the following staff members who were blessed with new additions to their families in the year 2014:

- Nyasha Foto - Baby Ndomupeishe
- Violet Gono - Baby Monalisa
- Kwanele Maphosa - Baby Tinotenda
- Esther Masiye - Baby Thabo
- Tawanda Bhunu - Baby Tadiwanashe (pic not available at time of publishing)

Let's have a look at some of these moments that made 2014 the great year it was.



***Baby gallery from top:** Ndomupeishe, Monalisa, Tinotenda, and Thabo.*

***Awards clockwise from top left:** Japhet, Violet, Kevin, Loveness, Ronald, Mader, Audra, and Tafadzwa. (All with Neil Hunt)*

RUN/WALK FOR LIFE: DONNYBROOK CHALLENGE IN PICTURES

A special thank you to all who turned up and took part in the Donnybrook Challenge hosted by Run/Walk for Life in conjunction with Alliance Health. Young and old fitness enthusiasts were seen completing 7,14,21 and 28km in an effort to keep fit.

Special mention goes to Mrs Julie Havercroft (picture on the right) who came 1st in the women's 21km run. Well done Julie!!!!



Doctor's Office Word Search Puzzle



Z Y B S T E T H O S C O P E J
 S K R N K D R E F L E X E S H
 C P E J O O P O R R Y C V F K
 A K A A E I E X U Y E N R U G
 L X T D C L T X W E I G H T H
 E Y H M A I A P R W A M T K R
 T U E H T C R H I O N X E W P
 S L X J R T N C N R T U W S U
 E E E U A H N J U I C C R P L
 T T Q U H G A Q G L M S O S S
 M E D I C I N E E U A W E D E
 H G U O C E S M E E X T G R F
 Q K J W J H V N F W E O I H P
 H E P U P I L S A V W I B O R
 M C N W Z K L V Z N V I O A N

BREATHE
 CHART
 CIRCULATION
 COUGH
 DOCTOR
 EEG
 EKG
 EXAM
 EXHALE
 GOWN
 GURNEY
 HEIGHT
 INHALE
 MEDICINE
 NURSE
 PRESCRIPTION
 PULSE
 PUPILS
 REFLEXES
 SCALE
 STETHOSCOPE
 TEST
 WEIGHT

2015 CALENDAR: CUT OUT AND KEEP...

2015

JANUARY

Mo 5 12 19 26
 Tu 6 13 20 27
 We 7 14 21 28
 Th 1 8 15 22 29
 Fr 2 9 16 23 30
 Sa 3 10 17 24 31
 Su 4 11 18 25

FEBRUARY

Mo 2 9 16 23
 Tu 3 10 17 24
 We 4 11 18 25
 Th 5 12 19 26
 Fr 6 13 20 27
 Sa 7 14 21 28
 Su 1 8 15 22

MARCH

Mo 2 9 16 23 30
 Tu 3 10 17 24 31
 We 4 11 18 25
 Th 5 12 19 26
 Fr 6 13 20 27
 Sa 7 14 21 28
 Su 1 8 15 22 29

APRIL

Mo 6 13 20 27
 Tu 7 14 21 28
 We 1 8 15 22 29
 Th 2 9 16 23 30
 Fr 3 10 17 24
 Sa 4 11 18 25
 Su 5 12 19 26

MAY

Mo 4 11 18 25
 Tu 5 12 19 26
 We 6 13 20 27
 Th 7 14 21 28
 Fr 1 8 15 22 29
 Sa 2 9 16 23 30
 Su 3 10 17 24 31

JUNE

Mo 1 8 15 22 29
 Tu 2 9 16 23 30
 We 3 10 17 24
 Th 4 11 18 25
 Fr 5 12 19 26
 Sa 6 13 20 27
 Su 7 14 21 28

JULY

Mo 6 13 20 27
 Tu 7 14 21 28
 We 1 8 15 22 29
 Th 2 9 16 23 30
 Fr 3 10 17 24 31
 Sa 4 11 18 25
 Su 5 12 19 26

AUGUST

Mo 3 10 17 24 31
 Tu 4 11 18 25
 We 5 12 19 26
 Th 6 13 20 27
 Fr 7 14 21 28
 Sa 1 8 15 22 29
 Su 2 9 16 23 30

SEPTEMBER

Mo 7 14 21 28
 Tu 1 8 15 22 29
 We 2 9 16 23 30
 Th 3 10 17 24
 Fr 4 11 18 25
 Sa 5 12 19 26
 Su 6 13 20 27

OCTOBER

Mo 5 12 19 26
 Tu 6 13 20 27
 We 7 14 21 28
 Th 1 8 15 22 29
 Fr 2 9 16 23 30
 Sa 3 10 17 24 31
 Su 4 11 18 25

NOVEMBER

Mo 2 9 16 23 30
 Tu 3 10 17 24
 We 4 11 18 25
 Th 5 12 19 26
 Fr 6 13 20 27
 Sa 7 14 21 28
 Su 1 8 15 22 29

DECEMBER


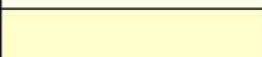
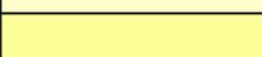





Mo 7 14 21 28
 Tu 1 8 15 22 29
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 Sa 5 12 19 26
 Su 6 13 20 27

www.HappyNewYear-2015S.com


YOU ARE WHAT YOU EAT!! *FOCUS ON: WATER & YOUR HEALTH*

AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!
6		YOU NEED TO DRINK MORE WATER!
7		
8		

Top 10 Hydrating Foods

 Cucumbers 96% Water	 Watermelon 96% Water	 Pineapple 95% Water
 Celery 95% Water	 Blueberries 95% Water	 Lettuce 95% Water
 Tomatoes 94% Water	 Pear 92% Water	 Grapefruit 90% Water
 Cantaloupe 89% Water		

THE HEALTHY WONDERS OF WATER

Water makes up more than two thirds of human body weight, and without water, we would die in a few days. The human brain is made up of 95% water, blood is 82% and lungs 90%.

Some of the many benefits of drinking enough water include:

- **Stay Slim**
Trying to lose weight? Water revs up metabolism and helps you feel full. Replace calorie-filled beverages with water, and drink a glass before meals to help you feel fuller.

Drinking more water helps amp up metabolism - especially if your glass is icy cold. Your body must work to warm the water up, burning a few extra calories in the process.
- **Boost Your Energy**
If you're feeling drained and depleted, get a pick-me-up from water. Dehydration makes you feel tired. The right amount of water will help your heart pump your blood more effectively.

And water can help your blood transport oxygen and other essential nutrients to your cells.
- **Lower Stress**

About 70% to 80% of your brain tissue is water. If you're dehydrated, your body and your mind are stressed.

If you're feeling thirsty, you're already a little dehydrated.

To keep stress levels down, keep a glass of water at your desk or carry a sports bottle and sip regularly.

- **Build Muscle Tone**
Drinking water helps prevent muscle cramping and lubricates joints in the body.

When you're well hydrated, you can exercise longer and stronger without "hitting the wall."

- **Nourish Your Skin**
Fine lines and wrinkles are deeper when you're dehydrated. Water is nature's own beauty cream.

Drinking water hydrates skin cells and plumps them up, making your face look younger.

It also flushes out impurities and improves circulation and blood flow, helping your skin glow.

- **Stay Regular**
Along with fibre, water is important for good digestion.

Water helps dissolve waste particles

and passes them smoothly through your digestive tract.

If you're dehydrated, your body absorbs all the water, leaving your colon dry and making it more difficult to pass waste.

- **Reduce Kidney Stones**
The rate of painful kidney stones is rising. One of the reasons could be because people -- including children -- aren't drinking enough water.

Water dilutes the salts and minerals in your urine that form the solid crystals known as kidney stones.

Kidney stones can't form in diluted urine, so reduce your risk with plenty of water!

Are You Drinking Enough Water?
Most healthy adults get enough to drink by letting their thirst guide them. But the exact amount you need depends on your size, level of activity, the weather, and your general health.

You may need more water if you exercise or sweat heavily.



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It's Competition time!!!

Test your knowledge and stand a chance to win. Email the answers to these questions to clientservices@healthzim.com
The first 5 CORRECT entries will win the senders Alliance Health Gift packs. (*Please state your membership number)

1. The correct treatment for a burn is to: a) rub butter b) pour cold water
2. What does the acronym O.T.C stand for?
3. Drinking water does not help you lose weight. True or False?
4. The colour of your urine can indicate dehydration. True or False?
5. Name 4 fruits that have a water composition of more than 90%



Hint: Answers to these questions can be found in this and previous editions of the **Health Ally** newsletter.

FRIENDLY REMINDERS

- It is our standard policy to use **email communications** to provide our members with updates, invoices, statements and payment advice notices. We recommend that you add our [@healthzim.com](mailto:clientservices@healthzim.com) email address to your **safe list** to ensure the emails arrive safely in your inbox rather than your junk mail.
- Ensure that your **email addresses and contact details** are kept up to date by advising Alliance Health of any changes to such.
- Kindly ensure that all **claim forms** are completed in full before submitting, taking note of the key areas marked "critical information".
- **Pre-authorization** is required for all major procedures, tests or treatment.
- Members are advised that you may be **required to wait a few minutes** whilst the pharmacist, radiologist, hospital, etc. calls Alliance Health to seek **authorisation** for your treatment or medication. Please bear with us and with the service provider as this is necessary to ensure guarantee of payment for claims and to check availability of benefits.
- For all pre-authorizations our offices are open weekdays from 8.15-4.30. In the case where a member has been unable to fill his **prescription** during **working hours** the pre-authorization may be made by calling the emergency numbers but **only up to 6.30 pm on weekdays and up to 1.00pm on a Saturday**. If it is after these times member will need to **pay and claim** and will be reimbursed accordingly.
- Members and service providers may use the 24HR Emergency numbers below for after hour **emergency cases only**: **0772 126 120 / 0712 347 879**.
- For members who have **repeat prescriptions**, only one month at a time should be dispensed unless authorized by Alliance. The script should then be date stamped and signed by a member of staff.

Answers to last issue competition

1. Alliance Health offers **4 packages**: AH Options, Multimed, Northern Alliance and Northern Medical Aid Society.
2. BMI stands for **Body Mass Index**
3. Authorisation is necessary to **guarantee payment as well as to confirm availability of benefit**.
4. A **receipt** should always accompany a member's claim.
5. **Vitamin C** is essential in the prevention of the common cold.

Good Average Poor



*Impressed by our service?
Or not happy with our service?
Let us know:
clientservices@healthzim.com*