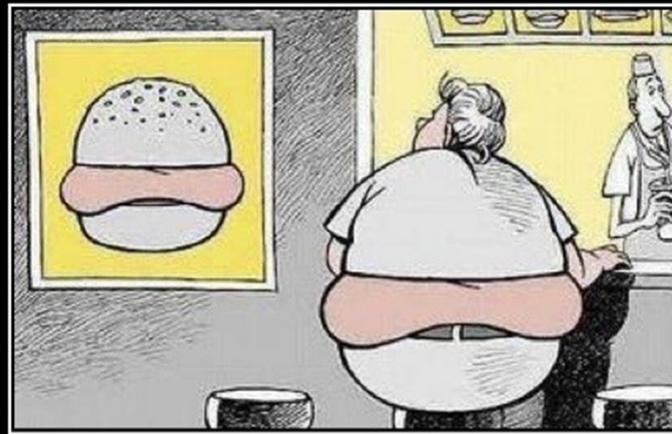


# Health Ally



Alliance Health Quarterly Newsletter

Friendly reminder...



## You are what you eat..

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### FROM THE EDITOR

*Brrr! Its winter already!*

*Whilst many people will be happily saying good-bye to a long, hot summer and welcoming the new season, just as many of us will be dreading the cooler weather arriving.*

*Some illnesses are more common when the weather turns colder. Respiratory ailments, especially viruses like the flu, are prevalent because people stay indoors more and thus are exposed to more airborne germs.*

*One way to stay healthy while cooped up inside is to make sure your family washes their hands. It's especially important to wash after sharing toys, coughing, and blowing a runny nose to help prevent the spread of viruses.*

*As winter sets in it can be tempting to start eating more of those warm comfort foods that are often high in fat, salt and sugar. Instead, find comfort in foods such as warming and nourishing soups, stews full of flavour and healthy vegetables.*

*While it's a little harder to find the motivation to exercise when it is cold outside, remember that keeping active during winter is essential to support our health and wellbeing. Be sure to spend time warming up before you start your exercise as it can take a little longer for your joints to loosen up in the cold weather.*

*Stay warm & happy reading!*

## WATCH YOUR WATER INTAKE THIS WINTER!

*Drinking the requisite amount of water a day is easy to do in the summer. It's when the weather starts getting cooler and we don't experience as much thirst that we forget to drink as much water as our body really needs.*

When the weather is hot, most of us are eager to grab the nearest bottle of cold water and plug it down rapidly. But in the winter, many of us can go all day without even thinking about drinking water. This is a highly unhealthy practice as the change in season makes very little difference in diminishing the importance and requirement of water by the body.

### Why we don't drink much water in the winter

The reason for not feeling as thirsty in the winter is quite simple. Unlike in the summer, we don't sweat a lot and hence don't feel thirsty that often in the winter.

The fact is, that maintaining hydration is vital for the proper functioning of the body, irrespective of season.

### How much water should one drink in the winter?

Water requirements vary depending on the gender and activity levels of the person.

- Men — 8 - 10 glasses of water
- Women — 6 - 8 glasses of water
- Exercising men — 10 - 14 glasses of water

- Exercising women — 8 - 12 glasses of water
- Lactating women — 7 - 10 glasses of water

All these quantities are in approximation and vary from person to person.

### Creative ways to increase water consumption in winter

If you find it cumbersome to force yourself to drink plain old water all the time, there are several other interesting ways to ensure you're getting the right amount of water:

- Fall in love with herbal teas this winter. Surprise your taste buds with a variety of them such as ginger, lemon, and peppermint. Herbal teas are known to be rich in antioxidants as well.
- Have a bowl of clear soup before each meal. It will not only fill you up and provide nutrition but also increase the water content in your body.
- Use a humidifier in the room, especially for children.
- For adults, a steam bath can be a good option to instill moisture in body.

**A word of caution:** Avoid going overboard in drinking regular tea and coffee during winters as they are high in calories (because of sugar) and caffeine.

## QUICK TIPS TO SAVE YOUR SKIN IN WINTER!

**Treat feet at night:** For roughed-up feet, before bed, gently buff away calluses with a hydrating scrub or pumice stone, and apply a thick, buttery moisturizer while feet are still damp. Then wear socks overnight.

**Exfoliate lightly:** It'll brighten your skin, and your moisturizer can penetrate better if you don't have a 50-car pileup of dead cells.

**Keep showers short:** A long, hot bath or shower might seem tempting when you've been out in the cold, but it will strip your skin of moisture. If you like warmer showers keep them to no more than 10 minutes.

**To prevent chapping parched hands,** embrace wipe-off, soap-free cleansers and alcohol-free hand sanitizers. They're less drying than washing repeatedly with soap and water, it's the wet-dry, wet-dry that really sucks the moisture out of your skin.

**To soften stubborn dry patches** on rough elbows and knees, opt for a rich, hydrating scrub. Use a simple mix of honey and sugar, the humectant honey reduces inflammation, and sugar (applied topically) increases circulation in skin.



## WHAT'S NEW AT ALLIANCE HEALTH??

Alliance Health has recently introduced a new **medical aid product** geared at providing a solution with tiered benefits for individuals and companies. The product, known as **Alliance Options SELECT**, provides different levels of benefit driven health cost funding that will give members access to all private health care services in Zimbabwe, and for members of the top scheme; treatment in South Africa.

# Alliance Options Select

The new **SELECT** product provides more benefit than standard medical aids (up to 200% of tariff for top schemes) but at monthly contributions that are competitive with existing health insurance and premium medical aid solutions. The different benefits and viability of the plan have been tested extensively since 2013, ensuring instant acceptability with providers.

Owing to the exceptional acceptability of Alliance Health cards by private medical practitioners, pharmacies and other providers in Zimbabwe, membership to **SELECT** will combine great value with convenience of use.

Contact us or your agent today for more information or visit [www.alliancehealth.co.zw](http://www.alliancehealth.co.zw)

### Now available: Swipe facility for cashless transacting!

By popular demand and in addition to our already existing payment options: i.e. Cash, Direct Bank Transfer, and Debit Order, members are now able to pay their subscriptions/premiums via Visa or MasterCard using the swipe machine recently installed at Alliance Health.

This means with your international Visa or Master card, you do not need to withdraw cash but can simply come and swipe at the Alliance Health offices. Charges for this service are dependent on your bank policy. Please note that Zimswitch will also be added to this facility as from May 2015 onwards.

We sincerely hope the introduction of this facility will bring convenience to payment of monthly premiums and subscriptions.

*\*Members are reminded that all payment transactions processed at the Alliance Health offices warrant a receipt as proof of payment, please ensure you collect your receipt and check that all details are correct before leaving the premises.*



## Work In Progress!!!

COMING  
SOON!

24 Hour Call Centre for authorisations and emergencies.

## Watch This Space..

# SHAPES POEM



I am Cedric Circle  
 Watch me turn round and round  
 And you will learn  
 I'm not straight and I don't bend  
 My outside edges never end!

Simon Square is my name  
 My four sides are just the same  
 Turn me around, I don't care  
 I'm always the same, I'm a square!

I am Dobby Diamond  
 I am like a kite  
 But I'm really just a square  
 Whose corners are pulled tight

Ruddy Rectangle is my name  
 My four sides are not the same  
 Two are short and two are long  
 Count my sides, come along  
 1-2-3-4

I'm Timmy Triangle  
 Look at me  
 Count my sides  
 There's 1-2-3!

Oscar Oval is my name.  
 The circle and I are not the same.  
 The circle is round, as round can be.  
 I am shaped like an egg as you can see

Henry Heart is my name  
 The shape I make is my fame  
 With a point on the bottom and two humps on top  
 When it comes to love I just can't stop!

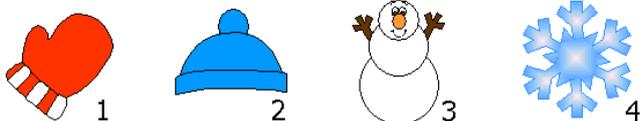
I am Sandy Star  
 You can see me twinkle from afar  
 My five points make me complete  
 When I'm brightly shining I can't be beat

Oly Octagon is my name  
 The shape of a stop sign is the same.  
 My eight sides are fun to count  
 How about you try it out!  
 1-2-3-4-5-6-7-8!

## Winter Sudoku

	 4	 2	
 3			 1
 2			 4
	 1	 3	

Each row, each column and each of the large four squares should have one of each image. Fill in the blanks!



## Winter Word Search

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

chilly  
 fireplace  
 frost  
 hibernate  
 hot chocolate  
 migrate



penguin  
 polar bear  
 snowflake  
 snowman  
 white  
 winter

*YOU ARE WHAT YOU EAT!!* *FOCUS ON: FATS & OILS*

When it comes to diet, fats get a bad rap in general. Some of this perception is justified, as certain types of fat and the fat-like substance cholesterol, may play a role in cardiovascular disease, diabetes, cancer, and obesity.

But not all fats are created equal. Some fats are better for you than others, and may even help to promote good health. Knowing the difference can help you determine which fats to avoid and which to eat in moderation.

To understand good and bad fats, it is important to know the names of the players and some information about them. There are four major types of fats:



- monounsaturated fats (good fats)
- polyunsaturated fats (good fats)
- trans fats (bad fats)
- saturated fats (bad fats)

**Monounsaturated fats and polyunsaturated fats** are known as the “**good fats**” because they are good for your heart, your cholesterol, and your overall health.

**Saturated fats and trans fats** are known as the “**bad fats**” because they increase your risk of disease and elevate cholesterol.

*SIMPLIFYING FATS: HEALTHY VS UNHEALTHY*

GOOD FATS			
Monounsaturated fat		Polyunsaturated fat	
Olive oil	Canola oil	Soybean oil	Corn oil
Sunflower oil	Peanut oil	Safflower oil	Walnuts
Sesame oil	Avocados	Flaxseed	Soymilk
Olives	Peanut butter	Sunflower, sesame, and pumpkin seeds	
Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)		Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)	

BAD FATS			
Saturated fat		Trans fat	
Butter	Cheese	Stick margarine	Candy bars
Ice cream	Lard	Commercially-baked pastries, cookies, doughnuts, muffins, cakes, pizza dough	
Chicken with the skin		Packaged snack foods (crackers, microwave popcorn, chips)	
Palm and coconut oil		Fried foods (French fries, fried chicken, chicken nuggets, breaded fish)	
Whole-fat dairy products (milk and cream)			
High-fat cuts of meat (beef, lamb, pork)			

Armed with this information about the healthy and unhealthy fats and oils, the answer isn't cutting out the fat—it's learning to make healthy choices and to replace bad fats with good ones that promote health and well-being.

**Eat a diet that:**

- Includes **GOOD FATS** (nuts, seeds, fatty fish, non tropical oils)
- Limits saturated fats to no more than **5-6%** of calories
- Keeps trans fats as **LOW** as possible



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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](mailto:clientservices@healthzim.com)  
The first 5 CORRECT entries will win the senders Alliance Health Gift packs. (\*Please state your membership number)

1. Why are **monounsaturated fats** and **polyunsaturated fats** known as the "good fats"?
2. Why are respiratory ailments more common in winter?
3. Exfoliating is the process of removing dead skin cells. True or False?
4. Water requirements vary depending on the gender and activity levels of the person. True or False?
5. Are claims for treatment honoured if the member's account is in arrears?

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



## ISSUE 6 WINNERS!!! Congratulations to:

**Fira Bache, Christelle Pasques, Melanie Ferreira, Wendy Munyoro, and Storm Whitaker**

## FRIENDLY REMINDERS

- Members are reminded that all **subscriptions/premiums** are to be **paid before the 1st of the invoiced month**. Should the account be in arrears at the time of treatment, **claims will not be honored**. Even if the account is later settled, claims that fell into the period in which account was in arrears will still not be honored.
- 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:@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.
- 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. The correct treatment for a burn is to pour cold water.
2. OTC stands for Over The Counter (In relation to drugs)
3. False—Drinking water DOES help you lose weight.
4. True—The color of your urine can indicate dehydration.
5. Fruits that have a water composition of more than 90% are: Cucumbers, pineapples, tomatoes, watermelon, celery, blueberries, lettuce, pears.

**Good Average Poor**



*Impressed by our service?  
Or not happy with our service?  
Let us know:  
[clientservices@healthzim.com](mailto:clientservices@healthzim.com)*