

Physical fitness is not the only way to stay healthy, your mental wellbeing and healthy eating habits are important. Experts recommend exercising at least three times a week to maintain good health.

Stay positive, be active and eat healthy.



Winter is here

As winter creeps in, it brings with it the cold and flu season. Your defensive weapon is to adopt stay-well strategies including avoiding touching your eyes and nose as you are 41% (2013 Journal of Occupational Health) more likely to develop frequent upper respiratory infections. Wash your hands often. The viruses that cause colds and seasonal flu are spread by droplets, usually when an infected person coughs, sneezes, or talks. Don't stuff used tissues back in your pocket. Throw them away. Avoid close contact with people who are sick. Stay home if you are sick to prevent spreading your illness.

How does the coronavirus compare to the flu?

Much is still to be learnt and discovered about the coronavirus but both COVID-19 and the flu are respiratory illnesses. Research so far indicates that COVID-19 spreads more easily and has a higher death rate than the flu.

Being active is very important especially during the cold winter months. Listen to your body when exercising and make sure you are well-rested before and after exercise. Getting 8 hours of sleep helps your body recover so you can avoid being fatigued.

Physical activity can help you lower your risk of developing health issues & has health benefits which include reduced risk of heart disease, depression, weight gain, diabetes, certain types of cancers, and premature death.

Start slow; consider a brisk walk around the block or home-based exercises. Even taking the dogs for regular walks if you need company.

Corona Virus Update

The COVID-19 pandemic continues to affect the way we live and work.

Doing our bit for the community

In an effort to assist our community in the fight against COVID-19, we undertook to donate personal protective equipment and portable ventilators, including the breathing kits, aluminum cylinders and other accessories to various COVID-19 centers in Harare, Bulawayo, Gweru, Kariba, Victoria Falls, Hwange, Mutare and Masvingo. These were well received and we hope will make a difference in alleviating the impact of the scourge.



Your Corona Virus cover

If you are sick and have been diagnosed with COVID-19 or suspected to have COVID-19 because you have been exposed to someone with COVID-19, go and get tested. The most common symptoms of COVID-19 are fever, cough and shortness of breath. Other symptoms may include chills, muscle pain, headache, sore throat and new loss of taste or smell.

As a member, you are assured of cover should the need for medical attention arise. Once your laboratory PCR test is confirmed positive and there is need for treatment from your general practitioner, specialist or hospital admission, Alliance Health will cover your admission, ICU, drugs and sundries and any other related costs while you are in hospital. This is based on your scheme benefits and annual benefit limits.

While we are still learning about how COVID-2019 affects people, older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, respiratory issues, lung disease, cancer or diabetes) appear to develop serious illness more often than others.

We continue to urge you to observe the below recommended guidelines to protect yourself and others from contracting or spreading COVID-19.



Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.

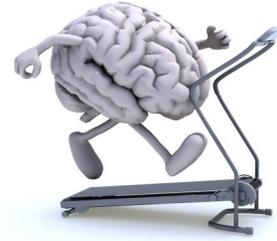


Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.

Winter brain workout!



Cold and Flu Season

Q P L F N R G H N K N A L L U D I
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WINTER SUDOKU

Fill in the grid with numbers 1 to 9 making sure no number is repeated in every row, every column and within each mini grid

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7								

- cold
- handwashing
- sleep
- water
- coughing
- healthy
- sneezing
- doctor
- hydrated
- soap
- flu
- immune
- vaccine



Alliance Health Newsletter

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