

# Trans health



transmed  
MEDICAL FUND

SECOND EDITION OF 2022

We have  
pleasure in  
presenting the  
second TransHealth  
newsletter for  
**2022**

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# Principal Officer's note



**Petrus Wassermann**  
*Principal Officer*

We have pleasure in presenting the second TransHealth newsletter for 2022. I trust that you have all had a wonderful and peaceful Easter and enjoyed the recent holidays.

Autumn has arrived: leaves take on an array of colours and the days become shorter and cooler. We urge our members to take extra care of their health and practise good hygiene during this time.

In this edition, we cover a range of topics that I believe will be of value to you and your family.

Included in this edition are important contact numbers that you should keep at hand for all your queries.

I would also like to congratulate our winners of the previous edition's competition. You will find a new competition in this issue.

Stay healthy, participate in the competition and enjoy reading through the newsletter. Should you wish to give us feedback, please do not hesitate to do so by sending an email to: [suggestions@transmed.co.za](mailto:suggestions@transmed.co.za).

Warm regards

**Petrus Wassermann**  
*Principal Officer*

## METABOLIC SYNDROME

Metabolic syndrome is the result of a group of risk factors that can lead to heart disease, diabetes, stroke and other health problems.

Metabolic syndrome is diagnosed when someone has three or more of these conditions:

- high blood glucose (sugar)
- low levels of HDL ('good') cholesterol in the blood
- high levels of triglycerides in the blood
- large waist size or apple-shaped body
- high blood pressure.

### What causes metabolic syndrome?

Metabolic syndrome has several causes that act together:

- overweight and obesity
- inactive lifestyle
- insulin resistance – a condition in which the body can't use insulin properly, which leads to high blood sugar levels (insulin is a hormone that helps move blood sugar into your cells to give them energy)
- age – your risk goes up as you get older
- genetics – ethnicity and family history.

### Who is at risk for metabolic syndrome?

The most important risk factors for metabolic syndrome are:

- overweight and obesity
- inactive lifestyle
- insulin resistance
- age.



“  
Making healthy lifestyle changes can help prevent or delay serious health problems.”

## What are the symptoms of metabolic syndrome?

Most of the metabolic risk factors have no obvious signs or symptoms, except for a large waistline.

- **Central or abdominal obesity**  
measured by waist size:
  - Women: 89 cm or higher
  - Men: 102 cm or higher
- **High triglyceride level:** 1.7 mmol/L or higher
- **Low HDL cholesterol level:**
  - Women: Less than 1.3 mmol/L
  - Men: Less than 1.03 mmol/L
- **High blood pressure:** 130/85 mmHg or higher
- **High fasting blood sugar:** 5.6 mmol/L or higher

## What treatment is available for metabolic syndrome?

If you've been diagnosed with metabolic syndrome or any of its related conditions, making healthy lifestyle changes can help prevent or delay serious health problems, such as a heart attack or stroke. A healthy lifestyle includes:

- following a heart-healthy eating plan, which limits the amount of saturated and trans fats that you eat; it encourages you to choose a variety of nutritious foods, including fruit, vegetables, whole grain and lean meat
- losing weight
- reducing and managing stress
- getting regular physical activity
- not smoking and avoiding second-hand smoke.

Source: <https://medlineplus.gov/metabolicsyndrome.html>

# HEALTH RISK BENEFIT



Transmed's  
preventative care  
benefit includes  
the Health Risk  
Assessment (HRA).

The HRA is offered on all Transmed benefit plans and to all beneficiaries over the age of 25. Your well-being is important to us and we know that through preventative healthcare it is possible to diagnose underlying health issues earlier.

## What tests are included in the HRA?

- Blood pressure reading
- Glucose test (finger prick)
- Cholesterol test (finger prick)
- Body mass index (BMI) calculation

Members may access their HRA benefits through the Transmed Pharmacy Network clinic services. Link plan members must please contact Universal on 0861 686 278 for designated service provider information.



# KNOW YOUR BLOOD PRESSURE NUMBERS

A blood pressure measurement is recorded as two numbers:

- The upper (systolic) number represents the pressure while the heart is pumping.
- The lower (diastolic) number represents the pressure when the heart is resting between beats.

The systolic pressure is always stated first and the diastolic pressure second. For example: 122/76 (122 over 76) means the systolic number is 122 and the diastolic number is 76. The systolic is usually the higher number.

## What should your blood pressure level be?

The table below provides a guideline for what is considered normal and what is considered high blood pressure levels:

Blood pressure stage	Systolic (mmHg)		Diastolic (mmHg)
Optimal	Less than 120	and	Less than 80
Normal	Less than 130	and	Less than 85
High normal	130 to 139	or	85 to 89
HIGH			
Stage 1	140 to 159	or	90 to 99
Stage 2	160 to 179	or	100 to 109
Stage 3	180 or higher	or	110 or higher

High blood pressure or hypertension is one of the most serious risk factors for death from heart diseases and strokes. In South Africa more than one in three adults live with high blood pressure.



A smiling woman with long, dark, wavy hair is shown from the chest up. She is wearing a light-colored sleeveless top and has a white adhesive bandage on her left shoulder. She is looking off to the side with a happy expression. The background is a solid light blue.

# PROTECT YOURSELF FROM CONTRACTING FLU

## GET VACCINATED.

An annual, seasonal flu vaccine is the best way to reduce the risk of getting flu and spreading it to others.

### Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### Stay home when you are sick.

If possible, stay home from work and school and avoid running errands when you are sick. This will help prevent spreading your illness to others.

### Practise cough etiquette.

Covering your mouth and nose with a tissue when coughing or sneezing may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough and severe, acute respiratory syndrome (SARS) are spread through coughing, sneezing or touching.

### Clean your hands.

A well-washed hand was washed with soap and water. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

### Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated and then touches his or her eyes, nose or mouth.

### Practise other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

# FOOD

## TO BOOST YOUR IMMUNE SYSTEM

A strong immune system helps a person stay healthy by fighting off bacteria and viruses.



The following food may help to boost the immune system:

- **Almonds** are an excellent source of vitamin E and also contain manganese, magnesium and fibre.
- **Blueberries** contain anthocyanin, which has antioxidant properties.
- **Broccoli** is a good source of vitamin C and also contains potent antioxidants.
- **Dark chocolate** contains the antioxidant theobromine, which can protect the body's cells from free radicals. Free radicals are molecules that the body produces when it breaks down food or comes into contact with pollutants.
- **Garlic** contains allicin, which is known for its medicinal properties.
- **Ginger** has antioxidative and anti-inflammatory properties.

- **Oily fish** like tuna and pilchards are rich in omega-3 fatty acids.
- **Oranges** and kiwi fruit are excellent sources of vitamin C.
- **Spinach** contains many essential nutrients and antioxidants, including flavonoids, carotenoids, vitamin C and vitamin E.
- **Sunflower seeds** are rich in vitamin E.
- **Turmeric** contains curcumin, which has antioxidant and anti-inflammatory effects.

The lifestyle changes below may improve your immune system:

- Stop smoking.
- Get enough sleep.
- Minimise stress.
- Avoid alcohol or drink in moderation.
- Maintain a healthy weight.
- Exercise regularly.



# YOUR DENTAL BENEFITS:

## CROWNS AND BRIDGES

(SELECT PLAN MEMBERS)

If you have a damaged or missing tooth, your dentist might suggest that you need a crown or bridge. To take the guesswork out of what to do next, we've answered some of our members' questions about dental crowns and tooth bridges.

### What is the difference between dental crowns and tooth bridges?

Unlike dentures that you can take out and clean daily, crowns and bridges are cemented onto existing teeth and can only be removed by a dentist.



Figure 1

#### Crowns

A crown is used to entirely cover or 'cap' a damaged tooth. *(Figure 1)*

When there is not enough tooth remaining to hold a large filling, a crown can help to strengthen the tooth. Crowns can also be used to attach bridges, protect a weak tooth from breaking or restore one that is already broken.



Figure 2

#### Bridges

Gaps left by missing teeth eventually cause the remaining teeth to shift, resulting in a bad bite. A bridge replaces missing teeth with artificial teeth and literally 'bridges' the gap where the teeth were lost. *(Figure 2)*

A bridge is made up of two or more crown units. Porcelain or ceramic bridges can be matched to the colour of your natural teeth.

### How long do crowns and bridges last?

While crowns and bridges can last a lifetime, they sometimes come loose or fall out. To prevent damage to your new crown or bridge, avoid chewing hard food items, ice or other hard objects.

A bridge can lose its support if the teeth or bone holding it in place is damaged by dental disease. Continue your good oral hygiene habits to keep your gums and teeth healthy.



## Good oral hygiene habits

- Brush your teeth every morning and every night.
- Clean your crown/bridge as prescribed by your dentist.
- Limit sweets, sugary food and sugar-filled drinks.
- Visit your dentist at least once a year for a dental check-up and preventative care.

## Do I have benefits for crowns and bridges?

The crowns and bridges benefit for members on the Select plan allows for one crown per family in a two-year period. The crown is payable from the available specialised dentistry limit per family at 100% of the Transmed dental tariff.

The benefit is only available for beneficiaries over the age of 16. Treatment must be pre-authorised and managed care protocols apply.

## Is there a penalty for late authorisation?

Treatment must be pre-authorised. If authorisation is applied for after treatment, the claim will not be paid.

## What information must be submitted with an authorisation request for crown and bridge treatment?

Requests for authorisation for crown and bridge treatment are processed by DENIS. The following information must be submitted by you or your dental provider to [crowns@denis.co.za](mailto:crowns@denis.co.za):

- an **X-ray** clearly showing the entire clinical crown, the neck and the upper part of the alveolar bone; typically, a periapical X-ray for anterior teeth
- the **tooth number** in FDI World Dental Federation notation (i.e. two-digit numbering)
- the major **clinical code** to be used, e.g. 8409 (crown – porcelain/ceramic); 8411 (crown – porcelain with metal); if a post is envisaged, add the primary code for the post and/or core

- a detailed **laboratory quotation**
- in the case of a bridge, along with the above information, a **tooth charting** listing all missing teeth and all crowned teeth, as well as information about any further planned treatment – this could be a short description of plans for other missing or damaged teeth; for a bridge, it is preferable if an image of a panoramic X-ray is submitted.

## What is not covered by Transmed?

DENIS only approves benefits based on managed care protocols. The Fund does not cover the following on the crowns and bridges benefit:

- crowns on wisdom teeth (third molars)
- laboratory-fabricated crowns on primary teeth
- crown and bridge procedures for cosmetic reasons and associated laboratory costs
- gold, precious metal, semi-precious metal and platinum foil
- emergency crowns and associated laboratory costs
- provisional crowns and associated laboratory costs
- laboratory delivery fees
- dental implants
- the cost of implant components and laboratory costs
- surgery associated with dental implants.

If a procedure does not qualify for benefits, all associated treatment is also excluded from benefits. For example, if a crown is not covered, laboratory costs, including models, are also not covered. No benefits will be awarded where the primary reason for crowning is occlusal attrition (wear in back teeth) due to long-term bruxism (teeth clenching or grinding) or other habits.

## How do I contact DENIS?

For dental pre-authorisation, queries on your dental claims or benefit information, Transmed members can contact the dental call centre on 0860 104 941.

Sources: DENIS, 1American Dental Association: <https://www.mouthhealthy.org/en/az-topics/b/bridges>. All images: Adobe Free Stock



**June**  
is **blood**  
**donor** month



Blood donation gives  
someone another  
chance at life.

**Help save lives.  
Donate blood.**

## **Contact information for beneficiaries over the age of 18**

**Not only is it now a legal requirement for the Fund to have the contact information for all beneficiaries over the age of 18 on record, but it is critical that we have updated contact information so that we are able to communicate with you timeously and effectively.**

If you have not already done so, please update your contact information and those of all your registered dependants

over the age of 18 by completing the Contact information of dependants 18 years and older form and returning it to [membership@transmed.co.za](mailto:membership@transmed.co.za).

You can find the form on the Fund's website at [www.transmed.co.za](http://www.transmed.co.za) or, alternatively, contact the customer service department on **0800 450 010** to obtain the form. Complete it electronically or print it out.

# IMPORTANT CONTACT DETAILS

Who you need to call when you need to get in touch with the Fund

Service	Link plan	Select and Prime plans
Customer service department	Universal Healthcare 0861 686 278 transmed@universal.co.za	0800 450 010 enquiries@transmed.co.za
Membership and contributions	0800 450 010	0800 450 010
Hospital and major medical pre-authorisation	Universal Healthcare 0861 686 278	0800 225 151
Disease programmes	Universal Healthcare 0861 686 278	0800 225 151
Ambulance authorisation	0800 115 750	0800 115 750
HIV/AIDS	Universal Healthcare 0861 686 278	0860 109 793
Dental services	Universal Healthcare 0861 686 278	Select plan 0860 104 941 Prime plan 0800 450 010
Optical services	Universal Healthcare 0861 686 278	Select plan PPN 0861 103 529 Prime plan 0800 450 010
Fraud hotline	0800 000 436	0800 000 436
WhatsApp	0860 005 037	0860 005 037

# IMPORTANT EMAIL ADDRESSES

Services	Email address
Enquiries	enquiries@transmed.co.za
Banking details and membership	membership@transmed.co.za
Compliments	compliments@transmed.co.za
Complaints	complaints@transmed.co.za
Appeals	appeals@transmed.co.za
Claims	claims@transmed.co.za
Ex gratia	exgratia@transmed.co.za
Suggestions	suggestions@transmed.co.za
External service provider for the Link plan Universal Healthcare	transmed@universal.co.za

DISCLAIMER: The information and articles in this newsletter do not constitute medical advice or a medical claim for any product of any nature whatsoever on behalf of the publisher, Fund, Administrator or the distributor. Consult a qualified healthcare practitioner for diagnosis or treatment of any diseases or medical conditions.

**It is with great pleasure** that we announce the **winners** of the true or false competition from the first edition of **TransHealth for 2022.**

### WINNERS:

#### First prize

Mr MJ Terblanche

#### Second prize

Mrs MA Esterhuyse

#### Third prize

Mr AW Roestorff

# Win with Transmed

## Spot the difference

Win great prizes by spotting the 10 differences between the photos below. Mark the differences that you find. The first correct entry will win R2 000. The next two correct entries will each win R1 000.

Please note that terms and conditions apply.

### You may use the following channels to forward your answers:

- Post: Spot the Difference Competition, PO Box 2269, Bellville 7535
- Email: [enquiries@transmed.co.za](mailto:enquiries@transmed.co.za)
- Fax: 011 381 2041/42.

**Your entry form must reach Transmed Medical Fund by no later than 30 June 2022.**

Spot the difference



### ANSWERS FROM PREVIOUS ISSUE

Please indicate 'true' or 'false' next to each statement.

1. Call 0800 115 750 to obtain ambulance authorisation. **T**
2. The recommended daily allowance (RDA) for sodium is around 2 800 milligrams (mg). **F**
3. The most common symptom for peptic ulcer is a burning pain in your arm. **F**
4. Grapefruit is high in calories. **F**
5. Grapefruit may help reduce insulin resistance. **T**
6. The main cause of peptic ulcer disease is bacterial infection. **T**

FULL NAME: \_\_\_\_\_  
 PHYSICAL ADDRESS: \_\_\_\_\_  
 POSTAL ADDRESS: \_\_\_\_\_  
 EMAIL ADDRESS: \_\_\_\_\_  
 MEMBERSHIP NUMBER: \_\_\_\_\_  
 CELL PHONE NUMBER: \_\_\_\_\_  
 TEL (H): \_\_\_\_\_  
 TEL (W): \_\_\_\_\_

### Terms and conditions

• The competition is only open to Transmed Medical Fund members and their registered dependants. • Late entries will not be considered for the draw. • Please note that entries may be posted, emailed or faxed to Transmed. • Winners will be notified telephonically and their names will be published in the TransHealth magazine. Transmed may require the publication of the photographs of the winners. • The judges' decision is final and no correspondence will be entered into. • Entry into the competition signifies acceptance of all rules.