



RFMCF BULLETIN

Quarter 4 - 2018

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From the desk of the Principal Officer

Dear Member and dependants,

Festive Greetings from our 3rd and final edition of the RFMCF Bulletin for 2018.

The past two years, especially 2018, has been filled with much anticipation and anxiety from members regarding the Fund. Whilst these concerns have been valid, it must be made known to all, that the Fund has been hard at work. Focus areas in this past year have been on the financial turn-around, improved membership administration and management, and overall medical claims administration and management.

Challenges that continue to persist are still related to member updated information, the service delivery issues from the SAMHS, and in ensuring that healthcare service providers fully understand the workings of the RFMCF and its administration.

Within the ambit of these challenges and somewhat constraints, the Fund remains committed in ensuring that its services are continually improved in supporting members and their dependents. Moreover, the Fund has established close working relationships with its various stakeholders and service providers in recent times and will endeavour to ensure the delivery of quality health services.

The RFMCF team is already busy with plans for 2019, especially regarding member road shows and more educational communication.

As we approach this Festive season, let us all do so with great care and responsibility towards ourselves, and our loved ones. Travel safely if you are going away.

We sincerely hope that you welcome reading these bulletins.

On behalf of the team at the RFMCF, we wish you and your family all the best over this festive season. For those of you celebrating Christmas we wish you a blessed Christmas, and a Prosperous and Peaceful 2019 to all.

Travel tips

Emergencies

- With the festive season approaching, we would like to remind members to make sure that DSP hospitals are used in case of emergencies. You may look up the nearest DSP hospital to your holiday location on the RFMCF Website www.rfmcf.co.za
- Ensure to obtain authorization from the nearest AMHU as soon as possible.
- To assist you, we would suggest that you print and carry a copy of the SAMHS contact list. This list is also available on the RFMCF Website www.rfmcf.co.za



Contribution increase

The active force members had a contribution increase on 01 September 2018. In line with the general regulations, contributing RFMCF members will also have an increase effective 01 January 2019.

Individual communication will be sent to the affected members.



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Health Corner

The following health days are observed during December

Prevention of injuries month

Elderly injuries caused by home- and facility-related accidents are a serious issue. By far, falls are the leading cause of elderly injury. The good news is that with knowledge and the right prevention methods, we can help put a stop to elderly accidents and injury.

How can we prevent falls?

1. **EXERCISE.** One of the best ways to prevent falls is by strengthening the human body with exercise and movement.
2. **REVIEW MEDICATIONS.** In agreement with your doctor, look at the medications that could be causing dizziness or weakness.
3. **IMPROVE HOME SURROUNDINGS.** Reduce tripping hazards by replacing or entirely removing common furnishings that can result in falls including rugs, small tables such as magazine racks, standing coat racks or unstable furniture.

World AIDS day

In 2018, World AIDS Day will be on Saturday December 1st.

There are a variety of themes this year.

World AIDS Day was first recognized in 1988 and is an international awareness day raising global awareness of the HIV & AIDS pandemic.



“What’s new”

Effective 01 January 2019, the **RFMCF fraud hotline 0860444120** will be operation on **Mondays to Fridays, 07:30 – 16:00.**

SunSmart Skin Cancer Awareness: 1 December - 31 January

One of the joys of summer is basking outdoors in the warm sunshine. Whether you are spending these long summer days on the beach or at backyard barbecues, keep in mind that getting too much sun puts you at increased risk for skin cancer. You can significantly reduce your risk by using products to shield your skin from UV rays.

1. **Sunscreen** – Choose one offering broad-spectrum protection with an SPF of 30 or higher.
2. **UV-blocking clothing** – Wear clothing with an ultraviolet protection factor (UPF) of 15 or higher.
3. **Protective sunglasses** – Pick a pair that’s clearly labelled to block UV light, the darkness and colour of the lenses do not mean they will shield your eyes from the sun’s rays.
4. **Headwear** – Select a hat with tightly-woven fabric and a brim of at least two inches for effective protection of your scalp and face.

Additionally, you can further reduce your risk with these sun-protective behaviours:

1. Seek shade between 10 a.m. and 4 p.m., when UV rays are most intense.
2. Reapply sunscreen regularly throughout the day.
3. Avoid tanning beds and sun lamps, which can be equally or more harmful than outdoor sun exposure.
4. Watch for signs of heat stroke on your skin like redness or heat.

Lastly, if you have a suspicious mole or spot on your skin, have it evaluated by a health care professional promptly.