



*medical
aid
society*

there when you need us.



AVOID THE 'EXCUSES TRAP'

We know good health and safety should be a priority; yet often fall into the trap of finding excuses for why we don't make safe, healthy choices. Maybe we are too busy? Or it's the holidays! Poor weather. Sounds familiar? Don't allow excuses to get in your way this April. Make health and safety a priority.

TAKING A TRIP DURING THIS MONTH OF PUBLIC HOLIDAYS? PRIORITISE SAFETY AND GOOD HEALTH.

- If it's a road trip, conduct these essential safety checks to make sure your vehicle is ready. Check lights are working, brakes function properly and your spare tyre. Check the water and oil, and the condition of your tyres. Ensure all windows and mirrors are clean and undamaged.
- Pack a first aid kit for small accidents. [Click here](#) for what to include in your kit.
- Stop often to rest and stretch your legs. Always stop in well-lit, public places.
- Never drive under the influence of alcohol or drugs.
- Always strap babies and small children into a secure child car seat.
- Stick to the speed limit and always wear your seatbelt.
- Don't bring home more than you bargained for. Travel vaccinations are shots travellers should get before visiting certain areas. [Click here](#) for the vaccination requirements for different destinations.

VERY IMPORTANT. BEFORE YOU LEAVE HOME, ADD 082 911 TO YOUR PHONE. This is the number for Netcare 911, the Society's emergency ambulance service provider. Also download the [Netcare mySOS App](#) for FREE one-stop access to the closest and most appropriate emergency services in South Africa.

DON'T ALLOW THE HOLIDAYS OR POOR WEATHER TO THROW YOU OFF THE HEALTHY TRACK.

We are often tempted to use holidays or cooler weather as an excuse for not exercising or unhealthy eating. However, the rewards you receive as a Multiply member will make you think twice before making lame excuses. Multiply is a wellness rewards programme that works with you to understand your current state of health and rewards you for actions to improve your health and fitness.

ALL BPMAS MEMBERS QUALIFY FOR FREE MULTIPLY STARTER BENEFITS,

which include discounts on a selected range of partners. Also, on Multiply Starter you will earn points for engaging with the programme, which will be activated if you choose to upgrade to Multiply Provider or Premier which offer even higher value rewards. Visit www.momentum.co.za/multiply for more information. **Don't just live life, multiply it.** Throw excuses out of the window and enjoy the rewards of healthy choices.



QUESTIONS OR CONCERNS? TALK TO US | BPMAS CLIENT SERVICES: 0800 001 607 EMAIL: bpmas@mhg.co.za