

## WHAT'S HAPPENING IN HEALTH?



## My Vaccine Experience

A message from Koos du Toit,  
Managing Director of Paramount Healthcare Medical Aid Administrators

Dear Members,

I recently received my first dose of the AstraZeneca COVID-19 vaccine at Katutura State Hospital and would like to share my positive experience to encourage you to get vaccinated too.

The service at the Katutura State Hospital vaccination site was highly professional and all staff knowledgeable about the vaccine. There was no queue and the entire process took only about 1 ½ hours, which included a thorough pre-vaccination screening to determine whether I have any health conditions that contra-indicate vaccination.

Namibian vaccination sites offer a choice between two vaccines, namely AstraZeneca and Sinopharm, with the first being recommended for older people and the latter for people under the age of 59. I indicated that I would prefer the AstraZeneca vaccine and there was no objection. I had had my flu vaccination in late March, which is long enough ago to fall beyond the recommended two-week waiting period between the flu and

COVID-19 vaccines. There is no evidence that the flu and COVID-19 vaccines interfere with each other; in other words, it is safe to receive both, but a two-week gap is recommended between the vaccines.

If you are considering COVID-19 vaccination, based on my experience, I recommend that you visit the Katutura State Hospital outpatient facility. Alternatively, choose one of the vaccination sites listed hereunder. You will need to present positive identification, such as your driving licence or ID. After receiving the vaccine, you will be monitored for 15 minutes for any potential side effects. I was fortunate not to experience any side effects; however, some people report slight headaches and soreness around the immunisation area on the arm.

Please do your part to stop the spread of COVID-19 and protect your health and the health of your fellow Namibians. Get vaccinated.

Yours in health,  
Koos du Toit



## COVID-19 Vaccination Sites

### Khomas Region

- Katutura State Hospital
- Windhoek Central Hospital
- Rhino Park Private Hospital (Call +264 61 375 000 to book)
- Lady Pohamba Private Hospital (Call +264 83 335 9000 to book)

### Erongo Region

- Swakopmund State Hospital
- Swakopmund Mediclinic Cottage Hospital (Call +264 64 412 200 to book)
- Walvis Bay State Hospital
- Welwitschia Hospital (Call +264 64 218 911 to book)

The private hospitals listed above provide sites for Government health officials to carry out the vaccinations. You are required to call the private hospitals to make a vaccination appointment. Alternatively, you can make an online booking via <https://c19.idtoday.com.na/>

# OUR MEMBERS SAY IT BEST!



Don't just believe us. Believe your fellow members.

"The ambulance service was very professional and helpful regarding my husband, who had a seizure and had to be taken to the hospital by ambulance. Please do let the team know that we are both grateful for their extremely good service."

– Anke Hummitzsch, Nammed Member



## REASONS TO LOVE NAMMED

Nammed's Basic Dentistry Benefit keeps your smile bright and your mouth healthy:

- One dental consultation per member every six months
- Two intra-oral X-rays per member per year
- One preventative dental treatment (prophylaxis, polishing & topical application of fluoride) per member every six months
- One dental fissure sealant per beneficiary every two years up to age 14 (only on permanent molars & pre-molars)
- Three tooth extractions per beneficiary per year
- Three fillings per member per year (limited to one per tooth every two years)
- One set of upper & lower full plastic dentures per beneficiary every four years

Available on all Options (except Trauma and Basic). Procedures not listed above can be claimed from the Additional Basic Dental Benefit, if available on your Option.

For more reasons to love Nammed, visit [www.nammed.info](http://www.nammed.info)

## IS SOCIAL MEDIA IMPACTING YOUR MENTAL HEALTH?

Human beings are social creatures. We thrive on companionship and emotional connections with others.

Nowadays, and especially since the start of the COVID-19 pandemic, many of us rely on social media platforms such as Facebook, Twitter, Snapchat, TikTok, YouTube and Instagram in search

of those connections. Social media allows us to communicate and stay in touch with family and friends, to find new friends and communities, and to network with people with similar interests or ambitions.

However, social media cannot replace real-world human connection, because it does not provide the



same psychological benefits as face-to-face contact. And while it is designed to bring people closer together, excessive social media use can actually increase feelings of loneliness and isolation. In fact, multiple studies have found a strong link between heavy social media use and an increased risk for depression, anxiety, self-harm and suicidal thoughts.

Is social media affecting your mental health? Find out...

### Signs that social media is affecting your mental health

- Spending more time on social media than with friends, and constantly checking social media, even when you are with friends
- Comparing yourself unfavourably with others on social media, and experiencing low self-esteem or negative body image as a result
- Experiencing cyberbullying or worrying that you have no control over what others post about you
- Being distracted at school or work, because you feel pressure to post regular content to gain comments and likes, or to respond quickly to others' posts
- Having no time for self-reflection, because every spare moment is spent on social media
- Engaging in risky behaviour – such as posting embarrassing material about others, cyberbullying others, or using social media while driving – in order to gain likes, shares, or positive reactions
- Lack of sleep and other sleep problems (e.g. an inability to fall asleep) due to social media use, which in turn can have a serious impact on mental health
- Feeling more anxious, depressed or lonely after using social media, than before using social media

Does any of this apply to you? If yes, then it might be time to modify your social media use to protect your mental health.

### Five strategies for healthier social media use

#### #1: Reduce the amount of time spent on social media

- Turn off your phone during certain times of the day, e.g. at work, the gym or during dinner



## DEFINING UNHEALTHY SOCIAL MEDIA USE

It is not necessarily the **amount of time** spent on social media, but rather the **impact of that time** on mood and other aspects of life that determines whether your social media use is unhealthy.

- Don't take your phone to bed in the evening
- Disable social media notifications
- Delete social media apps from your phone, so you can only check social media on your computer
- Download an app that tracks time spent on social media and set a goal to reduce that time – search the Apple App Store or Google Play Store to find an app that you like

#### #2: Understand your motivation for using social media

Are you using social media because you feel lonely? Call a friend instead. Or are you using it because you are bored? Rather go for a walk or do something else you enjoy. Social media may feel like a quick and convenient fix, but there are often healthier, more effective ways to meet your needs.

#### #3: Ask yourself what kind of social media user you are – passive or active?

Mindlessly scrolling through social media does not provide a meaningful sense of connection and may even increase feelings of isolation. On the other hand, being an active participant can create real engagement with others.

#### #4: Spend more time with people offline

Set aside time each week to meet or call a friend or acquaintance. Alternatively, join a social club or volunteer at a welfare organisation or old age home to meet like-minded people and forge new connections.

#### #5: Seek professional help

If your efforts to curb your social media use are ineffective and your mental health is suffering, it might be necessary to seek advice from a mental health professional.

**Nammed covers psychological counselling and provides access to mental health professionals through E-Therapy.\***

\* Available on all Options, except Trauma. Members on the Basic Option are required to make use of Designated Service Providers.

For more information, please visit [www.nammed.info](http://www.nammed.info).

# HEALTH TIP OF THE MONTH

Commit to a regular exercise routine to improve oral health conditions and lower your risk of gum disease. According to a study by the Journal of Dentistry, non-smokers who work out regularly are 54% less likely to develop gum disease.

Another great reason to get moving!



## CONTACT US

Our team is standing by to assist you.

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