

Nammed

HEALTH BULLETIN



WHAT'S INSIDE...

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**WORLD
IMMUNIZATION
WEEK**

2

**TOP 10 TIPS
FOR WORKING
FROM HOME**

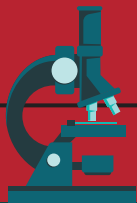
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**HEALTH HINT
OF THE DAY**

4

**E-THERAPY:
HELP AT YOUR
FINGERTIPS**

1 world + immunization week



24 - 30 APRIL 2020

Immunization, one of the world's most successful and cost-effective health interventions, prevents an estimated 2 – 3 million deaths every year. World Immunization Week promotes the use of vaccines.

#VACCINESWORK

TO SAFEGUARD THE HEALTH AND WELLBEING OF EVERYONE, EVERYWHERE, BECAUSE...



1 Vaccines eradicate disease

Worldwide eradication of smallpox*
** infectious disease with 35% mortality rate*

Significant reduction of cases of other infectious diseases

e.g. Polio cases down by over 99% worldwide since 1988



2 Vaccines reduce child mortality

Vaccines protect children against deadly childhood diseases:

- ↑ increased access to vaccines in developing countries
- ↓ decreased mortality rates among children under the age of 5



3 Vaccines benefit adults

Vaccines protect adolescents and adults against potentially fatal diseases, e.g.

- Influenza
- Meningitis
- Certain cancers



4 Vaccines create herd immunity

Majority of population vaccinated against a disease → HERD IMMUNITY*

** Immune majority prevents disease from spreading, protecting non-vaccinated minority*



5 Vaccines are covered by Nammed

- Vaccination against common childhood diseases covered under day-to-day benefits *(available on all Options, except Trauma & Core)*
- Hepatitis A and B vaccinations covered under acute medication benefit *(available on all Options, except Trauma & Basic)*
- One flu vaccination per year per member *(available on all Options)*
- One Cervarix treatment (3 injections) per female member between the ages 10 and 30 *(available on all Options, except Basic & Core)*
 - Cervarix vaccine prevents infection with a virus that causes cervical cancer



For more information, please consult our 2020 Benefit Guide <http://bit.ly/2tyqtcf> or contact our offices:

Windhoek: 061 374 600

Swakopmund: 064 406 257/49

Otjiwarongo: 067 302 274

Karibib: 064 550 551

top 10 tips for working from home

1 Stick to regular working hours to maintain a work-life balance.



3. Set ground rules for people living with you. For example, agree that they will not disturb you during certain times and divide household tasks fairly between family members, including children.

2. AS FAR AS POSSIBLE, MAINTAIN YOUR REGULAR PRE-WORK ROUTINE TO SIGNAL TO YOURSELF THAT YOU'RE ABOUT TO START WORKING. THIS INCLUDES GETTING DRESSED, EVEN IF WORKING IN YOUR PYJAMAS IS TEMPTING.

5. If possible, keep a dedicated office space. Sitting down in this space will help you switch into work-mode. On the other hand, if you try to work in a space that you usually relax in, it can be difficult to concentrate.

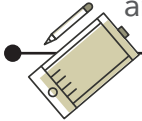
4 Take a proper lunchbreak as well as a 15-minute break in the morning and the afternoon.

6. If you have video conferences, make sure you look presentable and are well-prepared. Stay engaged and listen when others are talking.

7. COMMUNICATE WITH COLLEAGUES OFTEN. FREQUENT COMMUNICATION IS VITAL FOR KEEPING OPERATIONS RUNNING SMOOTHLY.



9 Working from home takes discipline. Don't be too hard on yourself if you get distracted by your children or if you have had an unproductive day.



8. Be positive when you communicate, especially when communicating in writing. Text messages and emails can be misinterpreted, so choose your words carefully and consider using emojis.



10. CLEARLY MARK THE END OF YOUR WORK DAY. FOR EXAMPLE, WRITE A TO-DO LIST FOR THE NEXT DAY AND THEN SWITCH OFF YOUR COMPUTER.

health hint of the day

DISCONNECT FOR MENTAL HEALTH



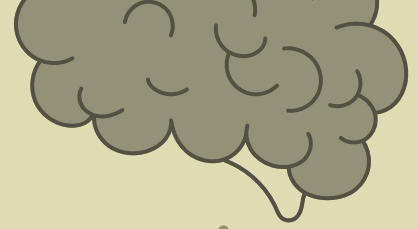
Consider adding an electronics-free time to your day. The constant stream of emails, alerts and news can be stressful and cause anxiety, while overuse of social media can lead to feelings of inadequacy and the fear that you're missing out.

Take time to unplug and disconnect so you can interact with people face-to-face, relax and calm your thoughts.



e-therapy

help at your fingertips



Seeking help for mental health issues is a sign of **STRENGTH**, not a sign of weakness. Just like physical health, maintaining mental health may require professional advice and intervention from time to time.



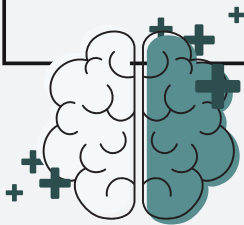
**GET HELP FROM A LICENSED MENTAL HEALTH PROFESSIONAL,
FROM THE COMFORT OF YOUR HOME.**

As a Nammed member, you have access to psychiatrists, psychologists, counsellors and social workers through **E-THERAPY***

FOR MORE INFORMATION, PLEASE CONTACT OUR OFFICES:

**WINDHOEK: 061 374 600
SWAKOPMUND: 064 406 257/49**

**OTJIWARONGO: 067 302 274
KARIBIB: 064 550 551**



** E-Therapy is available on all Options, except Trauma (members on the Basic Option should make use of Designated Service Providers). General Practitioner, Specialist, Speech Therapist and Occupational Therapist services are also covered under E-Therapy (in addition to mental health services).*



WWW.NAMMED.COM.INFO

