



NAMMED NEWS

ENJOY OUR NEW AND IMPROVED NEWSLETTER!

WHAT'S HAPPENING IN HEALTH?



Why you should get the flu vaccine in 2021

In the midst of the COVID-19 pandemic, it is more important than ever to prevent a seasonal flu outbreak by getting the flu vaccine this year.

Flu vaccines reduce the risk of influenza illness, hospitalisation and death. By getting the flu vaccine, you can thus help to prevent placing pressure on a healthcare system already burdened by the COVID-19 pandemic.

In addition, herd immunity against the flu can develop if enough people are vaccinated. This is especially important for protecting vulnerable persons, including the elderly and persons with co-morbidities.

New flu vaccines are released **every** year to keep up with constantly evolving flu viruses, which is why it is important to get the flu vaccine every year. Since it takes about two weeks to develop a protective antibody response, you should get the flu vaccine early to ensure that you are already protected by the time winter starts.

Who should get the flu vaccine?

The flu vaccine is recommended for all persons 6 months and older.

Vaccination is especially important for high-risk groups, including pregnant women, people with any form of immune suppression, chronic lung, neurological or cardiac disease, diabetes and morbid obesity, and the elderly (65 years and older).

The flu vaccine and COVID-19

Please be aware that the flu vaccine **does not** offer protection against COVID-19 infection. Therefore, it is advisable to also get the COVID-19 vaccine, once it becomes available.

Since there is no evidence that the flu and COVID-19 vaccines interfere with each other, it is safe to receive both. It is recommended to wait at least 14 days between having the COVID-19 and flu vaccinations, which is another reason to get the flu vaccine early.

Nammed covers 1 flu vaccine per member per year under Wellness Benefits. Available on all Options.

Use your benefit, stay healthy!

OUR MEMBERS SAY IT BEST!

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



"After a year of no service from a specific practice in Windhoek, you made my day with your friendly and helpful customer service. You really went the extra mile to assist with information. This is not the first time you've assisted me; you make your members feel special as you always help with a friendly tone. Please keep up the good work!"

– Jacolene Cloete, Nammed Member



REASONS TO LOVE NAMMED

Quarterly Self-medication Benefits ensure that you don't run out of benefits halfway through the year:

- Your next quarterly Self-medication Benefit is available from 1 April
- More Self-medication Benefits in Quarter 2 and 3 to carry you through flu and allergy season
- Covers selected vitamins, immune boosters and sunscreens at pharmacies
- Low or no co-payment for self-medication at pharmacies (depending on chosen medication)

Available on all Options (except Trauma) under Wellness Benefits.

For more reasons to love Nammed, visit www.nammed.info



In the third trimester of pregnancy, which lasts from week 27 until the birth of the baby at around week 40, your baby grows rapidly – and your belly along with it. Let's look at the changes – and challenges – you can expect as your due date approaches.

Mom-to-be in the 3rd trimester

First and second trimester pregnancy symptoms persist and new symptoms may appear in the third trimester. These symptoms include:

- Swelling of ankles, feet and face
- Leg cramps
- Backache
- Varicose veins and/or haemorrhoids
- Heartburn, indigestion and constipation
- Braxton-Hicks contractions (these so-called 'practice contractions' are usually not painful)
- Frequent urination
- Tender breasts that may leak milk
- Fatigue
- Difficulty sleeping

WHAT TO EXPECT WHEN YOU'RE EXPECTING: THE 3rd TRIMESTER OF PREGNANCY

Support the optimal development of your baby!

- Eat a healthy diet
- Avoid smoking & alcohol
- Get adequate rest
- Stay physically active
- Take a prenatal vitamin
- Schedule regular antenatal consultations*
- Enroll in prenatal classes to educate yourself about labour and delivery**

* **Nammed covers 12 antenatal consultations per family per year**

** **Nammed covers 6 childbirth education classes (limited to N\$200 per class and subject to availability of 12 antenatal consultations)**

Nammed maternity benefits do not fall under day-to-day benefits, meaning that mom-to-be's increased need for care does not affect the availability of benefits for the rest of the family.

Baby in the 3rd trimester

The third trimester is a time of steady growth as your baby matures in preparation for birth.

By the end of 30 weeks:

- Fat has begun to deposit under baby's skin
- Cartilage has started transforming into bone
- Baby has regular sleep and wake cycles
- All of baby's senses are developed
- **Baby is about 39 cm long and weighs about 1.3 kg**

By the end of 34 weeks:

- Body fat reserves continue to develop
- Vernix (white coating on baby's skin) and lanugo (fine hair on

- baby's body) have begun to disappear
- Baby's bones are fully formed
- Most of baby's internal organs are well developed, except for the lungs
- Baby has moved to a head-down position in the uterus
- **Baby is about 45 cm long and weighs about 2 kg**

By the end of 40 weeks:

- Baby's lungs and other organs are fully developed
- First stools have built up in the baby's intestines
- Reflexes are coordinated, enabling baby to blink, close the eyes, turn the head, grasp, and respond to sounds, light and touch
- Baby drops down in the pelvis in preparation for birth

Most babies are born between week 37 and 42.

On average, newborns are about 48 to 53 cm long and weigh about 2 to 3.9 kg.

Join Nammed's NEW Maternity Programme today!

- ✓ 24/7 Pregnancy Care Helpline for professional advice from registered midwives
- ✓ Regular personal phone calls from registered midwife
- ✓ Pregnancy education via SMS and email
- ✓ Online antenatal classes
- ✓ FREE baby bag with baby care essentials delivered to your doorstep

Register at any Nammed office or via nammed@paramount.com.na, at any stage of your pregnancy. Available on all Options.

CONTACT US

Our team is standing by to assist you.

TOWN	CONTACT NUMBER	CONTACT PERSON
Windhoek	+264 61 374 600	Ronel, Jeanean & Nancy
Swakopmund	+264 64 406 257/49	Matty & Nico
Otjiwarongo	+264 67 302 274	Remandy & Caroline
Karibib	+264 64 550 551	Gussy

nammed@paramount.com.na | www.nammed.info

