

Alliance-Midmed **connect**

WINTER EDITION

JUNE – AUGUST 2026

**Your Health.
Your Scheme.
Your Community.**

CALL CENTRE
0860 002 101

VISIT OUR WEBSITE
www.alliancemidmed.co.za



ALLIANCE-MIDMED MEDICAL SCHEME



Dear Member,

Welcome to the first edition of Alliance-Midmed Connect.

As your Scheme, we are continually looking for better ways to communicate with you, keeping you informed, educated and connected to the benefits and services available to support your health and wellbeing.

This new quarterly publication brings together important Scheme updates, health information, wellness initiatives and member-focused stories in one convenient place. Our aim is to provide information that is useful, relevant and easy to access, while helping you get the most value from your membership.

As we move through the winter months, this edition focuses on preventative health-care, chronic disease management, eye health and women's health, while also looking ahead to our upcoming Annual General Meeting.

Thank you for placing your trust in Alliance-Midmed. We remain committed to supporting your health journey every step of the way.

PD Theron
Principal Officer

QUARTERLY HIGHLIGHTS

JUNE

Annual General Meeting | 25 June 2026

Men's Health Month

Winter Wellness Awareness

JULY

Chronic Disease Management Focus

Eye Health Awareness Campaign

AUGUST

Women's Month

Breast & Cervical Screening Awareness

Preventative Health Promotion

AGM SPOTLIGHT | 2026 ANNUAL GENERAL MEETING

The Alliance-Midmed Annual General Meeting will take place on 25 June 2026, 12:00-14:00 at Carroll's Café, Columbus Steel, Middelburg

The AGM provides members with an opportunity to:

- Receive an update on Scheme performance.
- Review the financial position of the Scheme.
- Hear about key developments and priorities.
- Engage directly with Scheme leadership.

We encourage all members to participate and stay informed about the future direction of their Scheme.

Visit the AGM portal <https://www.alliancemidmed.co.za/agm/agm.php> on the Alliance-Midmed website for AGM notices, agendas and supporting documents.

Because informed members help build stronger schemes.



DID YOU KNOW?

Alliance-Midmed was established in 1976 and celebrates 50 years of serving members this year.

For five decades, the Scheme has remained committed to providing quality healthcare access, financial sustainability and personalised service to employees and their families.

Over the coming editions, we will be sharing milestones and stories that celebrate this remarkable journey.



KNOW YOUR NUMBERS

Protect Your Future.

Many serious health conditions develop silently over time. High blood pressure, diabetes and high cholesterol often show few symptoms until complications occur.

The good news is that early detection and consistent management can significantly reduce your risk of heart disease, stroke, kidney disease, vision loss and other serious complications.



CHRONIC CONDITION MANAGEMENT

DIABETES, HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL

If you have been diagnosed with a chronic condition, taking medication consistently and attending regular check-ups are among the most important steps you can take for your long-term health.

Some practical tips:

- Take medication exactly as prescribed.
- Never stop treatment without consulting your doctor.
- Attend regular follow-up appointments.
- Monitor your blood pressure, blood sugar or cholesterol levels.
- Maintain a healthy lifestyle through nutrition and exercise.

Alliance-Midmed provides extensive chronic disease support through the Chronic Medicine Programme.

Authorisation is required before chronic medication benefits can be accessed. Chronic medication benefits include cover for approved PMB and non-PMB chronic conditions according to Scheme protocols.

BENEFIT SPOTLIGHT

CHRONIC MEDICINE BENEFIT

- Cover available for 27 PMB CDL chronic conditions.
- Registration and authorisation required.
- Extensive chronic disease management support.
- Dedicated chronic medicine management programme.



NEED ASSISTANCE?

Our nurses are on standby at the Family Wellness Centre to support and guide you.

EYE HEALTH AWARENESS

YOUR VISION MATTERS

Good vision plays an important role in quality of life, workplace safety and overall wellbeing.

Regular eye examinations can help identify:

- Changes in vision.
- Glaucoma.
- Cataracts.
- Diabetic eye complications.
- High blood pressure-related eye changes.

Many eye conditions can be successfully managed when detected early.

BENEFIT SPOTLIGHT: OPTICAL BENEFITS

Every 24 months, members have access to optical benefits which include:

- Eye examination and glaucoma screening.
- Spectacle frames.
- Lenses.
- Lens enhancements or contact lenses.

Members with diabetes and certain chronic eye conditions may receive additional support through managed care programmes.

Healthy eyes help you see more of life's important moments.

Medical Miracles: The Man Who Walked Again

Imagine being told that you would never walk again.

Not for a few months.
Not for a year. Never.

For many years, a severe spinal cord injury often came with a devastating reality. Whether caused by a car accident, sports injury, fall, or other traumatic event, damage to the spinal cord frequently resulted in permanent paralysis, with little hope of restoring movement.



But medicine has a remarkable way of challenging what once seemed impossible.

In May 2023, one of the world's most respected scientific journals, *Nature*, published a story that captured global attention. It featured Gert-Jan Oskam, a Dutch man who was left paralysed following a cycling accident in 2011.

The injury severely damaged his spinal cord, leaving him unable to walk for more than a decade.

For 12 years, Gert-Jan lived with the daily realities of paralysis. Then a team

of researchers and medical specialists in Switzerland achieved what many would have thought impossible.

Using a groundbreaking technology known as a "digital bridge", scientists created a direct connection between his brain and spinal cord. Tiny implanted devices interpreted the signals from his brain and translated them into instructions that could activate movement in his legs.



The result was extraordinary. After years of paralysis, Gert-Jan was able to stand, walk, climb stairs and navigate everyday environments again.

What makes this story so remarkable is that it is not science fiction. It is not a prediction of what medicine might achieve one day. It is something that happened in our lifetime.

For Gert-Jan, the breakthrough was about much more than technology. It was about being able to stand up and embrace loved ones again. It was about reclaiming parts of life that many of us take for granted.

His story represents something bigger than one man's recovery. It is a reminder of how



rapidly medicine is advancing and how healthcare professionals, researchers and innovators around the world continue to push the boundaries of what is possible.

A generation ago, many of today's treatments, procedures and technologies would have seemed unimaginable. Today, they are transforming lives. Most of us will never need a breakthrough like this.

But stories like Gert-Jan's remind us that healthcare is constantly evolving. New treatments, technologies and innovations are creating opportunities for better outcomes, improved quality of life and renewed hope for patients facing serious illness or injury.

While we hope never to experience a life-changing medical event, medical scheme membership provides access to a healthcare system that is continually advancing and embracing new possibilities.

Because sometimes the true value of healthcare cover is not only the care available today. It is knowing that, should the unexpected happen, you have access to a healthcare system that continues to pursue the medical miracles of tomorrow.

Sources: Nature Journal (May 2023); Swiss Federal Institute of Technology Lausanne (EPFL) and Lausanne University Hospital research on brain-spine interface technology. Image credit: actu.epfl.ch

Image credits: Alain Herzog/EPFL and Gilles Weber/CHUV.

WOMEN'S Health Spotlight

EARLY DETECTION SAVES LIVES

Breast and cervical cancer remain among the most common cancers affecting women. Most of us know at least one person woman who was diagnosed with breast or cervical cancer, whether a friend, family member or colleague.

As common as these cancers seem to have become, when detected early, treatment is often more successful and outcomes significantly improved.

The most powerful step women can take is to participate in regular screening.

Know your screening benefits:

MAMMOGRAMS
Women aged 40 years and older are entitled to one mammogram annually through the Life Stages Benefit.

PAP SMEARS
Women aged 21 to 65 years are entitled to a Pap Smear every three years.

If you are unsure when your last screening took place or where to go, contact the Family Wellness Centre for guidance.

Your future self will thank you.

CALL CENTRE
0860 002 101

WHATSAPP
064 989 7224

24-HOUR EMERGENCY ASSISTANCE
0860 255 426

WEBSITE
www.alliancemidmed.co.za

EMAIL
service@alliancemidmed.co.za



MEET YOUR EMERGENCY PARTNER

DID YOU KNOW?

Alliance-Midmed members have access to 24-hour emergency medical assistance through AZOZA.

Services include:

- Emergency medical response.
- Ambulance coordination.
- Emergency medical advice.
- Trauma support and counselling.
- Access to healthcare professionals after hours.

Save the emergency number on your phone today and make sure your family does too!

0860 255 426

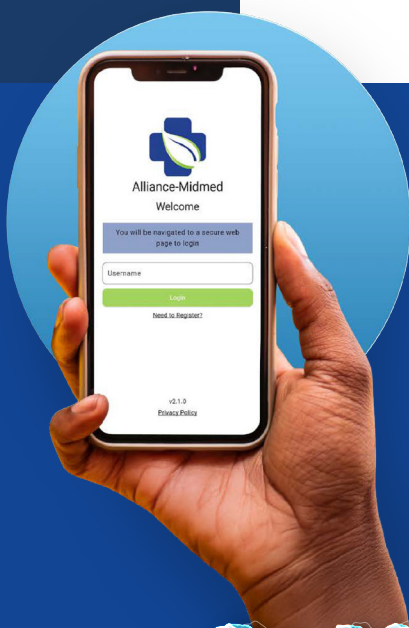
ASK US ANYTHING

Do you have a question about:

- Benefits?
- Chronic medication registration?
- The mobile app?
- Claims?
- Health programmes?

Send your questions to:
po@alliancemidmed.co.za

Selected questions may be featured in future editions.



DID YOU KNOW?

The Alliance-Midmed Mobile App allows you to:

- Access your membership card.
- Submit claims.
- View benefit balances.
- Check savings balances.
- Access emergency contact details.
- Request savings refunds.



WINTER Wellness Challenge

This Winter, challenge yourself to:

- Schedule a health screening.
- Know your blood pressure.
- Know your cholesterol level.
- Know your blood sugar level.
- Book an eye examination.
- Encourage a loved one to get screened.

Small actions today can make a big difference tomorrow.

Because Your Health Matters.