

KNOW YOUR NUMBERS

Knowing your key health numbers can help you identify possible health risks early and take better care of your wellbeing.

FOUR KEY HEALTH MEASURES



BLOOD PRESSURE

Keeping your blood pressure within a healthy range can lower your risk of heart disease and stroke.



BLOOD SUGAR

High blood sugar can damage your heart, brain, eyes and kidneys over time.



CHOLESTEROL

Managing unhealthy cholesterol helps prevent blocked arteries, heart attacks and strokes.



BODY MASS INDEX (BMI)

Your BMI can help indicate whether your weight may be increasing your risk of certain health conditions.

TAKE CHARGE OF YOUR HEALTH

Small, healthy changes can make a meaningful difference. Start your Know Your Numbers journey today and take an active role in protecting your health.



KEEP MOVING

Aim for at least 30 minutes of moderate physical activity, five days a week.



EAT WELL

Choose heart-healthy foods and speak to a dietitian if you need personalised guidance.



MAKE HEALTHIER CHOICES

Stop smoking and limit your alcohol intake.



MANAGE YOUR MEDICATION

Take your medication as prescribed and speak to your doctor if you have any questions or concerns.

Visit the Health Library to learn more about Knowing Your Numbers. We encourage you to complete a health assessment every six months so you can monitor your numbers and identify any changes early.

GET YOUR FREE HEALTH CHECK TODAY

The Alliance-Midmed nursing team can help you check the health numbers that matter, at no cost to you.

Make an appointment with the nursing team and record your results in your free KYN Passport. You can also visit a participating community pharmacy with a clinic for testing.

Tel: 0860 002 101

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CALL CENTRE
0860 002 101

VISIT OUR WEBSITE
www.alliancemidmed.co.za



ALLIANCE-MIDMED MEDICAL SCHEME