

Focus on Women's Health

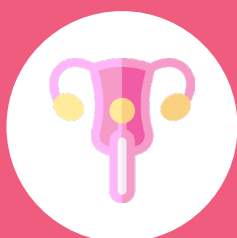
Preventative Care for Breast and Cervical Cancer

With us, your health is our priority — and that means prevention comes first.

We want to remind all our female members that regular screening and early detection can make a life-saving difference when it comes to breast and cervical cancer.

Your Preventative Benefits

We cover a range of preventative and screening services to help you stay one step ahead of illness, including:



Pap smears for cervical cancer screening, as recommended by your doctor.



Mammograms for breast cancer screening, according to age and clinical guidelines.



General wellness screenings, including blood pressure, glucose, cholesterol, and BMI checks.

Your Support System: The Family Wellness Centre

The nurses at our Family Wellness Centre are here to walk this journey with you. They provide:

1

Health education and lifestyle counselling

2

Preventative screenings and test bookings

3

Guidance on self-examination and awareness for breast health

4

Assistance with follow-ups or specialist referrals where needed

This support is available to all members, ensuring you don't face your health concerns alone.

Why Early Detection Matters

Breast and cervical cancer are among the most common cancers affecting women in South Africa, yet both are highly treatable when detected early.

Regular check-ups and open conversations with healthcare professionals can help prevent small concerns from becoming major health challenges.

Take Action Today

- Schedule your Pap smear and mammogram if you're due.
- Visit the Family Wellness Centre for guidance.
- Speak to your GP or nurse about any changes in your body or symptoms that concern you.

Prevention is powerful!



Protect your health, your future, and your family by making use of your Alliance-Midmed benefits today.