

HEALTH

Isn't Just How You Feel

You can feel strong.
You can feel normal.
You can feel completely healthy.

And still be at risk.

Many serious conditions including cervical cancer and prostate cancer, develop quietly, without early warning signs. By the time symptoms appear, the condition may already be advanced.

That's why prevention and early detection are not optional. They are essential. Through Lifestages and Lifestyle Programme, you have access to preventative screenings designed to detect risk early.

FOR WOMEN

Cervical Cancer Screening

Cervical cancer is one of the most preventable cancers when screened for regularly.

Alliance-Midmed covers:

- Pap smear
- Ages 21–29:
Every 2 years
- Ages 30+:
Every 3 years

If you have postponed your screening, now is the time to act.

FOR MEN

Prostate Screening (PSA Test)

Prostate cancer often progresses silently.

The Scheme covers:

- PSA testing for men 40 years and older, every 2 years

If there is a family history of prostate cancer, speak to your doctor about screening earlier.

Early detection improves treatment success and outcomes.

PREVENTION IS

a lifestyle decision

Cancer risk, cardiovascular disease, diabetes and other chronic conditions are influenced by lifestyle factors.

Through the Lifestyle Programme, members are encouraged to:

- Maintain a healthy weight
- Exercise consistently
- Eat balanced meals
- Limit alcohol intake
- Stop smoking
- Chronic condition management
- Attend regular preventative screenings

Small, sustained changes dramatically reduce long-term health risk. Prevention costs less — in money, time, and quality of life.

THE GOAL IS SIMPLE

Detect early. Treat early. Live well.

WHAT YOU SHOULD DO NOW

- ✓ Schedule your Pap smear if due
- ✓ Book your PSA test if you're a man over 40
- ✓ Discuss family history with your GP
- ✓ Review your preventative benefits
- ✓ Contact us for guidance if unsure

For assistance, contact Alliance-Midmed on 0860 00 2101.

Health isn't just how you feel. It's what you check.

Warm regards,
The Alliance-Midmed Team