

LIFESTYLE PROGRAMME



EMERGENCY
0860 255 426

CALL CENTRE
0860 002 101



ALLIANCE-MIDMED MEDICAL SCHEME

The **Lifestyle Programme** is designed to support Scheme members managing chronic conditions such as high blood pressure, obesity, high cholesterol, diabetes, asthma, certain types of arthritis, back and joint problems, heart conditions, and depression. By making lifestyle modifications, members can improve their overall well-being and reduce health risks.

INVESTING IN YOUR HEALTH

Joining the Lifestyle Programme is an investment in your health. Success requires commitment, time, and self-discipline, empowering you to take control of your well-being and enjoy a healthier, fuller life.

THE BENEFITS OF LIFESTYLE CHANGES

Adopting healthier lifestyle habits can significantly reduce the impact of chronic conditions and lower the risk of secondary complications, including heart disease, amputations, and certain cancers.

Key lifestyle areas targeted for improvement include:



PHYSICAL ACTIVITY

Developing a personalised exercise plan.



NUTRITION

Making informed dietary changes to support health.

The programme is a partnership between **you, Alliance-Midmed Medical Scheme**, and a team of healthcare professionals, including a **General Practitioner, Dietician, and Biokineticist**.

YOUR ROLE IN THE PROGRAMME

As an active participant in the Lifestyle Programme, you take on multiple roles in managing your health:



DOCTOR

Understand your medication and how to care for your body.



EXPERT

Learn about your condition, symptoms, and underlying causes.



SCIENTIST

Monitor and interpret your health results.



CHEF

Recognise the link between food and health, making informed meal choices.



PERSONAL TRAINER

Identify the best exercise plan for you and understand its role in weight management.



POLICY OFFICER

Build healthy habits and eliminate harmful ones.

PROGRAMME STRUCTURE & DURATION

The Lifestyle Programme is tailored to your specific condition and may run between 3 to 12 months. Alliance-Midmed Medical Scheme subsidizes the first 3 months, subject to certain conditions.



PROGRAMME REQUIREMENTS

To remain eligible for the programme, members must meet the following compliance conditions:

- 1. PRE-, MID-, AND POST-PROGRAMME ASSESSMENTS**
Assessments conducted by a **medical practitioner, dietician, and biokineticist** to track progress.
- 2. REHABILITATION/EXERCISE SESSIONS**
Monthly sessions with a **biokineticist** for exercise guidance and programme adjustments.
- 3. NUTRITIONAL ASSESSMENT & CONSULTATION**
An initial **pre-programme assessment** followed by **2-4 weekly consultations** with a dietician.
- 4. WEEKLY WEIGH-IN SESSIONS**
Attend **one session per week** at the Family Wellness Centre.
- 5. COMMITMENT TO SELF-CARE**
Prioritise your health by managing your time, taking control, and practicing **self-discipline and self-care**.

We are excited to support you on this journey to better health and look forward to partnering with you to achieve long-term wellness!

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HEAD OFFICE

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