

SAMWUMED Cares Wellness Programme

Apart from ensuring our members do not find themselves in hospitals, the SAMWUMED Cares Wellness Programme and early detection benefit provides members with an opportunity to take ownership of their own health. Our amazing Programmes includes the following screenings:

Age	Screening Test	2021
Adults aged 18 years and older	Blood Pressure	Up to one screening Per beneficiary per year
Adults	Type II diabetes	Up to one screening Per beneficiary per year
25 to 64 years	Total Blood Cholesterol	Up to one screening Per beneficiary per year
11 to 24 years, 25 to 64 years, over 65 years old	Papanicolaou (Pap) test, Chlamydia screening	Up to one screening Per beneficiary per year within a 2 year cycle
Childbearing age	Folic acid	Up to 1 per month for the first 3 months of pregnancy
50 Years and older	Faecal occult blood test	Up to one screening Per beneficiary per year
Over the age of 45 until the age of 70	Mammogram	Up to one screening Per beneficiary every three years until the age of 70
Women older than 60 years and men older than 70 years	Screening for prostate cancer	Up to one Per beneficiary per year
45 years to 70 years	Bone Density Test	Up to one Per beneficiary per year
All Ages	HIV	One test per member per annum
25 years to 65 years	Cervical Cancer	Repeat every 5 years if HIV negative, every 3 years if HIV positive
Less than 1 month old	TSH screening	Once-off for hyperthyroidism in new-borns
Less than 1 month old	Pneumococcal vaccine	Up to one screening Per beneficiary per year
50 to 75 years old	Colorectal cancer	Up to one screening Pb every three years until the age of 70
Age 65 for women, Age 70 for men	Osteoporosis	Routine follow-ups every 18-24 months
Adults from age 20	Cholesterol	Up to once annually for high risk members

DISCLAIMER:

This Brochure is prepared and distributed for purposes of providing you with essential information to help you select the best benefit option for you and your family. It is not a full guide to the Scheme Rules and Benefits and does not supersede the Scheme Rules. All contributions and benefit options presented in the 2021 Brochure are subject to the approval by the Council for Medical Schemes.