

FUTURE PROOF YOUR FUTURE SELF

THE BEST TIME TO START IS NOW!

We hope the start of 2023 has been a good one and that the year ahead only gets better and better.

Speaking of getting better, have you heard about Compound Interest? At Hollard Health, we're all about Compound Health! We believe that, no matter the time of the year, making small changes each day can, over time, lead to BIG results, getting you firmly on the road to your unique version of lasting, vibrant health.

And one of the biggest things that you can do for your long-term health is to go for your screenings!

YOUR FUTURE SELF WILL THANK YOU

Preventative care is a powerful way to manage your health, and early screenings can sometimes make the difference between life and death. But we're not sending this email to scare you – we want to emphasize how easy it is to look after your health daily, and to invest in your future self through screenings covered by Hollard Health.

You can take a look at the table below for more clarity – these screenings are available at your local health care providers and will not be of any extra cost to you.

EXTRA TIP

Another really good way to compound your health is to check in with the HealthMov app daily. By simply taking a selfie each day, you're able to monitor your health and be guided to make small, simple changes where needed.

If you're still getting to know your Hollard Health benefits, you can access them through the **Member Portal**, where you will find guidance on how to use your Preventative Care benefits. If you have not yet: download **HealthMov** and take your first smart selfie!

Remember, it's the small daily actions that make a BIG difference to your long-term health!



Here's to a health-full year,
The Hollard Health Team

Hollard.
health



WELLNESS AND PREVENTATIVE CARE

1 x Routine adult physical examination

If you are over the age of 18 years old, we will cover 1 routine adult physical examination per insurance year which includes the following blood test:

- Glucose
- Cholesterol
- HIV
- Tuberculosis

The following additional blood tests are also covered subject to age and time intervals:

- Full blood count
- Thyroid function (if you are female)
- Kidney function
- Liver function

Cover for the additional blood tests will be limited to the following age intervals and frequencies:

- 18 years old to 39, once every 5 years
- 40 years old to 49, once every 3 years
- 50 years and older, once every 2 years

1 x Pap smear every 3 years

Mammograms

- One baseline for woman aged 35-39
- One every two years for women aged 40-49
- One every year for woman aged 50 and over

Prostate screening

One every year for men from aged 50

Hearing test

- One for babies aged 0-6 months
- One for children aged 7 months-3 years old
- One for children aged 3-6 years old
- One every 5 years for children and adults aged 7 and older

Well child developmental tests

If you are a child of 6 (six) years or younger, we will reimburse charges incurred for tests and services performed for child preventive care. The tests and services must amount to orthodox treatment and must be delivered or supervised by a doctor.

Well child developmental tests (cont.)

The following child preventive care tests and services are covered:

- Medical history of the child.
- Physical examination.
- Development assessment.
- Anticipatory guidance.

Cover is limited to 1 (one) visit to a doctor at each of the appropriate age intervals. The appropriate age intervals are:

Birth	9 months	2 years
2 months	12 months	3 years
4 months	15 months	4 years
6 months	18 months	5 years
		6 years

Vaccinations for children

For a child dependent, we provide cover for vaccinations in line with the World Health Organisation's Recommended Routine Immunizations for children and adolescents.

Vaccinations for adults

We will reimburse you for the charges incurred for preventative vaccinations in line with the World Health Organisation's Recommended Routine Immunizations for adults. Cover also includes vaccinations required when:

- Travelling to a country to gain entry to that country, or
- Recommended by a doctor if you are in a high-risk category for diseases that can occur in the country

The frequency of the testing or age (or both) limits only apply where you are asymptomatic. The age limits and frequency of testing will not apply where it is deemed medically necessary to test sooner or more frequently.