**The benefits of preventative care**

**JOHANNESBURG - Taking care of your health before you get sick is an intelligent choice. The saying "prevention is better than cure" reminds us that avoiding illness through healthy habits is much easier and often more effective than treating it after it appears. By identifying potential health issues early, you can prevent complications that require extensive and expensive medical interventions.**

**What is preventative care?**

Preventative care includes routine check-ups, screenings, immunisations, and lifestyle guidance to help detect and prevent illnesses before they become serious. Rather than waiting for symptoms to appear, preventative care focuses on proactive health management.

Services like blood pressure monitoring, cholesterol checks, cancer screenings, and diabetes testing can identify risk factors early, allowing for simple lifestyle adjustments or minor treatments that prevent major medical complications later. Preventative care also includes vaccinations against common illnesses, mental health screenings, and wellness counselling to support healthy habits.

**Saving money with preventative care**

Preventative care is a powerful way to reduce long-term healthcare costs by addressing potential health issues before they become serious. Many chronic illnesses, including heart disease, diabetes, and high blood pressure, tend to develop quietly over time, often without noticeable symptoms. When these conditions go undiagnosed and untreated, they can lead to significant medical interventions, prolonged hospital stays, and the need for ongoing medication, all of which can place a substantial financial burden on individuals and families.

Taking proactive steps, such as maintaining healthy cholesterol levels through diet and exercise, is far more affordable than dealing with the aftermath of a heart attack or undergoing surgery. Similarly, catching the early signs of diabetes and managing them with lifestyle changes can prevent the high costs associated with insulin therapy and diabetes-related complications. Preventative screenings allow for early intervention, reducing the need for costly emergency care or hospitalisation.

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**Saving time with preventative care**

Preventative care isn't just about cutting healthcare costs. It also helps you reclaim your time. Managing a chronic condition often requires frequent doctor visits, long-term treatments, and potential hospital stays. Taking steps to prevent illness means fewer medical appointments and less time dealing with health-related disruptions.

By prioritising regular check-ups and screenings, you can catch minor issues before they escalate, keeping your daily routine uninterrupted. Instead of spending weeks recovering from an illness or injury, preventative care helps you stay active and productive. Staying healthy means less time in waiting rooms and more time doing the things that matter, whether working, enjoying your hobbies, or spending quality time with loved ones.

**Ways to practice and prioritise preventative care**

* Schedule regular check-ups: Annual physical exams, vision tests, cholesterol checks, blood pressure monitoring and cancer screenings are essential for maintaining optimal health. Regular dental checks are also necessary, as oral health is closely linked to overall health. Preventative dental care can reduce the risk of gum disease or costly procedures like root treatments.
* Stay vaccinated: Immunisations prevent the spread of infectious diseases, protecting individuals and communities. Examples include flu shots, HPV vaccines, and COVID-19 boosters.
* Making healthy lifestyle choices: Eat a balanced diet and exercise regularly, aiming for at least 150 minutes of moderate weekly activity.
* Manage stress through mindfulness or relaxation techniques.

**Unlock the power of prevention with Medshield's wellness benefits**

Medshield's Preventative Care Wellness Benefits prioritise the health and well-being of its members. One way it achieves this is by offering the Health Risk Assessment (HRA) benefit on all Medshield options to beneficiaries aged 18 and above. The Health Risk Assessment is provided in addition to regular day-to-day doctor consultations and includes essential health metrics such as blood pressure readings, random blood sugar analysis, total cholesterol, and Body Mass Index (BMI) tests. This comprehensive benefit underscores Medshield's commitment to proactive healthcare and preventative measures for its members.

**FIN**

(620 words)

**EDITORS NOTES**

**FURTHER MEDIA INFORMATION AND INTERVIEW REQUESTS**

* Stone issues this release on behalf of the Medshield Medical Scheme.
* For media enquiries or interview requests, please contact Willem Eksteen, CEO of Stone or a media liaison member of the Stone team at media@stone.consulting / 011 447 0168
* Alternatively, contact Lilané Swanepoel at Medshield at 010 597 4982 / lilanes@medshield.co.za

**MORE INFORMATION ON THE 2025 MEDSHIELD BENEFIT OPTIONS AND CONTRIBUTIONS**

Benefits and Contribution amendments are subject to CMS approval.

Please refer to the 2025 Product Page on the Medshield website at [https://medshield.co.za](https://medshield.co.za/).

You can review the benefit adjustments, and value adds and download the 2025 benefit guides by visiting <https://medshield.co.za/2025-products/2025-benefit-options/> or by scanning the relevant QR code:

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| --- | --- |
| **Benefit package and descriptor** | **QR code to view more detail** |
| **PremiumPlus** provides mature families and professionals with unlimited hospital cover in a hospital of their choice, with In-Hospital Medical Practitioner consultations and visits paid at 200% Medshield Private Tariff, and the freedom to manage daily healthcare expenses through a comprehensive Personal Savings Account and extended Above Threshold Cover.  | A qr code with a white background  Description automatically generated |
| **MediBonus** provides mature families and professionals with unlimited hospital cover in a hospital of their choice, with In-Hospital Medical Practitioner consultations and visits paid at 200% Medshield Private Tariff, and the independence to manage daily healthcare expenses through a substantial Day-to-Day Limit. | A qr code on a white background  Description automatically generated |
| **MediSaver** is perfect for independent individuals and young professionals thinking about expanding their families. MediSaver offers unlimited hospital cover in the Compact Hospital Network, with the freedom to manage daily healthcare expenses through a generous Personal Savings Account. | A qr code on a white background  Description automatically generated |
| **MediPlus** provides middle to upper-income families with complete healthcare cover for major medical and daily healthcare needs. Unlimited hospital cover is provided through a choice of two hospital networks, Prime or the value-focused Compact Hospital Network. Daily healthcare expenses are covered through a generous Day-to-Day Limit. Benefits are identical in both categories, Prime and Compact, with care coordination and doctor referral mandated on MediPlus Compact.  | A qr code on a white background  Description automatically generated |
| **MediCore** is ideal for healthy individuals looking for comprehensive hospital cover, with daily healthcare expenses self-managed. This option offers unlimited hospital cover in the Compact Hospital Network, with In-Hospital Medical Practitioner consultations and visits paid at Medshield Private Tariff 200%. Day-to-day healthcare expenses are self-funded. | A qr code on a white background  Description automatically generated |
| **MediValue** is the ideal option for growing families. It offers affordable cover for major medical and daily healthcare needs. Unlimited hospital cover is provided through a choice of two hospital networks, Prime or the value-focused Compact Hospital Network. Daily healthcare expenses are covered through a sizeable Day-to-Day Limit. Benefits are identical on both options, MediValue Prime and MediValue Compact, with care coordination and doctor referral mandated on MediValue Compact. | A qr code with a white background  Description automatically generated |
| **MediPhila** is ideal for families seeking first-time access to affordable private medical cover. As a MediPhila member, you have full cover for Prescribed Minimum Benefit (PMB) treatment plus R1 million per family for non-PMB In-Hospital treatment in the MediPhila Hospital Network. Coupled with this is Day-to-Day cover for your essential daily healthcare needs. | A qr code on a white background  Description automatically generated |
| **MediCurve** If you are tech-savvy, young and healthy, then MediCurve is the ideal first-time option for you! MediCurve provides generous hospital cover in the MediCurve Hospital Network combined with unlimited virtual Family Practitioner consultations and essential optical and dental cover through network providers | A qr code on a white background  Description automatically generated |

**MORE ABOUT MEDSHIELD MEDICAL SCHEME**

* You never know when you or your family member/s may require medical care or treatment, and most importantly, whether you will have funds available to cover the costs. Medshield is a healthcare fund where all members contribute to the fund every month to cater for medical coverage should the need arise. Medshield is a healthcare fund where all members contribute towards the fund monthly to cater for medical cover should the need arise.
* Medshield has been in operation since 1968, making us one of the most experienced, knowledgeable, and reliable medical schemes in South Africa. Our extensive experience in the healthcare sector guides our understanding of our members' needs. Our excellent cover and benefits and the best quality systems and services have resulted in our exceptional size and strength.
* Each of our options offers affordably priced benefits. We continuously review and improve the range of benefits in each option to bring you what you need.
* We partner with our stakeholders to enable access to sustainable and **affordable quality healthcare** through innovative products and benefits.
* Our impeccable reputation of prompt payments to hospitals, doctors, pharmacies and other medical caregivers guarantees approval from service providers when you present your Medshield membership card.
* Our extensive partner networks place us in the perfect position to offer exceptionally competitive rates to our members.
* Medshield is well-represented throughout all nine provinces and provides seamless access to service providers in your area. Our geographical spread provides convenience if it becomes necessary for you to have a personal discussion with one of our experienced consultants. We also have a streamlined online claim submission system and immediate contact centre assistance, making it easier to manage your membership and claims from the convenience of your home or office.
* Another distinguishing factor is our extensive range of additional benefits and services. These benefits and services have been designed to give members additional support when needed, for instance, in an emergency or when suffering from a chronic or life-threatening condition.
* Compared with other medical schemes, our trustworthiness, impeccable history, and exceptional service guarantee that we come out tops!
* As the interface between the Scheme and our members, Medshield staff are the backbone of our customer service delivery. The successful delivery of service depends entirely on the calibre of our people.