

With **GEMS**
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Q4 SPECIAL | EDITION NEWSLETTER



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Seasons Greetings and
Happy Holidays!



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Remember to
keep Hydrated



Get summer ready
for the holidays!



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The digital membership card is available on the GEMS Member app and is convenient for members and their beneficiaries. Make use of the multi-function GEMS Member app to interact with the Scheme at home or on the go to make your life easier. Use the QR code to download the GEMS Member App.

Principal Officer's note



Dear Valued Member

2019 is drawing to an end and we thank you for trusting the Government Employees Medical Scheme (GEMS) with your healthcare needs throughout the year. Festive season is a time for you to take some time off and look back at the year that was and start planning for the year ahead. We urge all our members to enjoy the holidays responsibly and enter the New Year safe and sound.

Your health and wellbeing remains a priority to us, and for this reason we have included a few tips on how to pursue a healthy lifestyle and safety tips for the festive season in this issue of the GEMS newsletter. In addition we request that all members protect their finances by staying vigilant and aware of all fraudulent activities. Look out for what's new in 2020 in the first newsletter of the New Year.

You have worked hard all year and now is the time to relax and spend time with your family and loved ones. From all of us at GEMS, happy holidays and stay safe. We look forward to continuing to work towards a healthier you in 2020!

Yours in Health

Dr Guni Goolab
Principal Officer of GEMS

Seasons Greetings and Happy Holidays!



At GEMS, preventative care is one of our key focus areas and we encourage all our members to become the best version of themselves by choosing a healthier lifestyle especially this festive season.

Here are some tips to pursue a healthy lifestyle this festive season from GEMS:

1. Make exercise a part of your daily routine to promote positive changes;
2. Make responsible lifestyle choices to prevent adverse consequences;
3. Keep a balanced nutrition in all meals to maintain a healthy body and mind;
4. Take time to rest and make time with family and loved ones; and
5. Make informed financial decisions that will ensure financial independence for the near future



GEMS appoints new **Board Chairperson and Deputy Chairperson**



The Government Employees Medical Schemes (GEMS) welcomes the appointment of the new Chairperson of the Board of Trustees Dr Millicent Hlatshwayo and her Deputy Mr Mpfariseni Phophi, who are both long serving members of the GEMS Board of Trustees. An independent Board of Trustees is responsible for providing the Scheme's strategic direction and overseeing the implementation of the strategic plan and management of risks by the Executive.

The Scheme is confident that the newly appointed Chairperson and Deputy Chairperson will continue to encourage organisational growth and ensure efficient healthcare service for the Scheme's more than 720 000 members and their 1.8 million beneficiaries.

The Board of Trustees comprise of twelve persons who are deemed fit and proper to be trustees. Fifty percent of the trustees are elected by members by means of a ballot process, while the remaining fifty percent is appointed by the Minister for the Public Service and Administration. The Board of Trustees also welcomed the reappointment of the previous Chairperson of the Board, Nkosinathi Theledi, back to the board. His reappointment is a vote of confidence in his capabilities to discharge fiduciary duties as demonstrated during his tenure as the Chairperson of the previous Board of Trustees.

"We trust that, under the new leadership, the Board of Trustees will continue to exercise their fiduciary powers and carry the duties provided for in the Medical Scheme Rules, which include deciding on matters such as the Scheme's benefits and contributions".



**Dr Millicent
Hlatshwayo**



**Mr Mpfariseni
Phophi**

Remember to **keep Hydrated**



Dehydration is commonly associated with more water moving out of the body than it is taking in, it may then lead to muscle cramps, fatigue, and extreme thirst. Indeed, these are just some of the consequences of subpar hydration which affects the brain as well.

The human brain is made up of around 73% water. If you don't keep up with a regular water intake, especially in hot weather or while exercising, your thinking and cognition may suffer. In one study, young adults who exercised for 90 minutes to a state of dehydration experienced significant shrinking of brain tissue¹, much like a sponge left out to dry.

Drinking plenty of water remains the best way to stay hydrated in the summer. Be sure to drink more water than usual and schedule regular "water breaks" during the day, every day!



Get summer ready **for the holidays!**



During the summer season, the importance of sunscreen cannot be understated. When the weather is nice, most of us spend more time outdoors, and wear less clothing. There is a lot of swimming and laying in the sun. All of these factors make the skin particularly vulnerable to the sun's rays during summer.

A common myth is that people who don't burn easily don't need to worry about sunscreen. Sunscreen is important for everyone. It is important that you protect yourselves against the sun's harmful UV rays, which can lead to sunburn and significantly increase the risk of skin cancer. Make sure you are giving your skin the protection it deserves for the future by staying out of direct sunlight and make use of a sunscreen that has a sun protection factor (SPF) of at least 30 to 50 and is approved by Cancer Association of South Africa (CANSA).

KEEP OUT OF THE SUN AND ALWAYS CARRY A HAT, CAP OR SUNGLASSES FOR EXTRA PROTECTION.

