

# HOLIDAY TIPS

## Golden rules for happy holidays

You've made it to the last few weeks of 2022! It's that time of year when we start looking forward to catching our breath, and when many plan a holiday away from home. A change of scenery, some rest and quality time with our loved ones, is what we have all worked so hard for over the past 11 months.

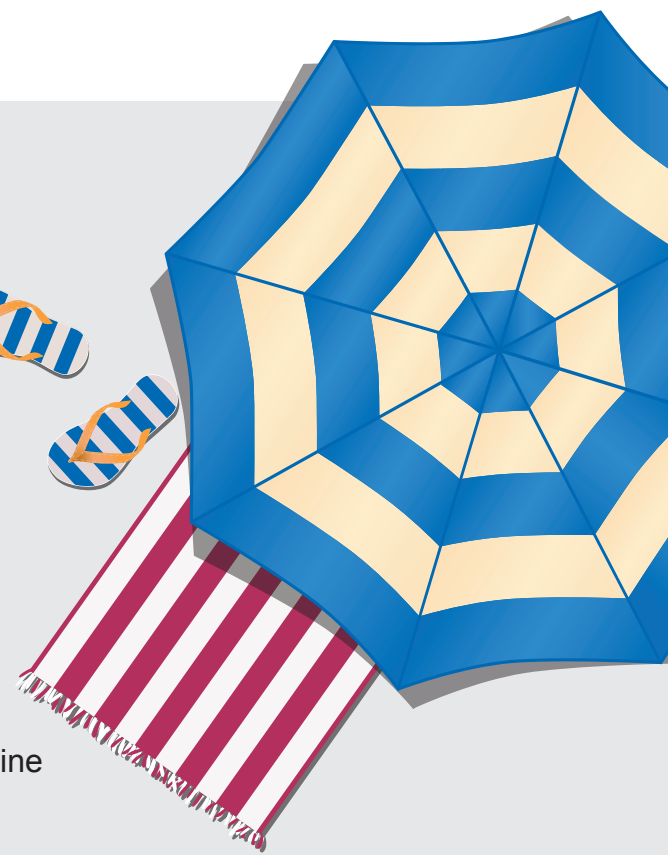
But there's something else about this time of year that you need to keep in mind. Often, medical scheme members do still need to use their medical scheme benefits in the last weeks of the year, either for normal illnesses and medicines, and often when they are away from home.

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### Please remember the following tips:

1. If you plan on **travelling overseas**, inform your **medical scheme** and obtain a travel letter
2. Remember to take your **membership card** with you when travelling anywhere.
3. Remember to take your **chronic medication** with you on holiday – it will be easier to get your medicine from your usual provider before you leave, rather than trying to get your script filled somewhere at your destination.
4. **Check your savings account balance** before you leave. That way, you won't have any nasty surprises when having to make payments for services or medicine while on holiday.
5. If you are on a **network plan**, find out if there are **network doctors/hospitals** at your destination; and if there aren't, ask your medical scheme about their rules around the use of non-network providers.
6. In an **emergency**, please contact your **medical scheme** before getting treatment if at all possible. If you can't, be sure to contact them as soon as you can after you have received treatment.



### And finally...

**Don't forget to WEAR SUNSCREEN, RELAX,  
AND ENJOY THE FESTIVE SEASON!**

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