



**HERITAGE
HEALTH**
We care about your health

Why Heritage Health - In many ways a First for Namibia

1. ONLY Heritage Health who pays at **100% of costs** being charged by healthcare providers hospital – **no unexpected shortfalls** for you to pay. An unmeasured advantage for members. We often think that our monthly contribution for medical aid cover is the budgeted item when in fact it must include all the co-payments and shortfalls.
2. Benefit plans for 2020 innovative and flexible – you design your own level of cover in terms of your own needs: **employer groups** can join, pending the size.
3. For **YOUNG ADULTS**: belong to a medical aid fund which is affordable and where there is **no co-payments and no shortfalls** – **Your Budget** is controlled.
4. Heritage Health is the **ONLY** medical aid fund where there is **no co-payments except where branded items** is chosen instead of generics on chronic medication and amounts to 15% - another controlled budget advantage.
5. Chronic medication, Oncology and Specialised Radiology forms part of the hospital benefits thereby **extending** the day to day benefits.
6. **TELEMEDICINE**, health at a distance, allows Heritage Health members to contact Doctors on Call during emergencies, after hours or when at a distance from a health facility.
7. Members will have the opportunity to obtain own unique **BIOMETRIC WRISTBAND** detailing all the vital signs.
8. Introducing **ACTIVATE.ME** – your VITAL HEALTHY LIFESTYLE PARAMETERS **including online education platform**.

Biometric Wrist Bands - Fit Bits - Another First

Digital-health technologies have the **potential to reduce healthcare costs** especially when it comes to managing chronic diseases. Heritage Health members will be able to obtain a Biometric Wristband, and which will bring virtual care to their doorstep by **enabling non-invasive self-monitoring and disease management and helping members detect patterns and indicators of various health conditions and risks**. Vital signs parameters such as blood-pressure trending, blood oxygen, blood glucose, hydration and sleep quality is monitored and stored.

Members are empowered with more control over their healthcare. Members who track their diet, physical activity and weight will achieve better results than those who don't, and the Heritage Health **Biometric Wristbands will provide feedback that reinforces personal accountability for own health and promotes a healthy lifestyle**.

We encourage young people who become members as well as the older members to take control of their health by exercising and applying a healthy lifestyle. Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. **Most importantly, regular activity can improve your quality of life**. For more information including the terms and conditions, you may contact the office of the Administrator once you become a member of Heritage Health.



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For Professional Advice & Premiums contact our Qualified & Experienced Brokers

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