

3RD EDITION NEWSLETTER 2026



REGISTER FOR CHRONIC MEDICINE

To get cover for your chronic medicine register on the Chronic Illness Benefit.

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STAY AHEAD OF YOUR HEALTH

When it comes to women's health, prevention and early detection are key.

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BE PREPARED FOR ALLERGY SEASON

Allergy season can impact daily comfort, sleep quality, and overall wellbeing.

[FIND OUT MORE](#)



MENTAL WELLBEING: WHY IT MATTERS FOR EVERYONE

Up to 1 in 3 South African experiences a mental health issue of some sort.

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