

CORONAVIRUS NEWS UPDATE

DISCOVERY HEALTH: NEW WELLNESS SCREENING BENEFIT

Discovery Health have launched a new wellness screening benefit. This benefit is at NO COST for Discovery Health members. Non DH members are charged R199 for the screening.

WHY SHOULD YOU BE SCREENED?

It is very important for everyone to know their health risks, and most importantly if they suffer from the most common co-morbidities that pose a risk if you contract Covid-19.

Discovery Health will test for the following:

- Blood pressure
- Glucose levels
- Cholesterol
- Voluntary HIV testing and counselling
- BMI
- Posture and eye tests

They will follow very strict health and safety protocols, and employees need to book time slots.

COMMON CO-MORBIDITIES WHICH POSE RISKS DURING THE COVID-19 PANDEMIC

HYPERTENSION

What is hypertension?

Persistent high blood pressure is medically referred to as hypertension.

WHAT IS HIGH BLOOD PRESSURE?

High blood pressure is persistently high pressure in the arteries. A blood pressure reading consists of two numbers, for example 140 over 90. The first number refers to your blood pressure when your heart contracts (systolic pressure) and the second number is the pressure exerted when your heart is relaxed (diastolic pressure). A normal blood pressure is about 120 over 80. Your blood pressure may sometimes be raised, but this does not mean you have hypertension. A doctor will only make this diagnosis if your blood pressure is persistently high.

SYSTOLIC PRESSURE Is measured when the heart contracts

DIASTOLIC PRESSURE Is measured between beats when the heart relaxes

FACTORS INCREASING THE RISK OF HIGH BLOOD PRESSURE

- Age: People over 64 are at risk
- Being overweight increases the risk
- Stress
- Smoking and Alcohol
- Not taking prescribed medication

TYPE 2 DIABETES

What is Type 2 Diabetes?

This occurs when the body is unable to process glucose (sugar) in the blood for energy. If not treated, high blood sugar levels can cause many health problems including kidney disease, heart and blood vessel disease, nerve damage, eye damage and hearing impairment.

Causes and Symptoms of Type 2 Diabetes?

Type 2 Diabetes is caused by poor lifestyle choices. This includes an unhealthy diet and lack of exercise. Making changes to your diet and introducing moderate exercise can reduce your risk dramatically. Ensure that you are taking your medication if pre-scribed.

Type 2 Diabetes is often undetected but symptoms can include blurred vision, excessive thirst, and lack of energy, frequent urination, numbness or tingling in hands or feet.



THIRST

FREQUENT URINATE

BLURRY VISION

HOW TO MANAGE HYPERTENSION AND TYPE 2 DIABETES



Healthy diet



Healthy level of
physical activity



Healthy
body weight



Quitting
smoking



Consuming
alcohol moderately



GET TESTED AND KNOW YOUR STATS