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BPS Cape relaunched

BPS has opened a new membership office in Cape Town in April.

"Unfortunately the attendance of the opening wasn't as big as we would have liked, but we are positive that the people who did show up are enthusiastic and will make a difference in establishing a BPS community in the Cape," says Yolandi Heath, acting President.

"The problem is that the members are scattered throughout the Western Cape and the solution probably lies in opening more than one office," says Glenda van Eck who drove the process locally in Cape Town.

At this stage BPS asks your help in taking the process further. Please contact Glenda with your details so that the right structures can be put into place to best serve the Capetonians.

Her contact details are 083 255 4517 or vaneckfamily@telkomsa.net and glenda.vaneck@gmail.com

From the BPS Council

We updated the existing BPS Constitution and provided branches the option to give input and comment on the changes.



Acting President
Yolandi Heath

The updated version is available on www.bps-fips.co.za. Should any member, however, want to know what changes were made (if they did not have the option to review it with their Branch Chairperson), they can schedule an appointment with the National Secretary, Peter McQueen.

BPS Financials are sound and we received a positive health-check from the auditor. Should anyone, however, want to view the finances, they can schedule an appointment with the National Treasurer, Peter McQueen.



Calling all Landbank pensioners

Are you a pensioner hailing from Landbank? Do you know any other Landbank pensioners who are not members of BPS? We need your information! Please contact Peter McQueen from BPS's office in Johannesburg. Tell your friends to do the same.

Please complete the BPS Information Update Form and/or Application Form on page 4 and send to BPS Head Office as per contact details on page 4.

Do you make use of BPS's benefits?

Just to keep you updated – here is a list of benefits available to you through BPS:



Bankmed Help-line for pensioners: Bankmed Contact Centre 0800 226 5633
Dedicated toll free help-line or pensioners to assist with claims and queries.



Heart2Care Health Services: mainly in Gauteng West - Lorinda Venter
011 675 2713 / 082 920 2538
All your short- and long term healthcare needs in the comfort of your own home.



Shekinah Home Care – across Gauteng: Meridy Smith 012 651 4122 / 084 766 4657
Day and night care of your loved ones at home by trained health care workers.



firstEquity Short Term Insurance (Pensure policy) underwritten by Santam and AA (Automobile Association): Ahmed Swanepoel or Clint Harker 011 510 1300
AA: 086 111 5048
Discounted and individually tailor-made rates on short term insurance focused on pensioners, including Home and Road Assistance.



AVBOB Funeral policy: Koos Bruwer on 021 851 0402 GR Kolobe on 010 222 0115
Special premiums and benefits for insured and co-insured.

ATKV Resorts: 011 919 9000 or 0800 002 209
Mid-week specials, excluding long weekends and school holidays.



SeeSkulp holiday cottage at Uvongo: 039 315 0423 or 078 618 8619
20 % Discount on out of season bookings.



Holsboer Vacations: 011 295 5404
Up to 50% discount if you book to sleep a minimum of four nights.

Clarens Guesthouses: Sara-Jane Schoeman 058 256 1173 / 1480
Clarens Accommodation office for pensioner discounts at various guesthouses.



Clarens Golf Estate: 058 256 1270
Clarens Golf Estate directly for any special discounts.

Weg / GO Magazine: Jenny Marinus 021 405 1965
35% discount on annual subscriptions and new applications.



Unitrans Motor Group: Johan du Preez 011 288 8204 / 082 458 7024
Call directly for discounts on various ranges and manufacturers.

Sasbo News and Smalls: F: 011 467 0192 schraader@mweb.co.za
Free newsletter copy to keep you updated with news and activities in the Industry.
BPS members can advertise personal items in Smalls advertisement section at no charge.



Do you make use of any of these benefits?

What is your experience? We want to hear from you. Please drop us a note to BPS Head Office as per contact details on page 4.

Send Us Your Funny Story Do you have a story, anecdote or interesting experience from when you were still working at your financial institution? We would like to hear from you! Send your contribution to the BPS office in Johannesburg – **the contact details are on the bottom of page 4.** You can stay anonymous if you prefer.

Here is an example, just to get the juice flowing: It is told that the staff of a particular branch of a specific bank wanted to leave early one day to go shopping. When the manager wasn't looking, they changed the time on the big clock on the wall 20 minutes later. When 16:30 arrived, they were all very quick to pack up and leave. Of course it boomeranged on them! The next day they were all 20 minutes late, according to the clock, and they had to work through lunch time to make up for it!



How to get a Healthy Heart?

In its presentation to pensioners at the last Pensioners' roadshow, Bankmed emphasised the importance of looking after your heart. Here is an extract.

As we approach a certain age, many of us start to consider heart disease and what we can do to prevent it.

Heart disease is a major threat to senior health – in fact, 84 percent of people aged 65 years and older pass on from heart disease. Though heart disease risks increase with age, it doesn't have to be an inevitable part of getting older. The right lifestyle habits and a heart-healthy diet can help protect you.

What exactly is heart disease?

It's the term given to a group of different health conditions that affect the heart namely: coronary artery disease, arrhythmia, heart attack, heart failure.

Know the Symptoms of Heart Disease

The warning signs of heart disease often don't appear until you're having a heart attack. **Symptoms of an emergency or impending heart attack may include:**

- Feeling faint
- Weakness or a sensation of light-headedness
- Having a hard time catching your breath
- Feeling nauseous or vomiting
- Feeling very full or having indigestion
- Pain in the chest or an uncomfortable pressure in the chest
- Unusual pains in the back, shoulders, or neck
- Sweating
- An irregular heartbeat

How to Reduce your Heart Disease Risks?

Many health conditions can contribute to heart disease and increase your risk of having a heart attack. Heart disease treatment and heart attack prevention requires that you treat all other contributing health problems and keep them under control.

Working with your doctor can help keep health problems under control. It's never too late to start living a healthy lifestyle and getting your heart disease risks in check.

Steps to Heart Disease Prevention

Get enough exercise - This means at least 30 minutes of exercise almost every day of the week.

Quit smoking

Eat a heart-healthy diet - Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats. Eating (a little) dark chocolate regularly is good for your heart and mind.

Watch your numbers - Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes, and make sure they're under control with medication.

Reduce your alcohol intake - Excess alcohol consumption can worsen health conditions that contribute to heart disease, like blood pressure, arrhythmias, and high cholesterol levels.

Minimize stress in your life - Stress can compound many heart disease risks that seniors already face, steering you toward an unhealthy lifestyle. Find healthy outlets to relieve stress and lower your heart disease risk.

Watch your weight - Too many pounds can add up to increased heart disease risk. To help prevent heart disease, maintain a healthy body weight for your size.

Kick your housework up a notch - Vacuuming or mopping and other household chores do get you moving. They can give your heart a workout, while burning calories too.

BPS membership

Information Update Form and/or Application Form

Update my information New Application

Please enroll me as a member of the BPS and debit my account no

at Bank

Branch code no upon joining and then annually with the amount of R62.00*, on the first working day of May each year.

Full Names :

Postal Address:

..... Postal Code

Tel (Landline):

(Mobile):

E-mail address:

WhatsApp facility on phone

Identity Number:

Signature: Date:

*** This amount may be adjusted annually.**

Enrolled by:

Please send your completed form to:

BPS Office Manager

Tel: 011 442 0030 / 011 447 3498

Email: bpsoc@telkomsa.net

WIN 1 of 3 VOUCHERS

Keep your information current

BPS strives to keep our members informed and have put a number of communication channels in place. The effectiveness of our communication, however, depends on our data base, which seems to be outdated.

Please use the form above to update your contact information, before end August 2018, and stand a chance to win one of three vouchers to the value of R300.



Save money – apply for a Chronic Illness Benefit

Apply for Chronic Medication as soon as you have been diagnosed with one of the conditions Bankmed covers. Chronic Medication is subject to the available Benefit as per your Plan.

How to manage your chronic condition.

- Core Saver, Traditional, Comprehensive and Plus Plan have access to Medicine Advisory Services.
- Medicine Advisory Services provide structured solutions with the medication you use, especially chronic medication.
- Medicine Advisory Services provide an efficient pre-authorisation process using advanced technology with pharmacological and medical expertise.

Cover for chronic conditions.

- Cover for medication if you have a listed condition for which you have to take medication for three months or longer.
- Cover for 26 conditions on the Chronic Disease List.
- Requires registration on the Chronic Illness Benefit and meeting the clinical criteria.



How to apply for chronic medication

- Ask your Healthcare Professional or pharmacist to call to call Bankmed Contact Centre on **0800 BANKMED (0800 226 5633)**, and follow prompts to the Chronic Managed Care Department or the Chronic Management Care Department at **0800 132 345** once registered.
- Members on Essential and Basic Plans can contact chronicbasicesential@bankmed.co.za or Bankmed generic numbers are **0800 BANKMED (0800 226 5633)** and fax completed registration form to **011 539 7000**.



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