

**HEALTH &  
WELLNESS**

**FIRST MUTUAL**  
HEALTH



**Healthy Eating Tips  
for the Holidays**

**Stay healthy in  
rainy season**

## Dear Member

As yet another year draws to a close, we would like thank you for your continued support and for the confidence that you have placed in us as your health insurance provider. 2022 has been an exciting year for First Mutual Health and one that we can look back on with pride at what we have achieved and with a sense of excitement about what the future holds.

A key milestone for the business this year was roll out of First Mutual Health Services Pharmacies in Bulawayo and Gweru. Further, the business is expanding its services by adding optometry and dental units to be fully operational early 2023.

As First Mutual Health, we remain committed to delivering excellent service as evidenced by our recent accolades as follows:

- Institute of People Management Zimbabwe (IPMZ) HR Excellence Awards 1st Runner Up in the Medical Aid sector 2022
- Marketers Association Zimbabwe Superbrands Awards 1st runner up in the Health Sector
- Contact Centre Association (CCAZ) Awards 1st runner up in the Health Insurance Sector

A big appreciation goes out to all those who participated in the First Mutual Health fitness battle and 35km uprun and 5km run in support of cancer awareness and line with our wellness programmes as a way to keep members active through sports with the goal of helping them maintain a healthy life. At First Mutual Health, we care as well as seek the wellbeing of our clients. Lookout for these and other health fitness programmes in 2023.

As we usher in the New Year with great celebrations and expectations, we take this moment to thank you for your custom and to express our heartfelt gratitude to you. Team First Mutual Health looks forward to serving you, as well as building and strengthening our relationship in the New Year and beyond. We are truly grateful to you for choosing us as your service provider and giving us the opportunity to grow. None of our achievements would have been possible without you and your unwavering support.

Stay safe and healthy during this festive period, and may 2023 be full of joy, prosperity and good health!

**Until next time, stay healthy! #ItsPossible**

**FIRST MUTUAL**

HEALTH

Go Beyond

# Christmas Wishlist

If you had a choice what 2 options would you pick for Christmas?



**New Car**



**Lucrative Stocks**



**New Home**



**Unlimited WiFi**

**With you, for you.**

FIRST MUTUAL HEALTH

First Mutual Park, 100 Borrowdale Road, Borrowdale, Harare

Tel: +263 86 7700 7432

E-mail: [info@firstmutualhealth.co.zw](mailto:info@firstmutualhealth.co.zw) | Website: [www.firstmutual.co.zw](http://www.firstmutual.co.zw)



+263 778 917 309



First Mutual Health



FMH\_Health

# Diabetic Patients Healthy Eating Tips for the Holidays

The holidays are full of family, friends, great food, and great memories but they aren't always compatible with a healthy lifestyle particularly for people with diabetes. Coupled together, all those festive parties and the stress the holidays can bring, can mean a hit to our overall well-being from November to New Year's. But it doesn't have to be this way. Fortunately, with a few tricks, it's possible to maintain a healthy lifestyle year-round.

As your health insurer of choice, we have taken the liberty to share with you our valued members how to stick to your diabetes meal plan when everyone around you seems to be binging on food. Here are tips that can help:

## 1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

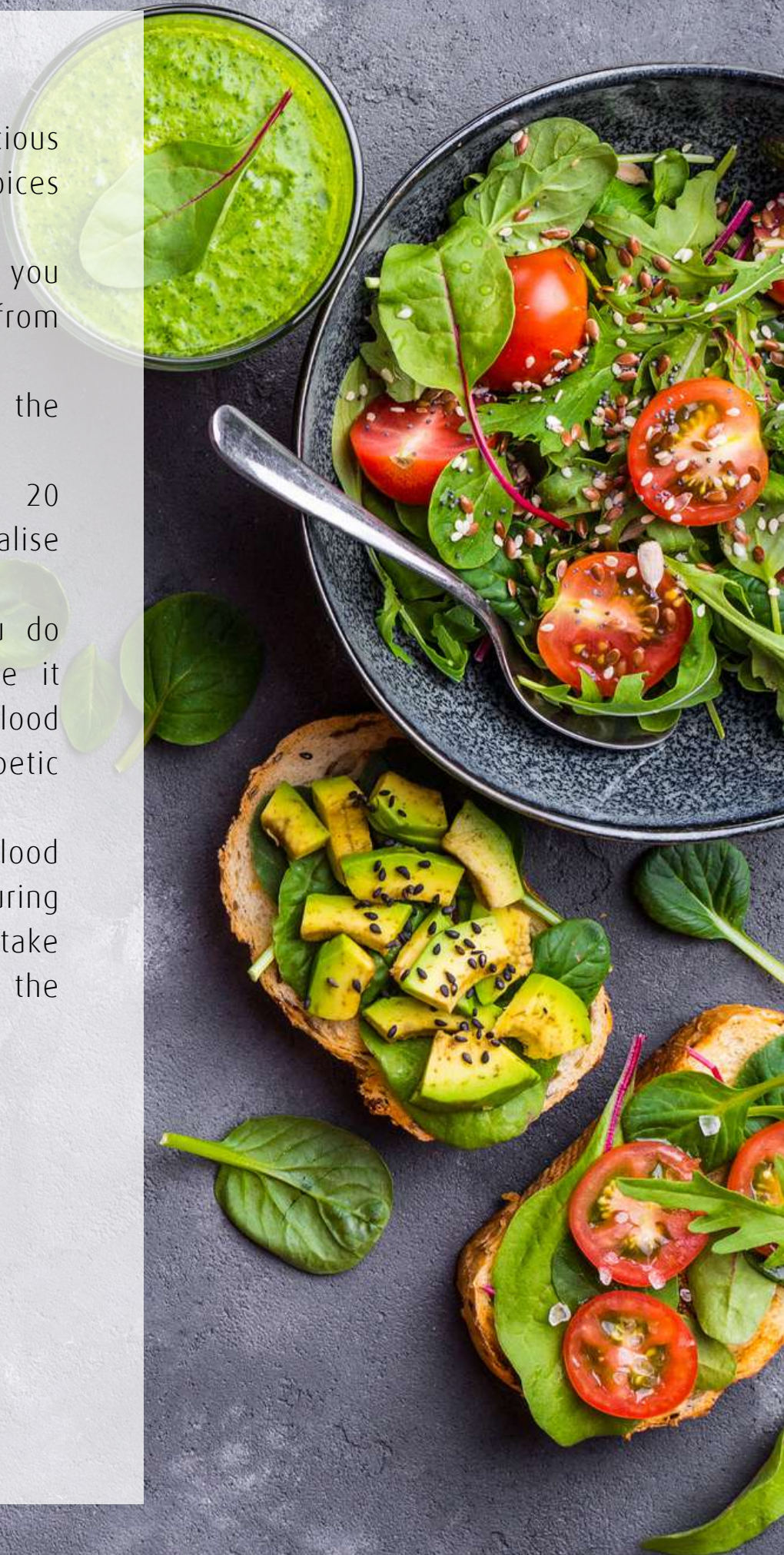
Eat close to your usual times to keep your blood sugar steady. Portion control will be your best friend throughout the holiday season. Eat small snacks during the day, and have three medium meals instead of three extra-large ones. This will improve your digestion and reduce the amount you're eating, both during meal times and overall. If you're worried about portion control, you can use smaller plates or reduce the number of dishes you serve at each meal.

- If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat.

## 2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realise you are full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetic medicines.
- Plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medication, ask your doctor if the amount needs to be adjusted.



### 3. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. However, being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

### 4. Get Your Sleep

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Try to stick to your typical sleep schedule. Aim for 7 to 8 hours per night to guard against mindless eating.

This can be particularly challenging with the increase in parties and family in town. Sticking to your sleep schedule will improve your quality of sleep both now and after the holidays.

Studies have shown that irregular sleep schedules can lead to poor sleep quality, fatigue, poor eating habits, and daytime sleepiness that can take time to reverse. Avoid this by going to bed and waking up as close to the same time as you usually do.

The holidays are full of family and friends, and while this can be a great thing, it can also be draining and stressful. Whether you're staying with family over the holidays or just attending a large number of events, remember to take time every day for yourself. Go for a walk, meditate once a day, or offer to go to the store for a few minutes of quiet. Even extroverts need time to recharge.

Most of all, remember what the season is about - celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

## Did You Know?

All First Mutual Health Members who are 70 years and below have a free funeral benefit just by being a member.

In the event that a member passes away the Fund will pay an amount based on your plan as indicated on the schedule of benefits. The funeral benefit is paid in the currency in which contributions are remitted. The benefit is designed to help with costs after the passing of a loved one who is registered on the medical aid.

### How to submit a claim?

The benefit is accessed by completing the Funeral Assistance Form and supporting documentation. The following documentation is required to facilitate processing:

- Copy of Burial order/ Death Certificate
- Copy of ID for the Beneficiary
- Banking information for the Beneficiary
- Marriage certificate or affidavit to confirm relationship with to the deceased

### Is there a time limit for the submission of the claim?

The claim must be submitted within 3 months of the passing of the member. For further information, please contact our Client Relationship Management team on 08677 007432 / 0242 251 440  
WhatsApp 0778 917 309  
email: [info@firstmutualhealth.co.zw](mailto:info@firstmutualhealth.co.zw)





# Tips stay healthy in rainy season

Whenever you go out, try to carry an umbrella or a rain coat or the both, when required during the rainy season. Keeping yourself dry, fresh, and clean is the best way to avoid the diseases like cold, cough, flu and fever.

- Use a powerful insect repellent to hold mosquitoes away and prevent getting bitten. Furthermore, it's a good concept to take anti-malarial drug during this season.
- Where possible, try to avoid walking through rainy water. It can lead to numerous fungal diseases of the feet and heels.
- Take moderately hot food and drinks during the rainy season.
- Dry your feet when they get wet.
- If you suffer from asthma or diabetes, avoid residing any place with wet walls. It encourages the development of fungus and can be especially hurtful.

## Fruits

It is really essential for you to consume fruits like pears, mangoes, and apples during the rainy season as this helps you restore energy. Those who are diabetic should consume these fruits in moderation.

## Water

Since water borne diseases are quite common during the rainy season, try not to drink water that is not purified. Even after filtration, it is better to drink the boiled water as this will kill all germs.

Stay healthy!

**FIRST MUTUAL**

HEALTH

Go Beyond

**Season's Greetings**

**Merry Christmas and a Happy New Year.  
May 2023 bring all the blessings, prosperity and  
peace for you and your loved ones.**



**With you, for you.**

FIRST MUTUAL HEALTH

First Mutual Park, 100 Borrowdale Road, Borrowdale, Harare

Tel: +263 86 7700 7432

E-mail: [info@firstmutualhealth.co.zw](mailto:info@firstmutualhealth.co.zw) | Website: [www.firstmutual.co.zw](http://www.firstmutual.co.zw)

+263 778 917 309  First Mutual Health  FMH\_Health