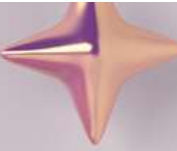


**New Year Smart
Goals**

**Cervical cancer
awareness**



New Year Smart Goals

Setting new year resolutions can help you achieve success in the upcoming year. However, sticking to your goals can get hard as the year marches on. The right game plan can help you stay the course all-year long. Lots of people kick off January with high hopes of good behaviour and achievements, but lose momentum as the year marches on. In fact, only 4 in 10 peeps are still on track with their resolutions after six months but that doesn't have to be your reality in 2023!. Sure, if your goal-setting process is flawed, you're unlikely to get very far.

The good news is that with a few tweaks, you can make sure your resolutions stick around and become part of your routine. The key is to set realistic, attainable goals and to break down those grandiose resolutions into smaller parts.

Every new year, we tell ourselves, "This year I'm going to" and then the new year ends, and we repeat the cycle over again. Research shows that 80% of New Year's resolutions fail by the beginning of February. Why? Because New Year's resolutions seldom have actionable steps. They are created out of peer pressure based on an arbitrary date.

It is well known that eating better or dieting and exercising top the list of resolutions, yet these are not achievable. What does eating better mean and what constitutes exercise? Let us set SMART goals, not resolutions. SMART goals are specific, measurable, achievable, relevant, and time bound.

Here are some nuggets to achieve your 2023 goals.

1. Reflect over all areas of your life to determine where you are and where you want to go. Strictly speaking, goals are the object of your ambition or effort. They are personal. Our lives are not centred around one common axis. We are complex beings. Reflect on the personal (relationships, health), professional (money, career goals), emotional (mental health), and spiritual (self-actualisation, self-care) areas of your life.

Reflection will be different for everyone. You can do this alone or with friends and family. This is the first step to determining your goals. If your goals have no meaning, you're unlikely to achieve them. Also, if you have too many goals, you're unlikely to achieve them. Pick your top five to get started.ional goals.

2. Write down your SMART goals for the areas in your life you are committed to changing. Use the SMART acronym to set goals.

- Be specific. Your goals should answer the questions of what you want to accomplish and why it is important to you.
- Make sure it's measurable. Quantify your goal in a way you have control. Don't rely on someone else to measure your success such as receiving a raise. That is outside of your control.
- Make sure your goal is achievable. Even the loftiest goals can be accomplished. It all starts with a single step.
- Determine its relevance. Why is this important to you now? Is this goal relevant in your life right now? Relevance is particularly important when setting professional goals.
- Time bound means setting a specific deadline for accomplishment. A deadline creates a sense of urgency to motivate us to act.

3. Post your goals where you can see them every day. Affirmations, vision boards, and visualisation will surely help.

When we write down our goals and then close the notebook, weeks go by without ever seeing or revisiting our goals. Posting them where you can see them keeps them top-of-mind.

4. Tell a friend. It has been noted that if you tell the right people your goals, you're more likely to keep them. You need to tell someone you trust – a friend or mentor. However, that same research found that talking about your plan to achieve the goal is more effective than telling someone your goal. And then keep them informed of your progress.

5. Be flexible. Sometimes our goals become outdated or irrelevant. Ditch those. Write new goals if it is relevant or see how you might tweak the other goals you've written.

In a nutshell, take some time to reflect on where you are and where you want to be. Set your big hairy audacious goals for 2023. Write them down and divide them into manageable bite-sized pieces you can share with a trusted mentor and don't forget to celebrate your wins!.

Best wishes for 2023

Source: [forbes.com](https://www.forbes.com)

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Cervical Cancer Awareness

January is Cervical Cancer Awareness Month and in this newsletter edition we discuss this dreadful disease which if not detected early for treatment, one can succumb to a slow and painful demise situation.

Cervical cancer, which is the most commonly diagnosed cancer among women in Zimbabwe, begins on the surface of your cervix. It happens when the cells on your cervix begin to change to precancerous cells. Not all precancerous cells will turn to cancer, but finding these problematic cells and treating them before they can change is critical to preventing cervical cancer.

What are the most common signs and symptoms of cervical cancer?

Early stages of cervical cancer don't usually involve symptoms and are hard to detect. The first signs of cervical cancer may take several years to develop. Finding abnormal cells during cervical cancer screenings is the best way to avoid cervical cancer.

Signs and symptoms of stage 1 cervical cancer can include:

- Watery or bloody vaginal discharge that may be heavy and can have a foul odour.
- Vaginal bleeding after intercourse, between menstrual periods or after menopause.
- Menstrual periods may be heavier and last longer than normal.

If cancer has spread to nearby tissues or organs, symptoms may include:

- Difficult or painful urination, sometimes with blood in urine.
- Diarrhoea, or pain or bleeding from your rectum when pooping.
- Fatigue, loss of weight and appetite.
- A general feeling of illness.
- Dull backache or swelling in your legs.
- Pelvic/abdominal pain.

If you experience abnormal bleeding, vaginal discharge or any other unexplained symptoms, you should have a complete gynaecological examination that includes a Pap test.

What is cervical cancer pain like?

Pain from cervical cancer may not feel like much in the early stages of the disease if you feel anything at all. As cancer progresses and spreads to nearby tissues and organs, you may experience pain in your pelvis or have issues urinating. Other people will feel generally unwell, tired or lose their appetite.

How do you know if you have cervical cancer?

Most people will not know they have cervical cancer until they are formally diagnosed with the disease. Your healthcare provider will be able to confirm cervical cancer through a series of tests and biopsies. The first signs of cervical cancer are usually mild and can only be detected by your healthcare provider.

Can cervical cancer be prevented?

There are some things you can do to prevent cervical cancer. Receiving regular gynaecological exams, getting Pap tests and VIA (visual inspection with acetic acid and cervicography) are the most important steps to take toward preventing cervical cancer. Other things you can do are:

- Get the HPV vaccine (if you are eligible).
- Use condoms or other barrier methods when you have sex.
- Limit the number of your sexual partners.
- Stop smoking and using tobacco products.

Does cervical cancer affect fertility?

It's still possible to get pregnant if your cervical cancer was treated. However, certain treatment methods can impact your ability to get pregnant. Talk to your healthcare provider about the treatments for cervical cancer and your desire to become pregnant. They should be able to discuss the risks and side effects cancer treatment could have on fertility.

Will cervical cancer treatment affect my sex life?

Yes, cervical cancer can impact your sex life. There are physical and emotional changes people experience during and after treatment for cervical cancer.

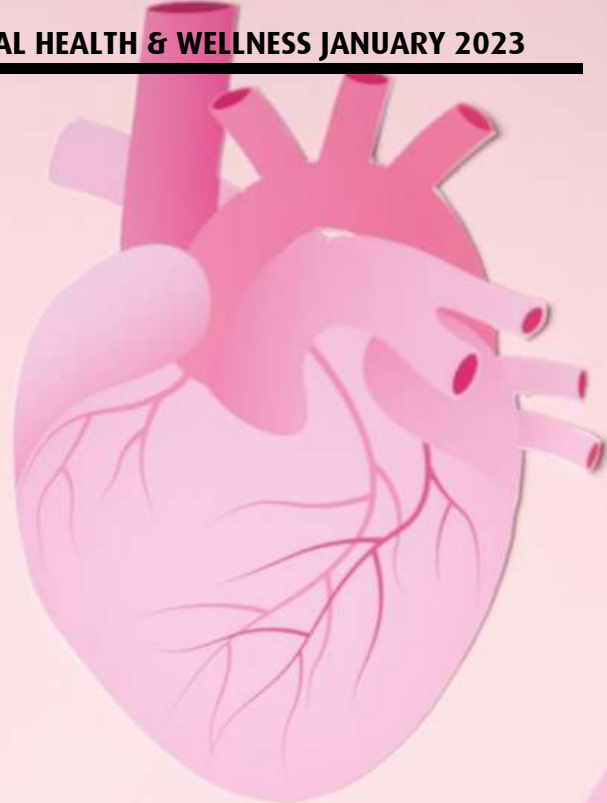
Certain physical changes like having your uterus or ovaries removed or vaginal dryness can affect sex. Other times it's the emotional side effects of cancer treatment that leave a person feeling less desirable or anxious. It's normal to feel nervous about having sex after cervical cancer. Talk to your healthcare provider about how you're feeling so they can recommend how to best treat you.

Will cervical cancer treatment affect my sex life?

No, there is not a cure for cervical cancer. However, it's a highly treatable cancer, especially if it's detected early.

Being diagnosed with cancer is both shocking and scary. Discuss any of your questions and concerns with your medical doctor to make sure you understand your diagnosis and treatment plan. Having friends and family to support you during this time may help you cope. Early detection of irregular cells on your cervix is critical to identifying and treating this terrible disease. You can take steps to reduce your risk of getting cervical cancer by scheduling regular gynaecological screenings and practicing safe sex.

Source: [clevelandclinic.com](https://www.clevelandclinic.com)



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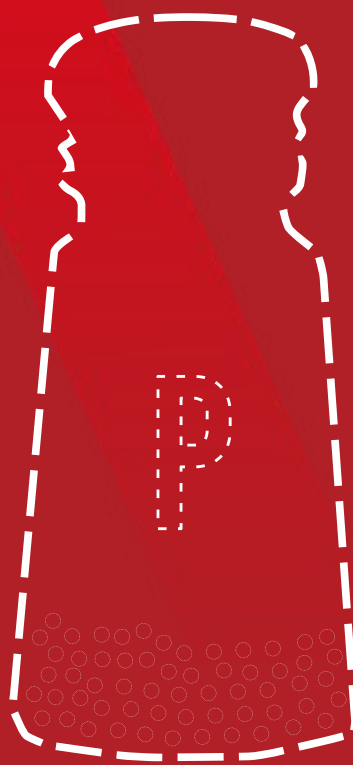
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Did You Know

In order to ensure the timeous processing of cash claims, please ensure that claims submitted include the following information

Drug Claims

- Printed Drug Claim Form as issued: – completed, stamped by provider and signed
- Prescription copy
- Receipt

Laboratory and Radiology Claims

- Laboratory Request
- Completed, signed and stamped

Pre-admission Covid-19 PCR Test / Rapid Test

- Completed, signed and stamped claim form
- PCR certificate
- Receipt

Other Claims

- Completed, signed and stamped claim form
- Receipt

NB: Additional information may be required depending on procedures undertaken.

Claims may be submitted via email to claims1@firstmutualhealth.co.zw. Paper claims may be submitted at any of our offices countrywide. Members are encouraged to share their updated bank details to avoid delays in the payment of reimbursements .

Should you face any challenges or require assistance, please contact our Call Centre on 08677008826/ 08677007432 / or WhatsApp only on 0778917309.

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Corporate Social Responsibility is an important business practise which supports the communities in which we operate and bolsters brand awareness and visibility. To further support the community relations programme for the business, First Mutual Health has initiated a maternity bags drive project as part of humanitarian support to disadvantaged expectant mothers in preparation for delivery in line with our core value of CARE at a total cost of ZWL9 800 000.

The targeted area for first distribution was Tariro Clinic in Hopely where 75 bags were handed over. An additional 100 bags will be distributed, divided between Edith Opperman, Mbare and Rutsanana Clinic Glen Norah.

Each maternity hospital bag contains the items below:

- Duffle bag
- Baby blanket and receivers
- Baby carrier
- 5 x cloth nappies
- Baby " go home" set of clothes
- Packet disposable diapers
- Packet cotton wool
- Baby and Mum's face towels
- Baby and Mum's toiletries
- Surgical spirit
- Packet Maternity pads

The business further compliments its community relations programme through cancer awareness support over the years conducting activities such as walkathon, marathon and fitness battle raising funds for Cancer Association Zimbabwe.

First Mutual Health is a subsidiary of First Mutual Holdings Limited and the Group, additionally, through its robust corporate social responsibility programme, continues to impact positively on the future of young Zimbabweans with educational assistance and necessary ancillary services for primary and secondary school as well as support for tertiary education. This is conducted through the First Mutual Foundation whose objective is to promote and raise the standard of living of the less privileged by availing them the opportunity to attain education.

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Queries and Authorisations

Contact centre is available 24/7
Time: 8am to 8pm.

 08677008826 08677007432 and 0242 - 251 440.

 0778917309

Claims Quotations

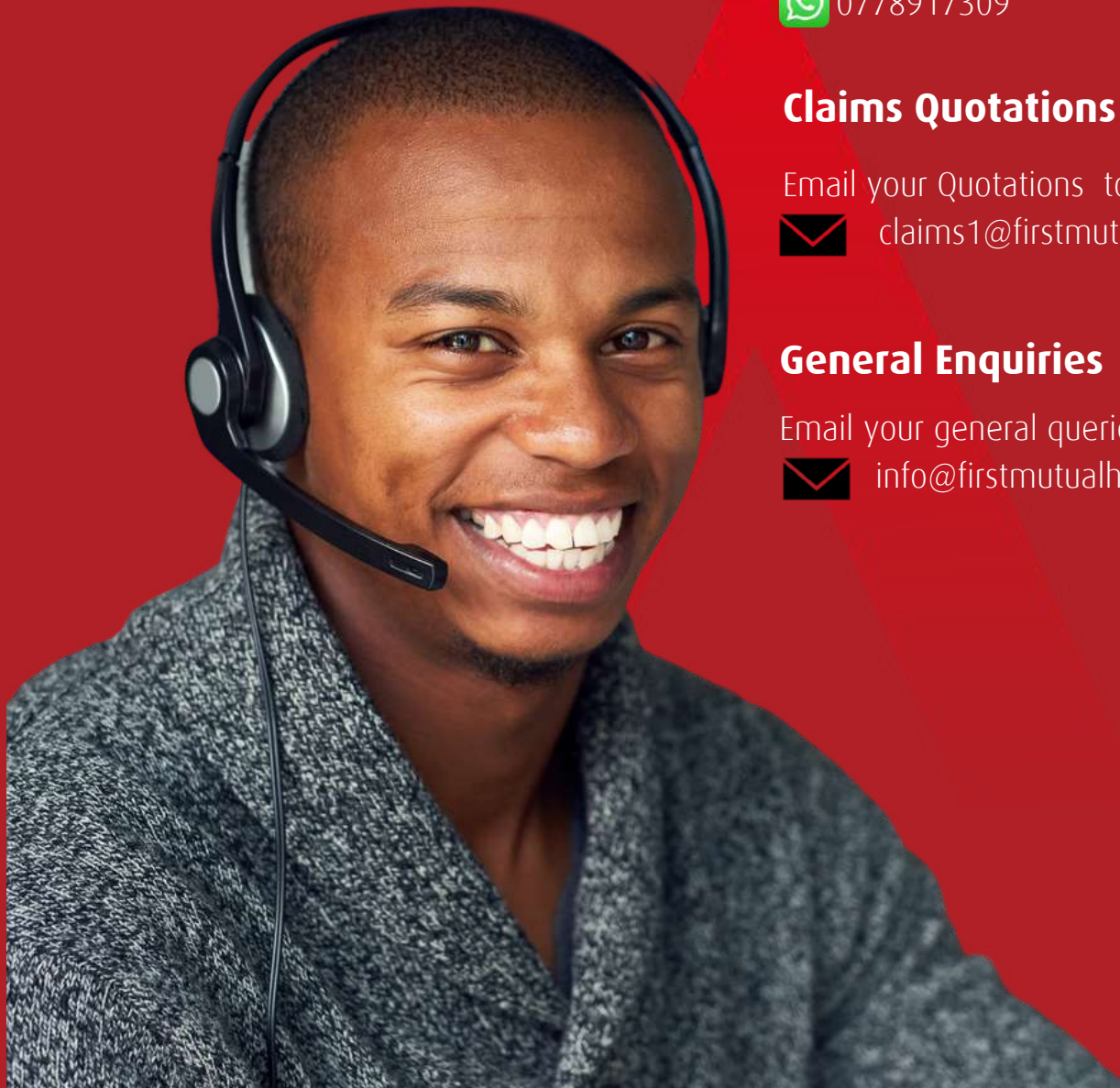
Email your Quotations to:

 claims1@firstmutual.co.zw

General Enquiries

Email your general queries to:

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