



You Are the **Heartbeat** **of Our Nation** *Let's Take Care of You.*

**Celebrating You This Women's Month
Because Healthy Women Build a Healthier Future**

Dear Member,

This Women's Month, we honour you. You, the mother, daughter, sister, partner, leader, caregiver, provider, and friend.

You, who carry families on your back, communities in your heart, and dreams in your stride. This month, we celebrate the strength, resilience, and brilliance of women, not only in August, but every single day. And we're here to walk beside you in your health journey, because when women thrive, families, workplaces, and entire communities thrive too.

Your Health *is Your power*

We know you wear many hats. In the midst of caring for others, your health can sometimes take a back seat. But it shouldn't.

From reproductive health to mental wellbeing, preventative care to chronic illness management, you deserve holistic, compassionate, quality care.

Your Umvuzo Health benefits include:

- GP visits and specialist consultations
- Pre- and postnatal support
- Mental health services
- Screenings and vaccinations
- And much more, tailored to your stage of life

Let us help you take charge of your health.



Breastfeeding **Week** *1-7 Aug*

The first gift you give your baby can last a lifetime.

Breastfeeding benefits both mother and child, providing essential nutrients, boosting immunity, and strengthening the mother-child bond.

Umvuzo Health supports you through this journey with education, access to healthcare professionals, and encouragement to create breastfeeding-friendly environments at home and work.

Women's Health Starts **with Prevention** *4 Aug - 28 Sep*

**Early detection saves lives.
Prevention builds peace of mind.**

Take advantage of your benefits to access:

- Pap smears & breast exams
- HPV vaccinations
- Mental health check-ins
- Contraceptives
- Maternity care for every step of your parenting journey

Let's normalise conversations about health, because silence has no place in self-care.



Let's Talk *about it*

Too many women delay care because of fear, stigma, or the burden of "being strong." But strength doesn't mean going it alone.

Let's make space for:

- Honest conversations about reproductive health
- Open support for postnatal recovery and mental wellbeing
- Encouragement for one another to attend checkups and screenings

At Umvuzo Health, we're not just your medical aid, we're your wellness ally.

This Month, and Always — Keep Going.

We see *you*. We celebrate *you*.
And we're here to support *you*.

For questions about your benefits, or general health advice, contact Umvuzo Health on **0861 083 084**.

Because
you matter.

Kind Regards,
The Umvuzo Health