

# THE HEALTH DIGEST

June, 2023



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#ChooseWellnessWithCellMed

[www.cellmed.co.zw](http://www.cellmed.co.zw)    



INTRODUCING



**CELLMED  
SWEET  
REWARDS**

The *CellMed Sweet Rewards* loyalty program, gives our members that extra boost to stay healthy and happy. Our comprehensive services provide access to the best medical care possible through a variety of benefits such as a nationwide network of top-rated healthcare providers, access to prescription drugs, and other supplemental services. We have built strategic regional and international alliances that enable CellMed members to receive medical care outside Zimbabwe. We provide more than just medical aid benefits, as we give you that cherry on top – the CellMed Sweet Rewards!

#### Benefits of the *CellMed Sweet Rewards*

##### Vehicle Insurance Premium Discount

Membership comes with a 10% premium discount on motor vehicle insurance. This benefit is offered exclusively through Cell Insurance.

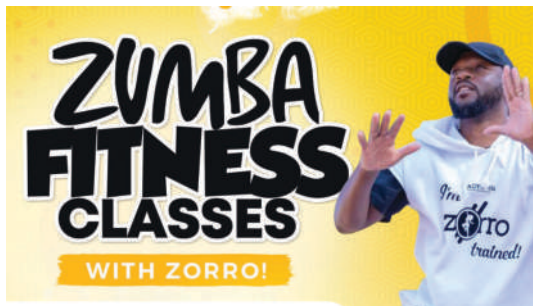
##### Hospital Cash-Back

CellMed members get a daily cash pay-out in the event that they are hospitalized for more than 48hrs as a result of sickness or bodily injury. This is meant to lighten the financial burden of hospital bills and cushion members against the loss of income and personal expenses incurred whilst hospitalized.

##### Travel Insurance Cover

Members can enjoy international travel without any worries with our travel insurance cover. It covers medical expenses incurred when overseas, cancellation costs of flights, accommodation, personal injury, lost baggage and more.

##### Wellness and health risk management program



The *CellMed Sweet Rewards* promote and support wellness by encouraging members to be proactive about lifestyle and healthy living. Our robust health and wellness programs engage members in a variety of activities such as fitness, mental health, nutrition, and financial health training to improve the quality of life.

##### HealthMate App: 24-hour support

The CellMed Health Mate app is a convenient tool that provides members a gateway to full information about their membership, subscription details and hosting support functions. The application is available on Google Play Store and Apple App Store.

## SOMETHING TO GIVE YOU MORE SMILES!

#### Access to a wide range of medical facilities



The *CellMed Sweet Rewards* guarantee access to top-notch services through the CellMed Wellness Hub, a network of the best medical services practitioners nationwide. CellMed also covers medical expenses for members to seek treatment outside Zimbabwe where services are not available locally.

#### Baby welcome benefit



The family unit is very valuable to us and we are there for our members in their times of joy. CellMed gives its members a baby welcome benefit upon giving birth as a heart-warming gift.

#### Bereavement Benefit



CellMed recognizes that death is an unfortunate event that we can never truly be prepared for. We therefore extend a bereavement token to help loved ones with funeral expenses upon the death of the principal member. A one-month bereavement subscription waiver is also extended to surviving dependents to help them with adjusting to the loss.

The *CellMed Sweet Rewards* program has been designed to bring unbelievable benefits and becoming a CellMed member has never been sweeter!

# Winter Warriors: Fast-Acting Colds and Flu Home Remedies to Keep You Healthy This Winter!

The winter season is upon us and the high prevalence of colds and flu is inevitable. These ailments are associated with symptoms of coughing, sneezing and body aches. However, there are some quick-acting home remedies that can be taken to help alleviate the symptoms, boost the immune system and these can also help to avoid unnecessary visits to the doctor:

## Hydration: The Power of Water

One of the simplest yet most effective remedies for colds and flu is staying well-hydrated. Drinking plenty of water, herbal tea, and hot soup can help thin mucus, making it easier to expel and reduce nasal congestion. Proper hydration supports your immune system, helping your body fight off infections more effectively. Aim for at least eight glasses of water per day, and consider adding a slice of lemon or ginger for added flavor and immune-boosting benefits.

## Rest: The Ultimate Healer

When you're feeling under the weather, your body needs time to recover and heal. Prioritizing rest is crucial for a speedy recovery from colds and flu. Make sure to get at least seven to eight hours of sleep per night, and take naps during the day if needed. Creating a comfortable and relaxing environment, such as a dark, quiet room with a comfortable temperature, can help promote restful sleep and support your body's natural healing process.

## Steam Therapy: Breathe Easy

Inhaling steam can help relieve congestion and improve breathing during a cold or flu. To create a steamy environment, simply fill a bowl with hot water, lean over it, and drape a towel over your head to trap the steam. Breathe in the warm, moist air for 10-15 minutes to help loosen mucus and open up your airways. Adding a few drops of eucalyptus oil to the water can provide additional relief, as it is a natural decongestant.

## Honey: Nature's Sweet Remedy

Honey has long been used as a natural remedy for colds and flu due to its antimicrobial and anti-inflammatory properties. A spoonful of honey can help soothe a sore throat and suppress coughs, making it an excellent alternative to over-the-counter cough syrups. Honey can help boost your immune system, thanks to its antioxidant properties. To maximize its benefits, opt for raw, unprocessed honey, and consider adding it to a cup of hot tea or simply taking it direct.

## Vitamin C: The Immune System Booster

Vitamin C plays a vital role in supporting a healthy immune system, making it an essential nutrient during the colds and flu season. Studies have shown that taking vitamin C can help reduce the duration and severity of symptoms however it may not prevent you from catching a cold or flu. Incorporate foods rich in Vitamin C into your diet such as oranges, strawberries, and bell peppers. Alternatively, consider taking a vitamin C supplement throughout the winter months.

While there is no magic cure for colds and flu, these home remedies can help alleviate symptoms and support your body's natural healing process. By staying hydrated, prioritizing rest, using steam therapy, incorporating honey and vitamin C into your lifestyle routine, you can help your body fight off infections and stay healthy all winter long.

**Get a**  
**10%**  
**PREMIUM**  
**DISCOUNT**  
**on motor**  
**insurance**

**THIS RENEWAL!**







**\* Available to all CellMed members, offered exclusively through Cell Insurance. Ts & Cs Apply.**

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**We would love to hear from you.**



If you have any topics, questions or suggestions about what you would like to see in The Health Digest, email us at [feedback@cellmed.co.zw](mailto:feedback@cellmed.co.zw) or send us a WhatsApp message on +263 775 716 071