

CREATE YOUR OWN 2020 VISION

Some inspiration to become the healthiest
and happiest version of yourself



NEDGROUP
MEDICAL AID SCHEME

Dear Member

We are on the verge of a new year and a new decade! The expression 'hindsight is 2020 vision' may be true, but we want to take it a bit further and say: "Foresight is 2020 Vision"! Why not start the year with a keen focus on your health, by creating your own '2020 Vision' of a healthier and happier you?

To inspire you, here are a few motivational quotes, plus some tips on how you can achieve certain goals. To keep you on track in 2020, we have also developed a small poster version that you can print out and put up on the fridge.

With wishes for a safe festive season, and a 2020 that will see you on the way to becoming the healthiest and happiest version of yourself!

Julia le Roux

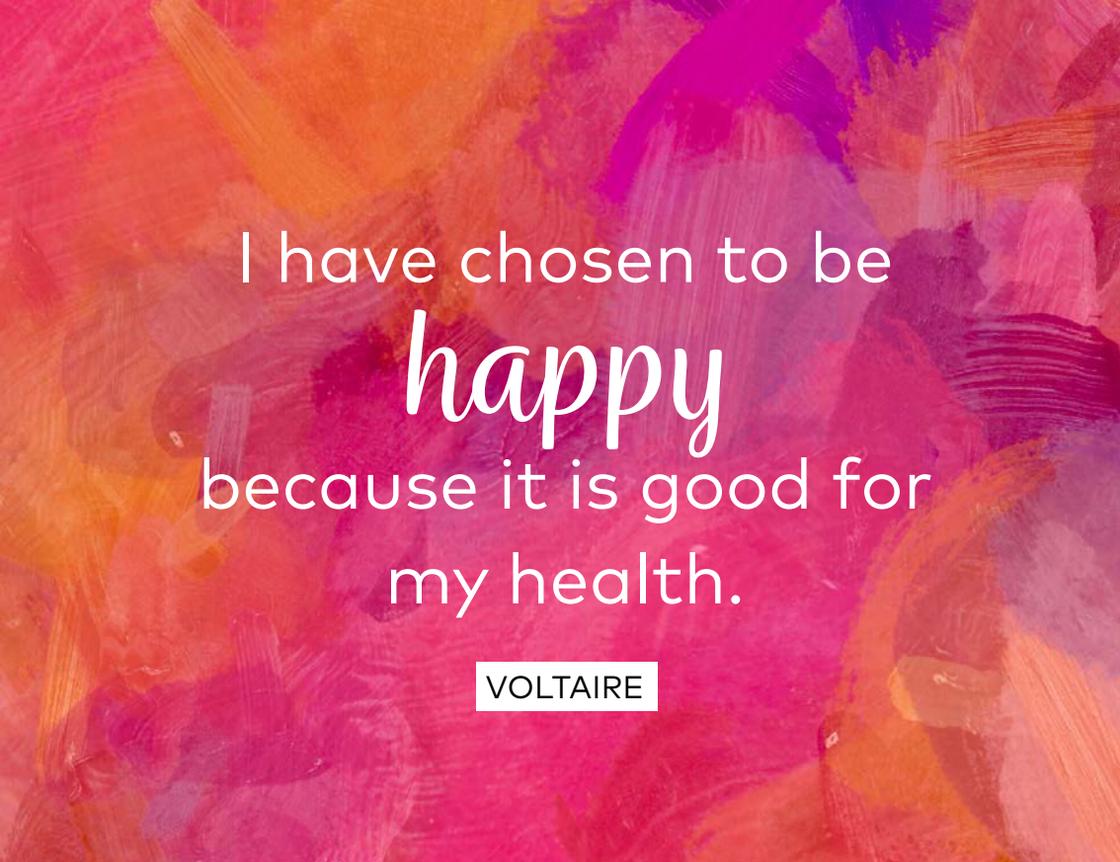
PRINCIPAL OFFICER

So many people spend their
HEALTH
gaining wealth,
and then have to spend their
WEALTH
to regain their health.

AJ REB MATER

2020
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TIP

Work towards establishing a work-life balance that will allow you time and energy to spend on keeping healthy in mind, body and soul. It's never too early or too late to start focusing on your health!

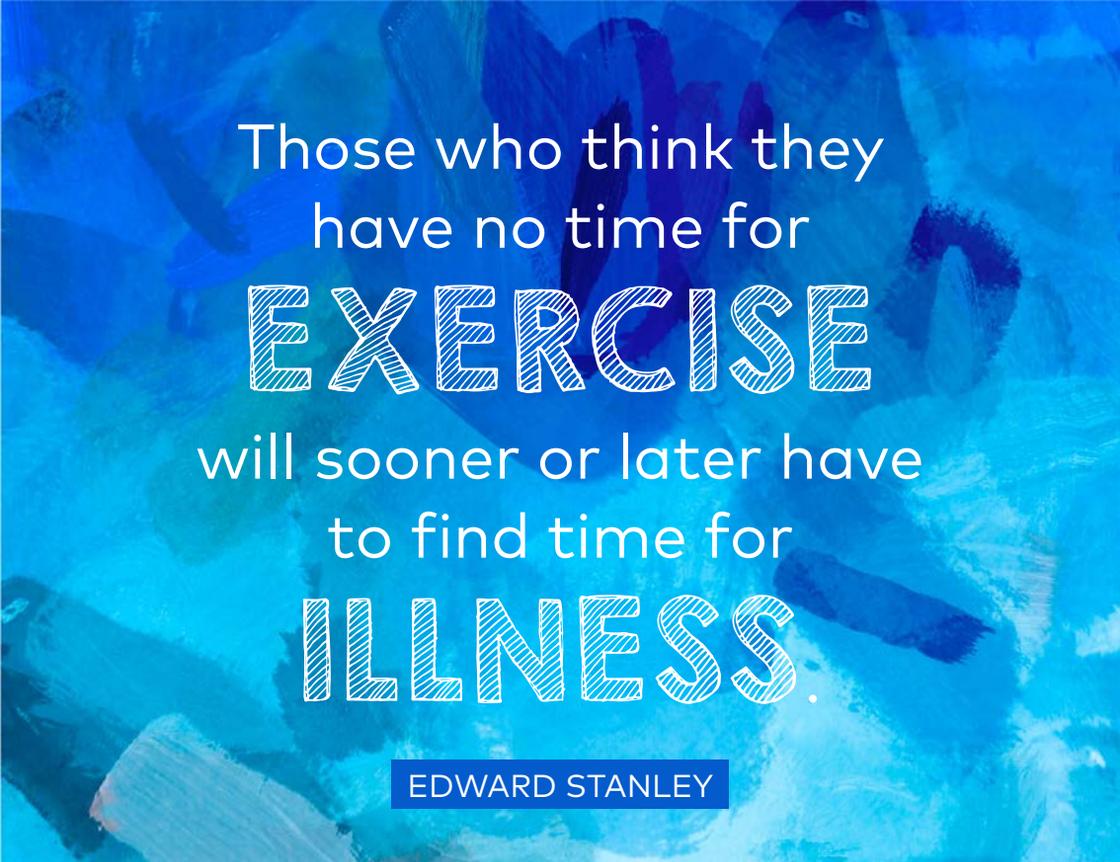


I have chosen to be
happy
because it is good for
my health.

VOLTAIRE

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TIP

Write down something about which you felt grateful on a slip of paper every week and put these notes in a glass jar. On New Year's Eve, open your jar and reflect on all the good things that happened during your year.



Those who think they
have no time for
EXERCISE
will sooner or later have
to find time for
ILLNESS.

EDWARD STANLEY

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TIP

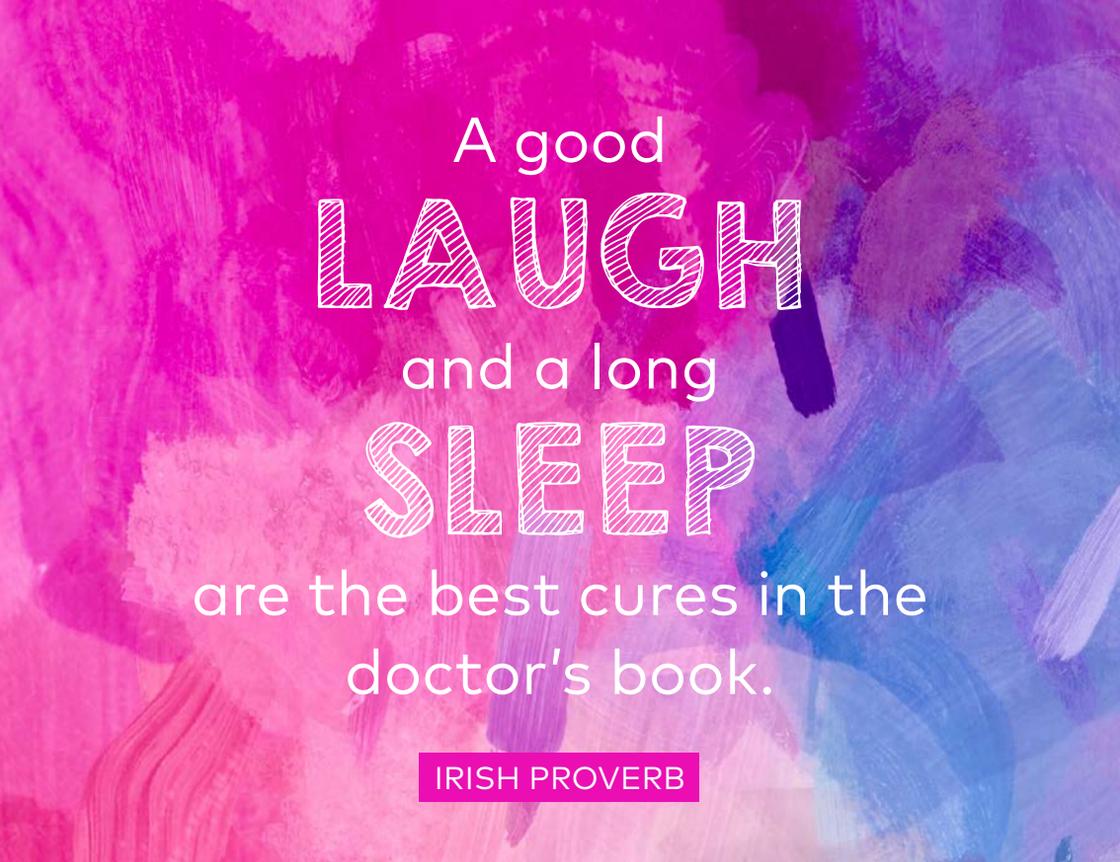
If you want to start exercising, don't overdo things. Rather start slowly, doing something you enjoy, and that won't necessarily cost you a lot, such as gardening, walking or simply dancing to some music!

Let *food* be thy
medicine
and *medicine*
be thy food

HIPPOCRATES

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TIP

Many lifestyle diseases can be improved simply by changing the way you eat. Avoid diets and rather focus on eating simple and real foods every day, with only occasional "cheats".

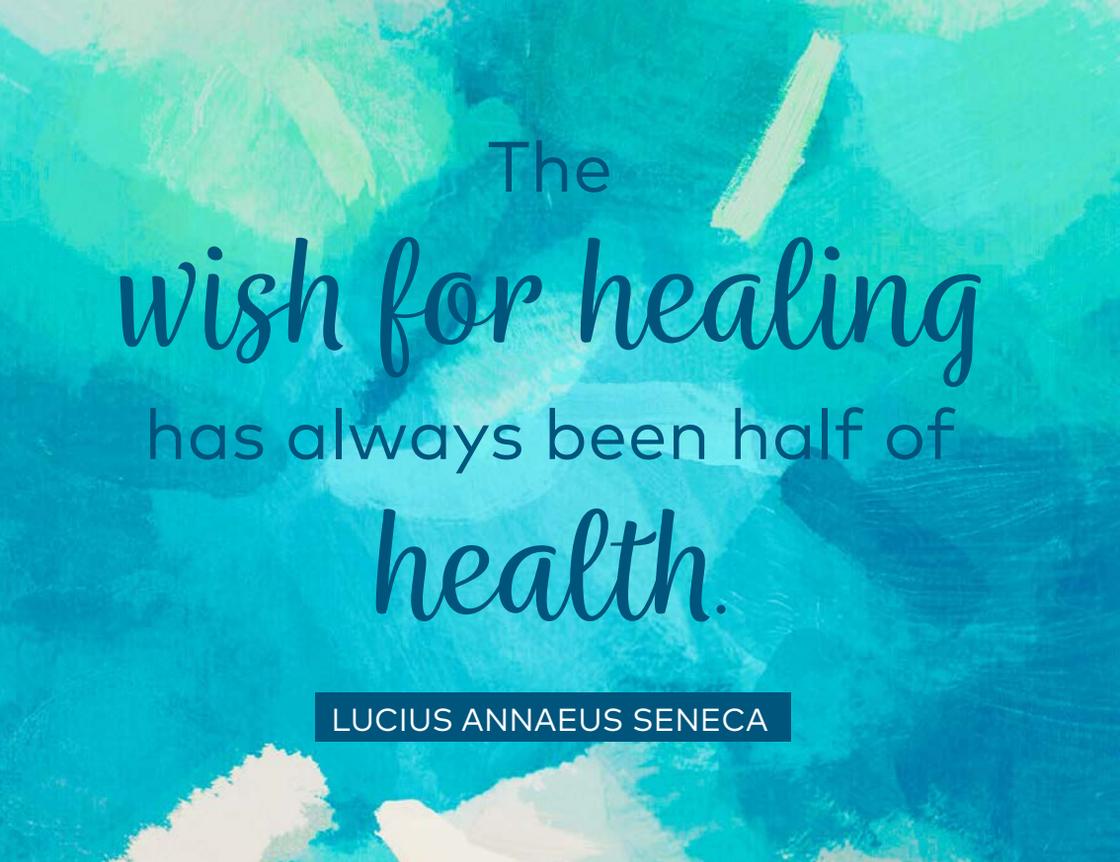


A good
LAUGH
and a long
SLEEP
are the best cures in the
doctor's book.

IRISH PROVERB

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TIP

Spend time with people who have a positive effect on your mood. Make good sleep a priority – set your alarm clock for 21:00 each night, switch off electronic devices and wind down before getting to bed by 22:00



The
wish for healing
has always been half of
health.

LUCIUS ANNAEUS SENECA

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TIP

Think about what is standing between you and improved health, and take responsibility to do something about it. Print out the 2020 vision poster version and put it up on the fridge as a reminder to invest in your own health.



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