

Stronger Together



One of the biggest predictors of long-term success isn't willpower - it's support. Healthy habits are much easier to maintain when you're surrounded by people who encourage and inspire you.

Whether you've joined a group activity or you're only just getting going, there's still time. Invite a colleague for a lunchtime walk, attend a group exercise session or simply share your progress with your team.

Every conversation, every walk and every word of encouragement help to build a healthier community.



HEALTHY HABIT OF THE WEEK

- Move your body every day
- Choose balanced, nutritious meals
- Stay hydrated
- Aim for 7 - 9 hours of quality sleep
- Take time to manage stress
- Avoid tobacco and limit alcohol
- Make time for activities that bring you joy



TIPS FOR BUILDING LASTING HABITS

- Start with one small, achievable goal
- Build new habits into your daily routine
- Be consistent - small actions add up over time
- Track your progress and celebrate small wins
- If you miss a day, simply start again the next day
- Find an accountability partner to keep you motivated



WEEK 6 CHALLENGE:

Healthy Habit Hero

You've made it to the second last week of the Healthy Lifestyle Challenge!

- Share a photo of your healthy habit in action and;
- Complete the sentence: *"Thanks to the Healthy Lifestyle Challenge, I now..."*

One lucky participant will win a R500 voucher!



QUICK HEALTH FACT

Research shows that people are more likely to stick to healthy habits when they have support from friends, family or colleagues.

Healthy living is a journey, not a destination. Every positive choice you make brings you one step closer to a healthier, happier you. Keep building habits that support your well-being - one day at a time.

OCTOBER IS BREAST CANCER AWARENESS MONTH



Breast cancer is one of the most common cancers affecting women, but when detected early, it's also one of the most treatable. This October, we encourage you to prioritise your breast health - know your body, perform regular self-examinations and don't delay your annual mammogram or clinical breast exam. Early detection saves lives. If it's been a while since your last screening, now is a good time to book one.

SIGNS AND SYMPTOMS TO LOOK OUT FOR:

- A lump or thickened area in the breast
- A nipple that turns inward or looks flattened
- Changes in breast skin colour (pink, red, purple or darker than the surrounding skin)
- Changes in the size, shape or appearance of a breast
- Dimpled skin, like an orange peel
- Peeling, scaling or crusting skin

The Benefit Society covers screening mammograms as a preventative benefit, paid from your radiology/pathology benefit and covered at 90% of the SRPL rate. Consultation fees will be paid according to your day-to-day benefit limits for consultations. If your provider charges more than these rates, you'll pay the difference as a co-payment. To avoid unexpected costs, get a quote first and send it to benefitpost@dbbs.co.za to find out what the Society will cover and what your co-payment will be.



www.dbbs.co.za



HLC@dbbs.co.za

Life Health Solutions



Participation in this health and wellness challenge is voluntary and undertaken at your own risk. The De Beers Benefit Society does not accept any responsibility or liability for injuries, illnesses or other health-related issues that may arise from participation. Members are encouraged to consult with a healthcare professional before making significant changes to their exercise or dietary routines.