



4 FEBRUARY 2026

WORLD CANCER DAY







Take proactive steps to protect your health

Cancer remains one of the leading causes of death worldwide, but real progress is being made. Greater awareness, early detection, healthier lifestyles and advances in treatment are helping more people survive and live well beyond a diagnosis.

World Cancer Day is a reminder that understanding your risk, making informed health choices and accessing screening early can make a meaningful difference. Prevention, early action and ongoing care all play a vital role in reducing the impact of cancer on individuals, families and communities.

MBMED OFFERS THE FOLLOWING:

Cancer screenings & vaccines

-  **Mammogram:** One screening per adult female beneficiary per year. No referral is necessary.
-  **Pap smear or liquid-based cytology:** One screening per adult female beneficiary per year.
-  **Prostate specific antigen test (PSA):** One test per adult male beneficiary per year.
-  **HPV screening (PCR):** One test every 5 years per female beneficiary aged 25-65.
-  **HPV vaccine:** Two doses per beneficiary between 9 and 14 years and 3 doses per beneficiary between 15 and 26 years.
-  **Faecal occult blood test:** One test per beneficiary per year.

Oncology benefit

(Authorisation required from Medscheme Oncology Management)

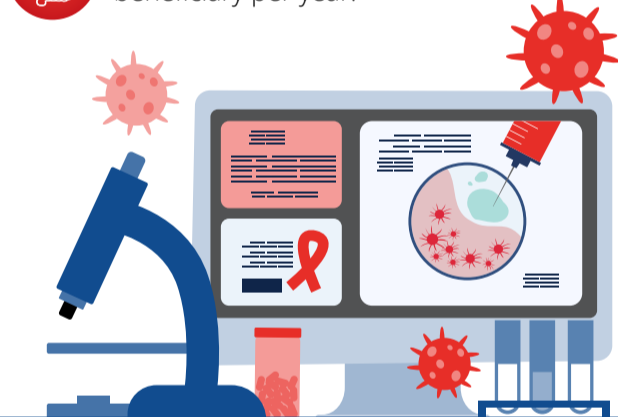
- Treatment, medication, materials used in radiotherapy and chemotherapy, including consultations and visits, specialised and biological drugs are paid at the lesser of the cost or the Scheme rate.
- Oncology specialised drugs: R326 000 per family per year.

ONCOLOGY DISEASE MANAGEMENT PROGRAMME

To make the most of your oncology benefits, please register on the Oncology Management Programme as soon as possible after the diagnosis of cancer. Your treatment plan must then be forwarded to the clinical team, as all oncology treatment is subject to pre-authorisation and case management. After your treatment plan has been assessed and approved, an authorisation will be sent to your treating doctor.

☎ 0860 100 572

@ cancerinfo@medscheme.co.za



Always consult with your doctor if you notice any worrying signs, including:

- Abnormal periods or pelvic pain
- Changes in bathroom habits
- Bloating
- Breast changes
- Chronic coughing
- Chronic headache
- Difficulty swallowing
- Excessive bruising
- Frequent fevers or infections
- Oral changes
- Skin changes
- Pain that lasts
- Persistent fatigue
- Postmenopausal bleeding
- Stomach pain or nausea
- Unexplained weight loss



Ways to reduce your cancer risk:



Don't smoke and avoid second-hand smoke



Eat a balanced diet rich in fruit, vegetables and whole foods



Stay physically active and maintain a healthy weight



Limit your alcohol intake



Protect your skin from sun damage



Make use of screening tests



Prioritise sleep, stress management and overall wellbeing

It's vital to identify cancer as early as possible. Take pro-active steps to reduce your risk by having annual screenings. With early diagnosis and treatment, many cancers can be cured.

NEED HELP? Contact your Scheme for any benefit-related queries you may have:

☎ 0860 002 109 | @ mbmed@medscheme.co.za