

MEDiPOS

ELDERCARE – OCTOBER 2026

1. CATARACTS AND REFRACTIVE ERRORS: **WHAT YOU NEED TO KNOW**

Clear vision is important for everyday activities such as reading, driving and working. Two common causes of blurred vision are **refractive errors** and **cataracts**. Although they may have similar symptoms, they are different conditions.

What are refractive errors?

Refractive errors occur when the eye cannot focus light properly onto the retina. This results in blurred vision. The most common types include:

- **Myopia (short-sightedness):** Difficulty seeing distant objects clearly.
- **Hyperopia (long-sightedness):** Difficulty focusing on nearby objects.
- **Astigmatism:** Blurred or distorted vision at all distances.
- **Presbyopia:** An age-related condition that makes it harder to see things up close. Most refractive errors can be corrected with glasses, contact lenses or, in some cases, corrective eye surgery.

What are cataracts?

A cataract develops when the natural lens of the eye becomes cloudy. This clouding can make vision blurred, dim or less sharp over time. Cataracts are most commonly related to ageing, but can also be linked to certain medical conditions, the use of certain medicines or eye injuries.

Common symptoms include:

- Blurred or cloudy vision
- Difficulty seeing at night
- Sensitivity to bright lights
- Seeing halos around lights
- Faded colours

Looking after your eyes

Regular eye examinations can help detect vision problems early and keep your prescription up to date. If you notice changes in your vision, speak to an optometrist or eye care professional as soon as possible.

MEDiPOS provides cover for eye tests and optical benefits, subject to your benefit option. To learn more about the optical benefits available to you, read the **Optical Benefits Guide.**



2. LISTERIOSIS: **WHAT YOU NEED TO KNOW**

Listeriosis is a serious infection caused by a type of bacteria called *Listeria*. People usually become infected after eating contaminated food. Foods that may carry *Listeria* include unpasteurised dairy products, soft cheeses, processed meats, ready-to-eat foods and food that has not been stored correctly.

While healthy people may only experience mild illness, listeriosis can be serious for pregnant women, older adults, newborn babies and people with weakened immune systems.

Symptoms to watch for

Symptoms can vary from person to person and may include:

- Fever
- Muscle aches
- Headache
- Nausea or vomiting
- Diarrhoea
- Fatigue or flu-like symptoms

In severe cases, the infection can spread beyond the digestive system and cause symptoms such as confusion, loss of balance, a stiff neck, or seizures.

What should you do if you suspect listeriosis?

If you think you may have listeriosis, especially if you are pregnant, aged 65 or older, or have a weakened immune system, seek medical attention as soon as possible. Early diagnosis and treatment can help prevent serious complications.

Tell your healthcare provider if you have recently eaten food that may have been contaminated or recalled due to a listeriosis outbreak.

How can you reduce your risk?

You can lower your risk of infection by:

- Washing your hands before preparing food
- Keeping food at the correct temperature
- Thoroughly cooking meat and poultry
- Avoiding unpasteurised milk and dairy products
- Washing fresh fruit and vegetables before eating them
- Following food recall notices and safety alerts

Early medical advice is important if you develop symptoms after eating food you suspect may be contaminated.

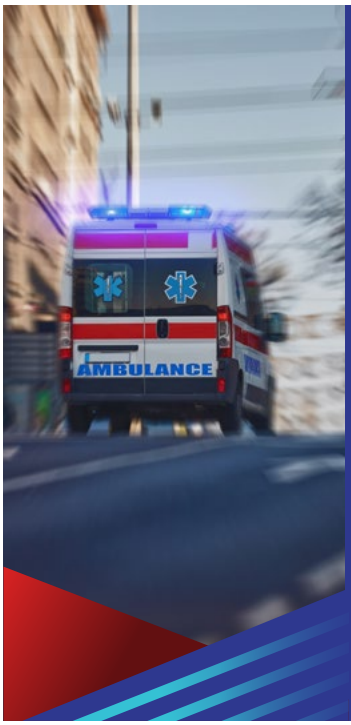




3. **WHAT IS AN EMERGENCY,** AND WHEN SHOULD YOU CALL AN AMBULANCE?

What you need to know in an emergency as a MEDiPOS member

According to the International Federation for Emergency Medicine, “Emergency medical treatment is provided where it is necessary because a person’s life or health is in serious danger as a result of disease, injury or ill health.”



WHAT TO DO IN AN EMERGENCY

Discovery 911 offers real-time emergency care for all MEDiPOS Medical Scheme members. The Scheme will immediately dispatch the most appropriate emergency medical service within your geographic area.

01

Call **0860 999 911** with your membership number as printed on your membership card.

02

Your call will connect you with highly qualified emergency personnel, who will assess each case and provide **immediate feedback and assistance.**

03

The Scheme will **immediately dispatch** the most appropriate emergency medical service within your geographic area.

Knowing the difference between an emergency and a non-emergency can help you make the right decision about where to seek care. It may also help you avoid unnecessary out-of-pocket expenses or the use of your available out-of-hospital benefits. To view a handy comparison of emergency versus non-emergency scenarios, **click here.**

5. BONE DENSITY TESTING: A SMALL TEST WITH BIG BENEFITS

Our bones naturally become weaker as we age, which can increase the risk of osteoporosis, a condition that causes bones to become fragile and more likely to break. Bone loss often happens without symptoms, many people do not realise they have a problem until they experience a fracture. A bone density test can help detect changes in bone strength early.

A bone density test, also known as a bone mineral density (BMD) or DEXA scan, is a quick, painless examination that measures the mineral content of your bones. The results help healthcare professionals assess your risk of osteoporosis and fractures.

You may benefit from a bone density test if you:

- Are over the age of 50
- Have a family history of osteoporosis
- Have been through menopause
- Have experienced a fracture after a minor fall or injury
- Take medication that may affect bone health
- Have other risk factors for bone loss

Early detection can make a significant difference. If low bone density is identified, your healthcare provider can recommend lifestyle changes, exercise programmes, dietary adjustments, or treatment to help maintain bone strength and reduce the risk of fractures.

To support healthy bones, aim to stay physically active, eat a balanced diet rich in calcium, maintain adequate vitamin D levels and avoid smoking. Regular check-ups and discussions with your healthcare provider can also help you manage your bone health as you age.

For information about your available benefits, view your Benefit Guide.

