



NEWSFLASH

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R80bn A YEAR MORE NEEDED FOR NHI

Were National Health Insurance to be implemented in South Africa this year, the country would be short of R80-billion a year to pay for it.

Chief Director for health and social development at the Treasury, Dr Mark Blecher, said that though the government would spend R122-billion on health in this financial year, billions more would be needed to pay for NHI.

The government first proposed NHI as a policy to improve all South Africans' access to high-quality free healthcare in August 2011.

NHI has been described as a way to provide "financial risk protection" to people who need healthcare but cannot afford it.

It is supposed to be phased in over a 14-year period and be fully functional by 2025. President Jacob Zuma, in his January 8 statement, reiterated the ANC's commitment to the scheme. But the Health Ministry has not yet detailed how the government would pay for free high quality healthcare for all. The treasury has been examining how South Africa would pay for NHI.

Speaking at Wits University yesterday, Blecher said that the long-awaited white paper on financing options for the NHI had been drafted, and was expected to be released sometime this year. Proposed funding options include increasing VAT, creating a new tax paid by employers - a payroll tax - and using money from private medical aids. Blecher said increased spending by Treasury and taxpayers on health would increase scrutiny on how the Health Department spent money. In addition to working out how best to increase taxes, Treasury has been researching how to pool money spent on health by government and private medical aids into one NHI fund. Despite research conducted on NHI, Blecher said questions still remained about how it would work. These include:

- How much funding is needed?
- What sources of funding would be the most sustainable?
- Who would govern an NHI fund?
- How would the national fund work with provinces and district pools?
- How might medical schemes evolve?

Katharine Child: The Times, 25 January 2013

*'Health is like money,
we never have a true
idea of its value until
we lose it'*

Josh Billings

*PSG Konsult Corporate
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FEBRUARY IS HEALTHY LIFESTYLES AWARENESS MONTH



Government uses National Healthy Lifestyles month to galvanise all South Africans to participate in all the five elements of the healthy lifestyle campaign which are:

- promotion of good nutrition
- regular physical activity
- tobacco control
- interventions against alcohol and substance abuse
- promotion of safe sexual behaviour.

After setting some New Year's resolutions and hopefully also some goals for improved health and wellness in 2012, February is a good time to evaluate your progress and to assess just how healthy your lifestyle is.

To lead a healthy lifestyle you need to have a good balance in all you do. Being productive, happy and effective at work and at home are both important. Taking good care of your physical and emotional well-being, while striving for a good work/life balance, all form part of a healthy lifestyle.

Making healthy choices should be a key part of your daily routine as this can impact your overall health, making you sick less often, more productive, more efficient and more able to cope with the stresses and challenges of modern life.

This month, we encourage you to be a good role-model, at home and at work, and to keep making lifestyle changes that will continuously improve your health and wellness. Remember that your medical scheme can assist you to achieve your goals in many of the above elements of the campaign!

HAPPY VALENTINE'S DAY!



It is already Valentine's Day! A day to express your love or appreciation for friends, family members, and colleagues. An important part of this day is to acknowledge the relationships you have in your life and work at fostering these relationships for the year ahead.

Relationships can either be a source of fulfillment or irritation. While no one expects any relationship to be perfect, there are certain basic guides that without which, a relationship becomes negative and even harmful.

... with your colleagues

We spend a substantial portion of our time at work and around our colleagues, so it is important to have a good relationship with fellow co-workers.

One of the first ways to establish a good relationship with your colleagues is to show an interest in their lives and listen to them.

Conversation that is simply 'small talk' to you can mean a lot to someone else who is shy or feels that their opinion isn't taken into consideration often enough.

Four tips to help strengthen workplace relationships:

1. Give.

Give out compliments that you mean.

2. Nurture.

Nurture talent in others and encourage them to make use of their skills.

3. Eliminate.

Eliminate negative thoughts and focus on projecting happy and positive emotions.

4. Help.

Help foster creativity by empowering other people and avoid being too critical.

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