

MOTO HEALTH CARE NEWSLETTER

ISSUE 2 APRIL - JUNE 2025



taking care of our own



FROM THE DESK OF THE ACTING PRINCIPAL OFFICER

Dear Member/Employer

As the crisp chill of winter settles in and we mark the end of the 2025 tax season, many of us find ourselves in a period of reflection – taking stock of the year so far, reassessing our goals, and preparing for the months ahead. It is a season that reminds us of both the importance of the warmth of home, health, and human connection, and the need for clear vision as we enter the second half of the year.

The close of tax season also signals a shift in focus – away from financial deadlines and towards matters of deeper social and community impact. This June, we embrace Youth Month, a significant time on our national calendar. It is a time to honour the courage of our youth, reflect on the challenges they face today, and recommit to building a healthier, more empowered generation.

One of the most pressing challenges confronting our youth – and indeed many communities – is the growing impact of substance abuse. We dedicate this edition of our newsletter to raising awareness about drug and alcohol abuse. This is not just a health issue; it is a societal issue that requires a collaborative, compassionate response.

In this edition, we explore:

- The South African National Council on Alcoholism (SANCA)
- What to do in case of an emergency
- Personal contact details
- Tax Season 2025

Let us use this winter season not only to stay warm, but to ignite change — by standing together in support of our youth, and by fostering environments that protect, uplift, and educate.

A healthier future begins with awareness, support, and unwavering commitment.

Warm regards

Eugene Eakduth
Principal Officer

Should you wish to see other topics of interest covered in future editions of our newsletter, please reach out to the Scheme at news@mhcmaf.co.za and we will consider your request.

Protecting Our Youth, Strengthening Our Communities

Youth Day on 16 June is a powerful reminder of the courage, strength, and potential of South Africa's young people. It's also a moment to reflect on the challenges they face, and one of the most urgent is substance abuse.

Did you know?

1 in 3 teens in South Africa tries alcohol or drugs by age 13. Substance use is often linked to peer pressure, mental health struggles, and trauma.

The teenage years are a vulnerable time. Emotional, physical, and social changes can lead some young people to take risky paths. But with the right support, guidance, and open communication, we can help them make safer, healthier choices.



Know the signs!

If you notice these behaviours, it may be time to have a conversation:

- Sudden drop in school performance
- Mood swings or withdrawal
- Secretiveness or changes in sleeping/eating patterns



What helps?

- Build trust through open, honest conversations
- Ask non-judgemental questions
- Set clear boundaries, and explain why they matter
- Spend quality time together, away from screens
- Share your values and experiences



Where to turn for support:

- www.sancanational.info
 - Programmes and educational resources
- Lifeline SA: **0861 322 322**
- Childline SA: **0800 055 555**

Your Scheme Benefits Can Help

Our member services team is available to talk through your needs, whether for you or a loved one. Let's stand together to protect the next generation.



Tax Season 2025: Your Guide to a Smooth Submission

The 2025 tax season is underway, and Moto Health Care is here to support you every step of the way. Your Tax Information Sheet, which includes all medical contributions and claims, will be available during June.

To avoid delays: Update your contact details if anything has changed. Once received, submit your return via SARS eFiling or visit a SARS branch.

Need help?

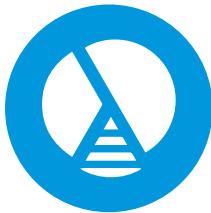
Call our team on **0861 000 300**. Let's get your tax sorted, without the stress.



Stay Connected, Stay Covered: Keep Your Info Updated

Our goal is to **take care of our own**, but we can only do that if we know how to reach you. To keep your membership running smoothly, it's essential that we have your current contact and income details. This is vital for receiving your tax certificates and claims correspondence on time, as well as important Scheme updates, benefits information, and emergency communications.

If you're on the Custom or Essential Options:



Your monthly contribution
depends on your income



You must submit annual proof
of income (latest payslip, bank
statement, or affidavit)



Missing this can result in higher
monthly payments

To update your details or submit income documents, call us on **0861 000 300 or send an email to membership@mhcmf.co.za.**

In Case of Emergency

Did you know?

Your Moto Health Care membership includes 24/7 emergency assistance through Europ Assistance.

In an emergency:

1. Dial **0861 009 353**
2. State your name and phone number
3. Provide your location
4. Briefly describe what happened
5. Stay on the line until professional help arrives

Planning ahead saves lives:

- Make sure your family and children's caregivers know this number
- Keep your first aid kits stocked at home, at work, and in your car
- If your child has a medical condition (e.g. epilepsy), make sure teachers or friends are informed

Most importantly, stay calm because help is just a call away.



Cancer Support When You Need It Most

A cancer diagnosis can feel overwhelming, but you are not alone on this journey. One in four South Africans will be affected by cancer, directly or through a loved one. That's why we offer access to a dedicated Oncology Programme to guide and support you.

[Click Here](#) to download the brochure, learn more about your benefits and how to register.

Celebrating Men's Health Month

June is Men's Health Awareness Month, and we're shining a spotlight on the men who keep our communities moving. [Visit our website](#) to explore a range of wellness benefits tailored to our male members, including preventative screenings and support services designed for men in all industries.

Remember, it's important to take care of yourself and the men in your life, because strong communities start with healthy individuals.



Susanna Msibi



Veronica Jordaan

Real Members, Real Stories

At Moto Health Care, we're not just a medical scheme – we're part of the personal, everyday victories that shape our members' lives and we help write their unique stories.

After struggling with blurred vision and frequent headaches, MHC member Susanna Msibi was referred for cataract surgery. The procedure was a success, and with her new glasses she is back at work, reading documents with ease, and driving her grandchildren to school with confidence. "I didn't realise how much I was missing," she says. "Now I see clearly – in every sense."

MHC member Veronica Jordaan had stopped smiling for years due to pain and embarrassment caused by her damaged teeth. After accessing dental care through her option, she's now pain-free and proudly flashing her new smile. "It's not just about teeth," she says. "It's about being able to talk, laugh, and live without holding back."

These are the moments we work for, and the moments that truly matter to us. Behind every benefit is a person, and behind every claim, a new chapter. Your journey matters and we're with you all the way!

Partner Spotlight: Dutton Motors

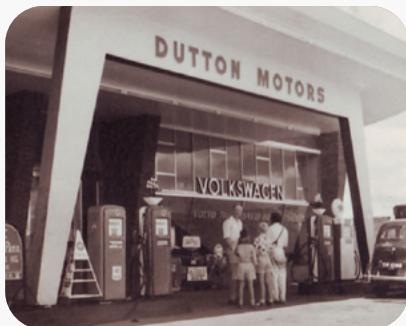
Driven by People, Powered by Purpose

Every strong partnership is built on trust, consistency, and care. That's why we're proud to shine the spotlight on Dutton Motors, one of our longest-standing employer groups and a true cornerstone of the Sasolburg community.

Founded in 1956 by brothers Peter and Bob Dutton, the dealership began with a simple mission: To serve people, not just sell vehicles. Decades later, that ethos still drives their business. Under the leadership of Selwyn and Rory Plitt, who joined in 2012 through the Teanvaal Group, Dutton Motors has grown into a trusted, family-oriented business with deep community roots.

But what truly sets them apart is their commitment to employee wellbeing. For nearly 70 years, they've prioritised staff health through quality medical coverage, open communication, and a shared belief in long-term care. As one employee put it, "You don't just work here, you're looked after here. And Moto Health Care is part of that."

We are grateful to Dutton Motors for their loyalty, values, and ongoing support, and we look forward to many more years of partnership.



Remember to save our emergency number on your phone and call us on **0861 009 353** for assistance. For more information, visit www.mhcmf.co.za or download the mobile app today!

Call Centre: 0861 000 300 or email info@mhcmf.co.za

DOWNLOAD THE MOTO HEALTH CARE MOBILE APP TODAY!

www.mhcmf.co.za



Take note of our whistle-blower hotline number, 0800 200 564 or email tip-offs to mhcmf@tips-offs.com. All reports are confidential.

DISCLAIMER: This information is for educational purposes only and is not intended as medical advice, diagnosis or treatment. If you are experiencing symptoms or need health advice, please consult a healthcare professional.