



## Book your Covid-19 vaccination

We are here to support you on your vaccination journey. If you live in Harare, we have secured two vaccination centres. The vaccination centres are Twin Gables, located next to the Montagu Clinic at the corner of Fifth Street and Josiah Chinamano Avenue (139 Josiah Chinamano), and Fam Med Clinic, 17 Trail Road Mt Pleasant. In Bulawayo, Galen House, 93 Josiah Tongogara Rd, Cnr 9th Avenue.

### How to make your booking

Vaccination is free for our members; we encourage you to make a booking so that we can ensure enough vaccine doses are available. Booking is easy and seamless, please use the links provided below:



- Harare Twin Gables: <https://bit.ly/AHVACCINE>
- Harare Fammed: <https://bit.ly/ahvaccination>
- Bulawayo: <https://bit.ly/ahvaccinebulawayo>

Alternatively, email [marketing@healthzim.com](mailto:marketing@healthzim.com) with your name, membership number and number of family members to be vaccinated.

**Do you need to know more about Covid-19 vaccinations? Visit the World Health Organization website.**

As a member, you are assured of cover for COVID-19 treatment should the need for medical attention arise. Once your laboratory PCR test is confirmed positive and there is need for treatment from your general practitioner, specialist or hospital admission, Alliance Health will cover your admission, ICU, drugs and sundries and any other related costs while you are in hospital. This is based on your scheme benefits and annual benefit limits.



## 5 Steps to practice everyday.

- 1** Practice Social Distancing.
- 2** Practice Good Daily Hygiene
- 3** Avoid Close Contact
- 4** Clean and Disinfect
- 5** Minimize unnecessary trips and visitors in your home

## O<sub>2</sub> When to use an oxygen concentrator

An oxygen concentrator is a type of medical device used for delivering oxygen to individuals with breathing-related disorders. Individuals whose oxygen concentration in their blood is lower than normal often require an oxygen concentrator to replace that oxygen. This has been the case with many COVID-19 patients. An oxygen concentrator is the best solution for oxygen supply at home.





## When to use an oxygen concentrator...*continued*

As Alliance Health, we have availed exclusive access to oxygen concentrators for you our member should you need at-home oxygen therapy.

### Benefits of using an Oxygen Concentrator:

- Improves your respiratory symptoms
- Reduces your risk for other complications
- Improves cognitive function
- Improves recovery
- Helps you sleep better
- Improves your chances of survival

If you are not feeling well, please consult your doctor as soon as possible.

## Staying home is the new normal



The Covid-19 lockdown has been extended again, we remain committed to monitoring the situation and making necessary changes to adapt and stay compliant. Your health and safety are of utmost importance to us and we continue to take measures to help curb the spread of this pandemic.

Our offices are open from 8.15am to 3pm (Monday to Friday) should you wish to come in for assistance. We are also open in Harare (Alexandra Park Offices) for payments on Saturday until 12pm. However, to avoid unnecessary movements please use digital platforms for communication and payment.

Ensure that your email addresses and contact details are kept up to date by advising Alliance Health of any changes. It is important that we be able to contact you via email or phone should the need arise.

Now your claims can be sent electronically to us from the service provider, in real time! Enrolment is underway for this biometric claim system. You may get your fingerprints enrolled at any of our offices or at a biometric enabled service provider. Contact our client services team for a full list of the biometric enabled service providers.



### Please see useful contact details below:

Claims submission:	callcentre@healthzim.com
General enquiries:	clientservices@healthzim.com
Membership queries:	membership@healthzim.com
24hr Call Centre:	08677000716 / 0772 126 120
WhatsApp:	0772 126 120 or 0778 244 129



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