

IN HEALTH

ISSUE 38

YOUR GUIDE TO WELLNESS



Lifestyle

Adaptability - a skill for the future

HEALTH

*Your mental health
is important*

Wellness

Get yourself pregnancy ready

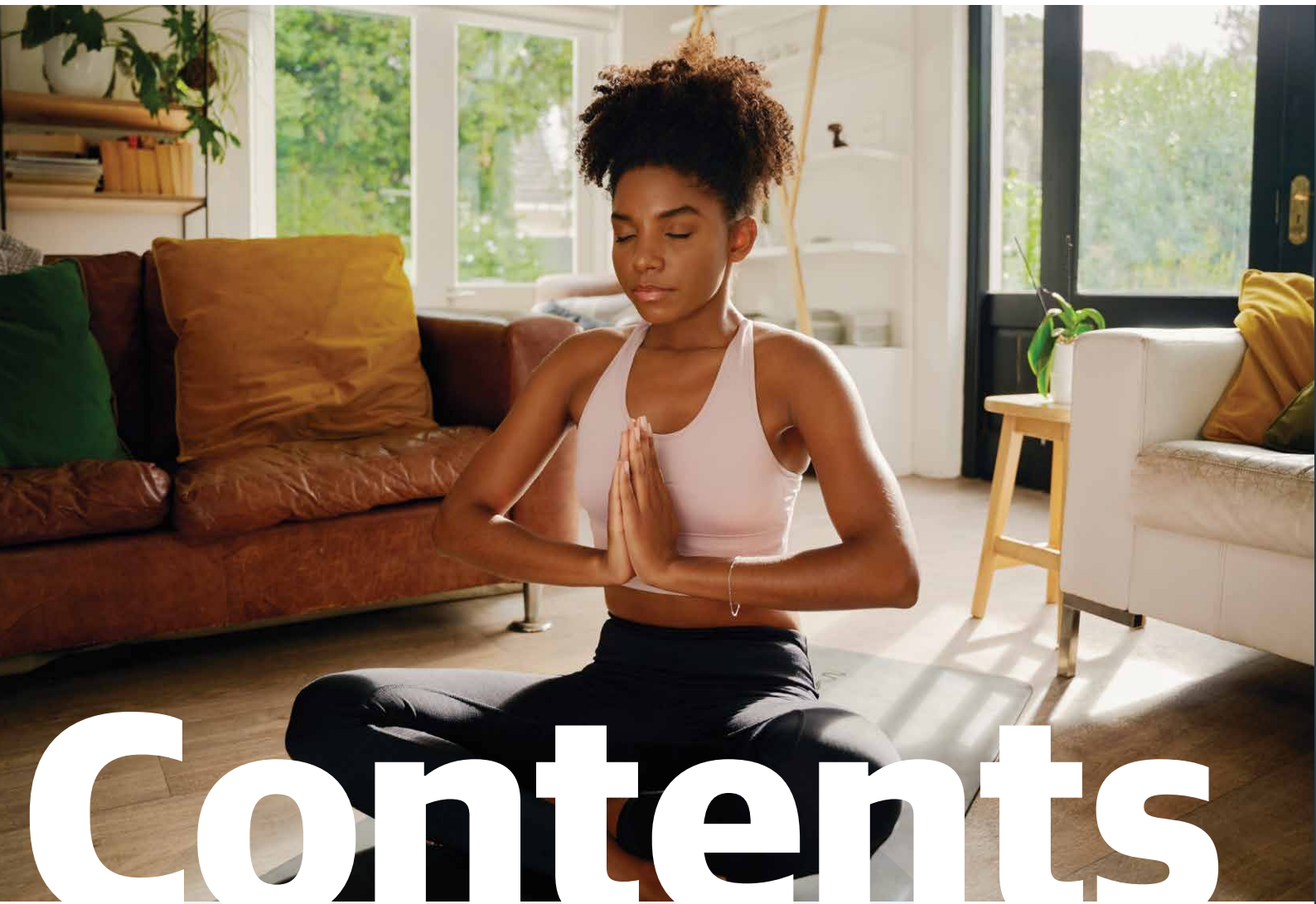
Food

*African superfoods to
add to your diet*

A Liberty publication



LIBERTY
In it with you



Contents



- 3 NEWS TO KNOW**
The fight against malaria is making progress especially with experts like Paballo Chauke playing their part
- 4 WELLNESS**
Tips on how to make the most of your pregnancy as your family grows
- 6 FOOD**
African superfoods that are healthy and really affordable too
- 8 HEALTH**
Help save lives by donating blood
- 10 LIFESTYLE**
Why regular play is vital for your happiness and productivity
- 12 CAREER**
Adaptability – a skill to help navigate your future
- 14 MENTAL HEALTH**
Tips on ensuring a good mental health self-care routine

InHealth is published on behalf of Liberty Health by Bespoke Media (bespokemedia.co.za)
99 Lympleigh Road, Plumstead, 7800 +27 21 201 7370, info@bespokemedia.co.za.

The views and opinions expressed by the independent authors and contributors to this publication are theirs alone, and do not necessarily reflect the views or opinions of Liberty Health (Pty) Ltd or their employees.

Welcome

Dear readers,

We're almost half way through 2022, and as COVID shows signs of slowing, we have so many more facets of our lives to attend to.

In this issue of *InHealth*, we look at the fight against malaria with expert Paballo Chauke, and the importance of donating blood to help save lives.

We look at tips on how to plan for and welcome a newborn into the family, plus a reminder on the importance of Play to boost the happiness and creativity for the whole family.

We continue to focus on the importance of your mental health and wellbeing, and look at various ways to self-care or what to do when you need some extra help.

Finally, we share information on some indigenous and affordable African superfoods that are both delicious and easy to find, and we see how to future proof yourself and improve your focus at work.

Let us know what you think! If you have suggestions for articles, topics or any feedback, email DG-LHH-Marketing@libertyhealth.net with "InHealth" in the subject line.

We welcome your feedback!

Liberty Health
follow us on



NEWS TO KNOW

Malaria is an everybody issue

Malaria continues to be something that affects the continent but people like Paballo Chauke are fighting the good fight. Malaria remains one of the world's oldest, deadliest diseases, having claimed billions of lives over the course of history.

Thanks to an exceptional global effort since 2000, deaths have decreased a lot, with over 10 million lives saved, mostly young children in Africa. The fight against malaria still hasn't been won though. "Young children are the most vulnerable to severe malaria and today 1,300 children will lose their lives to malaria - that is one young life lost every minute. We are losing the future of Africa if pregnant women, children and especially young girls are not protected from this deadly disease," says Chauke.



To hear more, please see our special interview with Paballo by visiting one of our social media platforms and downloading the video.



What to expect when **baby is on the way**

Pregnancy is an exciting time for the whole family. As you prepare for the arrival of your bundle of joy, it's important to plan ahead and make the most of this special time.

The excitement and anticipation that comes with a pregnancy has everything to do with enhancing your home life and family circle. You're making plans for a complete new home set-up and change of life – and you also need to plan for how you'll manage going back to work just a few months after baby is born. It's best to consider all your options upfront giving peace of mind going forward and so everything's in place once you get back to work.

Here are some tips to help you.

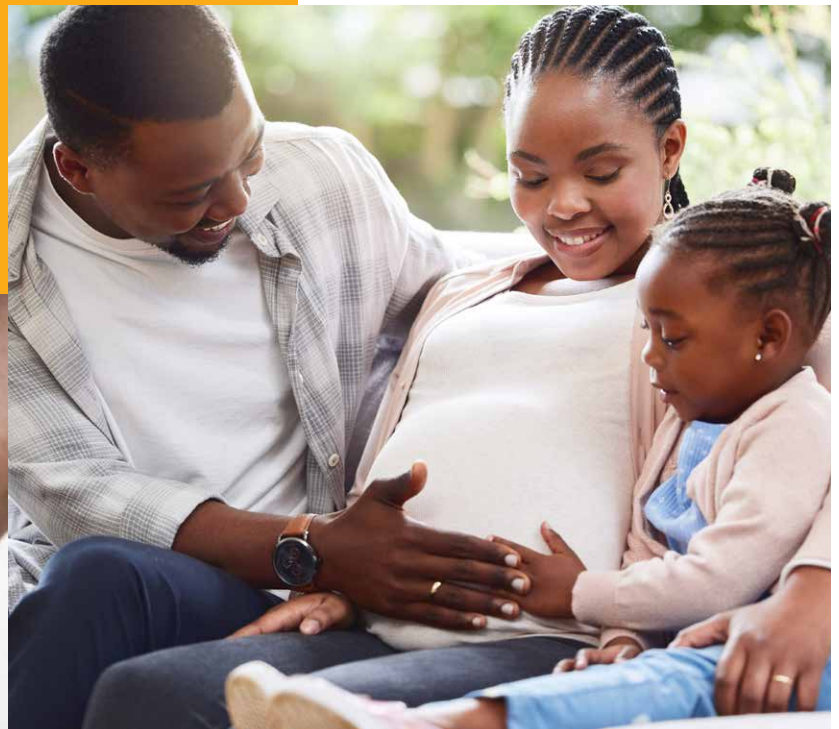
On the work front

- **Tell your boss and HR about your pregnancy** and when your due date is.
- **Find out the details of your company's HR maternity leave policy.** Fill out all the paperwork sooner rather than later.
- **Prepare a detailed handover.** This will require you to list the things you do, delegate activities that can be delegated, and inform colleagues about important deadlines that may be looming and any other work details that they will need to execute while you're gone.
- **Get your files and documents in order** so that colleagues can easily access information they may need.



- **Creating new savings goals is essential** since a new baby means new expenses. There will be many unexpected costs along the way but some can be planned for. Starting an education fund for your child now will go far to relieve financial pressures in the future.

“There is a lot of unexpected administration that can arise from adding a new member to your family.”



On the health cover front

- **There is a lot of unexpected administration** that can arise from adding a new member to your family.
- **Check your Liberty Health Cover maternity benefits to find a paediatrician in our provider network.** If you'll have extra costs, make a plan to cover them.
- **Find out about when you can start getting cover for your baby** and do any paperwork you need to make sure they're covered from the start.

Check the Liberty Health Cover Membership Guide for details on our maternity benefits.

You can find the Guide in the Downloads section of the website, or contact your nearest office to enquire.

For the dads

Dads often feel excluded during this time, but actually, they are needed more than ever. If your partner is pregnant, the above rules relate to you too.

Check what the paternity leave laws are in your area. Should there be none, we advise you to save up on your leave days so that you can be there when the baby finally arrives.

African superfoods for
Improved
health

Africa is rich in foods that have amazing health benefits.
Here are a few to add to your diet.



Our diets have changed over time – in many cases, not for the better. Unfortunately, this has given rise to a lifestyle that has become increasingly unhealthy. Our continent has a variety of foods that are nutrient-rich and inexpensive. These are the foods our ancestors lived on that we have somehow lost along the way. Lately, plant-based diets have been gaining ground again, with experts promoting their health properties.

Plant-based foods include vegetables, legumes, wholegrains, nuts, seeds and fruit. Swapping oily, high-fat and sugary meals for nutritious and natural foods will go a long way to ensuring that you live a healthier, more productive life. Here are examples of these foods; they are easily available, so there's no excuse not to try them. They may even become your favourites!

“Our diets have changed over time – in many cases, not for the better. Unfortunately, this has given rise to a lifestyle that has become increasingly unhealthy.”

1 Pumpkin leaves

Pumpkin leaves are a staple across the African continent, and for good reason: they're inexpensive and nutrient-rich, and can be eaten raw and fresh in a similar way to spinach, such as in salads. Or, they can be dried and then eaten as a snack.

Health benefits: Pumpkin leaves contain vitamins A and C, calcium, iron, folate, potassium and some of the B vitamins. Vitamin A protects your eyesight, vitamin C is a great immune booster, calcium is necessary for healthy bones and iron supports having energy.

How to eat: Pumpkin leaves are cooked similarly to spinach. You can spice them to your liking and add potatoes for a filling and nourishing side dish. If you want to take it a step further, you can replace your starch with pumpkin leaves. Click here to follow this pumpkin leaf recipe: <https://www.zimbokitchen.com/delicious-traditional-muboora-pumpkin-leaves/>

2 Sorghum

Although sorghum is a grain that originates from Africa, it has become a staple in other parts of the world as well. There are two kinds of sorghum: red and white. The red sorghum isn't as tasty as the white, but is often used to create sorghum beer.

Health benefits: Sorghum is gluten-free and is high in protein. It's also a good source of iron, phosphorus, magnesium, copper, calcium, zinc and potassium. The bran layer of sorghum has more antioxidants than blueberries, strawberries and plums. Antioxidants protect your cells from free radicals that play a role in a lot of diseases like cancer and heart disease.

How to eat: Sorghum is milled into flour that can make porridge, unleavened bread and cakes. Sorghum can also be fermented and used to make beer.



3 Moringa

The Moringa tree is found in Africa and parts of Asia. It's one of those trees that has edible leaves, bark, seeds, roots and flowers. It's also known as the tree of life because it's said to help with many ailments. It isn't recommended for pregnant women and women who are breastfeeding.

Health benefits: It's called a superfood because it has twice the protein of yoghurt, four times the calcium of milk, seven times the vitamin C of oranges and 25 times the iron of spinach.

How to eat: The leaves are often crushed into a powder that you can add to your drinks or smoothies. You can also drink it as tea.



Be a **lifesaver**

Donating blood is easy to do and can help so many people, yet too few of us step up. **Let's make a change.**

June 14th is International Blood Donation Day, a day that should attract a lot of attention as blood donation is essential to the smooth functioning of medical facilities worldwide.

Why you should consider it

Blood is essential to human life and hospitals are always in need of blood to help patients with all kinds of conditions. When you donate blood, you are playing an important role in saving the lives of those who need blood. Three adult patients and up to six children can be helped just because of your one blood donation.

What actually happens when you donate blood?

The whole process of donating blood takes no more than 15 minutes. An additional 15 minutes is used to monitor you before you go back to your daily life.

Here is what you can expect:

- 1** You'll be asked a series of questions to see if you're a suitable candidate.
- 2** You'll be given a brief medical examination that includes checking your blood pressure, weight and pulse.
- 3** A drop of blood will be taken from your fingertip to check that giving blood will not make you anaemic. Being anaemic means your blood doesn't have enough healthy red blood cells. This leads to reduced oxygen flow to the organs.

Is it safe?

The process of giving blood is very safe. You'll only be able to donate if you are fit and healthy; the healthcare practitioners will not put you at risk. The needle and blood bag are also sterilised and only used once.

Is there an age limit to this process?

The age range for giving blood is usually 17 to 65 years. Healthy adults can give blood several times a year. Details for this can vary according to your location, so check with your local blood bank.

Who cannot donate blood?

According to the WHO, you cannot give blood if:

- You are feeling unwell
- You are anaemic
- You are pregnant, have been pregnant within the last year or are breastfeeding
- You have certain medical conditions, which may make you an unsuitable donor
- You are taking certain medications, such as antibiotics.

Other circumstances include if there are lifestyle implications that could put others at risk; for example, if you've recently had a tattoo or piercing, if you have more than one sexual partner, if you've ever injected yourself with recreational drugs, or if you've recently contracted a sexually transmitted disease.

“The age range for giving blood is usually 17 to 65 years. Healthy adults can give blood several times a year.”

But why me?

Being a responsible and caring citizen means considering how you can help others, especially when they have a medical emergency. Donating blood is free and helps save lives. Be a hero and visit your nearest blood bank today!

Contact your national blood transfusion service to donate:

Ghana – <https://nbs.gov.gh/>

Kenya – <https://nbtkenya.or.ke/>

Malawi – <https://mbtsmalawi.com>

Mauritius – <https://www.facebook.com/bloodbankmauritius/>

Mozambique – National Blood Reference Centre, Mavalane General Hospital, Maputo

Nigeria – <https://www.facebook.com/National-Blood-Service-Commission-NBSC-552030438230274/>

Tanzania – <https://www.nbts.go.tz/>

Uganda – <https://www.ubts.go.ug/>

Zambia – http://www.uth.gov.zm/?page_id=1513



Play time

Making time to play is important for your wellbeing, no matter what your age. Here's one game you can play with your family that will get you active while having lots of fun.

There's a saying that goes: "You don't stop playing because you get old; you get old because you stop playing." Playing is an important part of life, but as we become adults, many of us forget to nurture this part of ourselves as our stresses increase. Studies have shown that even though playing is the first thing we lose when we grow up, it's one of the things that can help with releasing endorphins (feel-good hormones), improving brain use and sparking creativity.

Part of the reason playing is so important in modern times is that many of us spend a lot of time on our devices, especially cellphones. Children also spend a lot of time watching TV instead of playing outside. Playing is not only fun but also helps growing children develop their motor skills.

Since COVID-19 has isolated most of us, getting outside to play is a safe way to get social and have fun together again. Playing also makes us more active physically. Getting physical isn't just reserved for work or the gym, playing allows you to move your body while also distracting your mind from the stresses of life. Playing also allows you to de-stress and have fun, which repeatedly over time helps you perform better at work and in other areas of your life where you have responsibilities.

We asked a team member from Nigeria to share a game that continues to bring them a lot of joy.

For those of us who may have forgotten, think of some happy childhood games to revisit with your family. Here's one to get you started:

Suwe (or hopscotch)

It may have a different name in Nigeria, but this game is enjoyed by children worldwide. Our Head of Marketing, Branding and Communication in Nigeria, Omolara Aluko, shared this game because of the wonderful childhood memories it has for her.

Material you'll need

Chalk and pebbles. A hard outdoor surface like brick, cement or tarred paving. Or you can draw lines on a sandy floor.

How to play

- Draw a big rectangle on the ground with chalk and divide it into two columns, each with a number of squares (called "boxes").

SUWE RULES ARE SIMPLE:

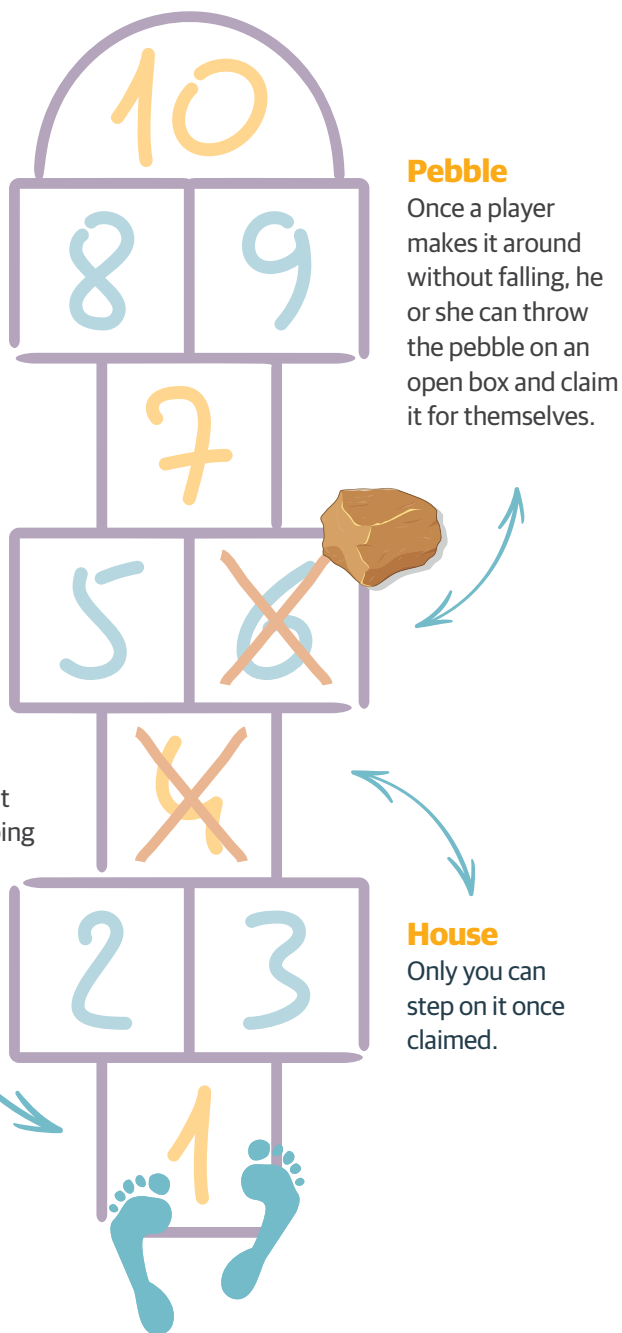
- 1 You cannot step on the line. If you do, you lose your turn;
- 2 You cannot step into the box that has the pebbles, you have to jump over it;
- 3 You cannot step into a house (a column or boxes already won and marked by a player);
- 4 You can only use one of your legs except when you are in your own house. To get a house, you must throw a pebble over your head without looking back; wherever it lands is where your house is situated.

Getting or building a house within the game's boxes is the goal of every player, and the player with the largest number of houses at the end of the game is the winner.

Imagine once a player has acquired three houses. The game becomes difficult for their opponent as he or she will have to jump over those houses with only one leg. This is the fun part of the game.

The number of boxes will depend on how many players there are. Two people will usually play against each other, but sometimes two can play against another group. You can also lay out the playing field like the diagram we've shown on the side.

- The game starts with each player holding their own pebbles, made of either metal or plastic. Then, taking turns, each one hops around the squares on one foot trying to make it around the rectangle.
- Once a player makes it around without falling, he or she can throw the pebble on an open box and claim a house for themselves.
- The moment you have a house, other participants are not allowed to step on it unless you allow them. They need your permission to enter; if any part of their body touches the area marked as your house, they'll be disqualified.





Adaptability, a skill for the future

Planning for the future can seem difficult in a rapidly changing world, but once you accept that change is inevitable, you can find ways to adapt.

We've always known that change is an integral part of life, and the past two years have made this crystal clear. While change makes many of us uncomfortable, it's essential that we accept it and then find ways to thrive in it. This is why adaptability is the number one skill of the future.

"Simply put, adaptability is the ability to change your approach and pivot in response to changing circumstances,"

says Joy Mitchell, psychologist. "It doesn't mean you don't get stressed out by change, but rather, that you can self-regulate, assess the changed environment and then perform well within that change."

The reason adaptability is being named to be the skill of the future is that the world is changing at a rate quicker than ever before, and this means you may need to adapt to technological, economic and environmental changes very fast.

Career upperhand

In the workplace, people who insist on things staying the same are going to be decreasing. "The days of work giving people a sense of security are almost behind us. Businesses of the future need to be agile and willing to change course quickly as needed. This means that the leaders of the future will be those who can do that and motivate their teams to do it too," says Mitchell.

Personal wins

Change triggers anxiety and panic in many people. If you're one of them, it's

Learn to be adaptable

Here are some tips on how you can make adaptability a regular practice in your life:

Contextualise

Listen closely to what the change is and then change how you feel by reminding yourself that it doesn't necessarily mean the end of the world and can also lead to personal growth.

Find the silver lining

Look for the positive in any change. Focusing on the negative will only make you less likely to cooperate and accept the change.

Be a beginner

Adaptable people know that there is no shame in being new to something. Allow yourself to be curious and you'll find that you start to look for solutions.

Forget about perfection

The need for perfection keeps many people stuck and unable to start afresh. Nothing can be perfect, so take that off the table and free yourself from pressure that can keep you stuck.

See it as an adventure

If you see life as an adventure, something that is fleeting and meant to be enjoyed, you will allow yourself to learn from every moment, even the challenging ones.

"No one can protect themselves from life's fluid nature. Changes will always happen and a lot of them won't be positive."

important to develop coping skills and adapt your response to the idea of a fast-changing world, especially since it's been shown that adaptable people cope better with life's ups and downs.

"No one can protect themselves from life's fluid nature. Changes will always happen and many of them

won't be positive. When you practise adaptability, you are able to see your changing circumstances for what they are and still maintain some level of mental balance. People who aren't adaptable often get devastated to the point of not being able to move on and I can assure you that this lowers your quality of life," says Mitchell.



Mental self-care is essential

Your mental health is an essential part of living and wellbeing. Giving it the attention and support it needs to thrive is something you should take seriously.

The arrival of the COVID-19 pandemic to our shores in March 2020 resulted in many of us feeling lonely, fearful and anxious. This was a natural reaction to a situation that had never happened before. Not only did people struggle with their emotional state, but many also struggled to make ends meet. These new stresses either sparked off mental health issues or added to an already existing condition.

A “positive” spin-off of the pandemic is the spotlight that has been placed on mental health.

Even though most adults would agree that modern living has stresses that can make staying in good mental shape challenging, there is still some shame attached to needing help. Many people keep quiet about their mental health and

prefer to work through their problems alone, even when that does not seem to be working for them.

“All adults have some level of stress, no matter their circumstances,” says psychologist Joy Mitchell. “There is this myth that you should be able to cope with everything life throws at you. This is simply not true. At some point, we all need help; it is nothing to be ashamed of,” she says.

What happens when you see a psychologist?

When the idea of getting professional help comes up, most people immediately say no and then shut down. That’s because most of us don’t know what “getting help” really means.

“There is a stigma with therapy because many people think it’s something that

is reserved for ‘crazy’ people or people who are not fit to manage their lives. The reality is that therapy is mainly about getting to understand your feelings and the way you can change your behaviour. The root of that help is talking about what you’re feeling so that you can have a better view and understanding of it,” says Mitchell.

While you might say that people from the olden times never went to therapy, the reality is that they also needed help. Modern life has also removed a lot of the natural support systems that people used to help them solve their problems.

“Getting help can also mean talking to a life coach, a priest or a trusted friend or family member. Sometimes even a stranger can help you have a breakthrough in terms of how you see things, helping you with how you



manage stress and your emotions," says Mitchell.

Winners ask for help

The fact remains that many of us have struggled or will struggle with our mental health at some point. It's important to know that you are not alone and that help is available.

Life, like many sports, it's a team effort. You can't go very far if you think you need to be in control of everything at all times. "Even though the stigma is that asking for help is for the weak, the reality is that only strong people actually ask for help. If you want to live a healthy life, you need to be able to understand yourself and what you need. And when the time comes for you to admit that you need help, you need to be able to seek it," Mitchell concludes.

While there are small things you can do to lift your mood, sometimes the solution isn't as easy as taking a walk outside. You are the only person who can really tell if you need help, so open yourself up to getting the help you need so that you can live your best life.

Should you need more serious help, please consult an expert as soon as possible.

Here are some easy things you can do as a pick-me-up when you're feeling down:

1 Grounding

Your ancestors did it and you probably did it as a child; it's time to get back into the habit. Here's a friendly reminder of how it's done: Grounding is a technique that involves doing activities that "ground" or electrically reconnect you to the earth. Simply put, you need to spend time with your bare feet on the ground. After all, this is how we humans originally lived. There are super benefits to doing this regularly including helping you overcome feelings of anxiety and depression.

It's suggested that you ground for a minimum of 20 minutes a day, but you can never get too much. Being outdoors is compulsory for this practice and you'll find yourself looking forward to being in nature and breathing in all that fresh air.

2 Meditation

Meditation is the practice of mindfulness, or focusing the mind on a particular object, thought or activity. It's the act of remaining in a silent, calm state for a certain period of time.

The purpose of meditation is to still your mind in various ways. You can either focus on your breathing, a word you say in your head or even just being silent, preferably with your eyes closed.

There are various free apps available that have guided meditations. Many people swear by meditation and the inner calm it brings. Try it and see for yourself.

Apps to try:

- <https://www.calm.com/>
- <https://insighttimer.com/>

3 B.R.E.A.T.H.E

This may sound simple, but in reality, most of us don't breathe at our best, and when we're anxious our breath tends to be fast and shallow. This puts a further strain on our already tense bodies, leading to an increased heart rate, dizziness, muscle tension and other physical sensations.

When it comes to using breath to manage your anxiety or depression, there are various techniques you can try. These put your body in a relaxed state, which helps your brain become relaxed too.

Try this simple exercise:

- 1 Find a quiet place.
- 2 Sit still or lie down and close your eyes.
- 3 Keeping the mouth closed, inhale through your nose for a count of four, then hold your breath for a count of four.
- 4 Slowly exhale through your mouth for a count of four.
- 5 Repeat numbers 3 and 4 six times.
- 6 Open your eyes and feel the difference.

In addition, here are some links to breathing techniques that will help you relax:

- **Box Breathing technique**
<https://www.youtube.com/watch?v=tEmt1Znux58>
- **Pranayama class** –
<https://www.youtube.com/watch?v=4uNdlGcySLQ>



We want to be able to reach you!

We would like to have more than one way to reach you. Please share your mobile number with us so that you never miss an important message, even when your mailbox is full. **Send your number to info@libertyhealth.net so we can update your details.**

It's also a good idea to check that the details we have for you are correct. Log in to your online profile at www.libertyhealth.net to do so – it's free 24/7.

Contact us.

GHANA

Apex Health Insurance Ltd,
4th Floor, Zion House,
7 Nii Yemoh Avenue, Boundary Road,
Shiashie, East Legon, Cantonments
PO Box ST 237, Accra, Ghana
T +233 265 380 622
E info@apexhealthghana.com
Emergencies (24 hrs) +233 501 304 156
Pre-authorisation +233 501 304 156

KENYA

Heritage Insurance Company Ltd,
Liberty House (formerly CFC House),
Processional Way
PO Box 30390 00100, GPO,
Nairobi, Kenya
T +254 711 076 333
E info@heritage.co.ke
Emergencies (24 hrs)
+254 728 111 001/2 / +254 73 550 050 /
+254 728 607 689
Pre-authorisation
+254 728 111 001/2 / +254 73 550 050 /
+254 728 607 689
healthcareundertakings@heritage.co.ke

LESOTHO

Liberty Life Lesotho, Unit 39, Maseru Mall,
Thetsane, Maseru, Lesotho
T +266 2231 4589
E info@libertyhealth.net
Emergencies (24 hrs) +266 2231 4590
Pre-authorisation +266 2231 4590
membercare@libertyhealth.net

MALAWI

Libertas General Insurance Company
Ground Floor, Unit House, Victoria
Avenue, Blantyre, Malawi
PO Box 354, Blantyre, Malawi
T +265 1833 393 / +265 1754 810
E malawi@libertyhealth.net
Emergencies (24 hrs)
+265 993 921 957
Pre-authorisation
+265 993 921 957 /
membercare@libertyhealth.net
Membership +265 999 523 103 /
+265 999 880 219

MAURITIUS

Liberty Health C/O Health & Travel
Department, Swan General Ltd, 7th Floor,
Swan Centre, Intendance Street,
Port Louis, Mauritius
T +230 212 2600 / 2900
E mauritius@libertyhealth.net
Emergencies (24 hrs)
+230 5941 7533
Pre-authorisation
Office hours: +230 212 2600
After hours: +230 5253 5035

MOZAMBIQUE

Liberty Health, Av Julius Nyerere,
no. 1339, Maputo, Mozambique
T +258 84 373 7376/7
/ 800 30 3333
E mozambique@libertyhealth.net
Emergencies (24 hrs)
+84 390 1289 (Vodacom) Toll Free
+258 84 373 7376/7
/ 800 30 3333

Pre-authorisation

Vodacom: +258 84 586 5665
Mcel: +258 82 586 5665
preauthmoz@libertyhealth.net

NIGERIA

Total Health Trust, 2 Marconi Road,
Palmgrove Estate, Lagos, Nigeria
T +234 1 460 7560 /
0700 TOTAL HT
(+234 (0) 700 868 2548)
E contactcentre@totalhealthtrust.com
Pre-authorisation
contactcentre@totalhealthtrust.com

SOUTH AFRICA

Liberty Health, Liberty Building,
Estuary Precinct, Century Boulevard,
Century City, 7441, Western Cape,
South Africa
T +27 21 657 7740
E info@libertyhealth.net
Pre-authorisation
membercare@libertyhealth.net
Oncology pre-authorisation
oncology@libertyhealth.net
Chronic medication pre-authorisation
chronicmedicine@libertyhealth.net

TANZANIA

Strategis Insurance (T) Limited,
Plot no 1520, Bains Avenue, 1st Floor
Masaki Ikon Building, Msasani Peninsula
PO Box 7893, Dar es Salaam, Tanzania
T +255 222 6025 70 /
+255 222 6025 74 /
+255 222 6025 81 /
E insurance@strategis.co.tz

Emergencies (24 hrs)

+255 784 555 911 / +255 754 777 100
Pre-authorisation
+255 788 483 043 / +255 677 744 344 /
+255 753 844 083 / +255 776 331 998
approvals@strategis.co.tz

UGANDA

Liberty Life Assurance Uganda Limited,
Madhvani Building, Plot 99-101,
Buganda Road, Kampala
PO Box 22938, Kampala, Uganda
T +256 414 233 794 / +256 312 202 695 /
+256 414 231 983 / +256 312 304 000
E uganda@libertyhealth.net
Emergencies (24 hrs)
+256 779 558 733 (Members)
+256 772 578 323 (Providers)
Pre-authorisation
+256 414 233 794 / +256 779 558 733
membercare@libertyhealth.net

ZAMBIA

Liberty Life Insurance, Kwacha Pension
House, 1st Floor, Stand 4604, Tito Road,
Rhodes Park, Lusaka, Zambia
T +260 211 255 540 / 1 / 36
E zambia@libertyhealth.net
Emergencies (24 hrs)
+260 950 397 863 / +260 965 205 113 /
+260 955 256 871
Pre-authorisation +260 211 255 540 /
+260 211 255 541 / +260 211 255 536
preauthzam@libertyhealth.net

Liberty Health
follow us on

