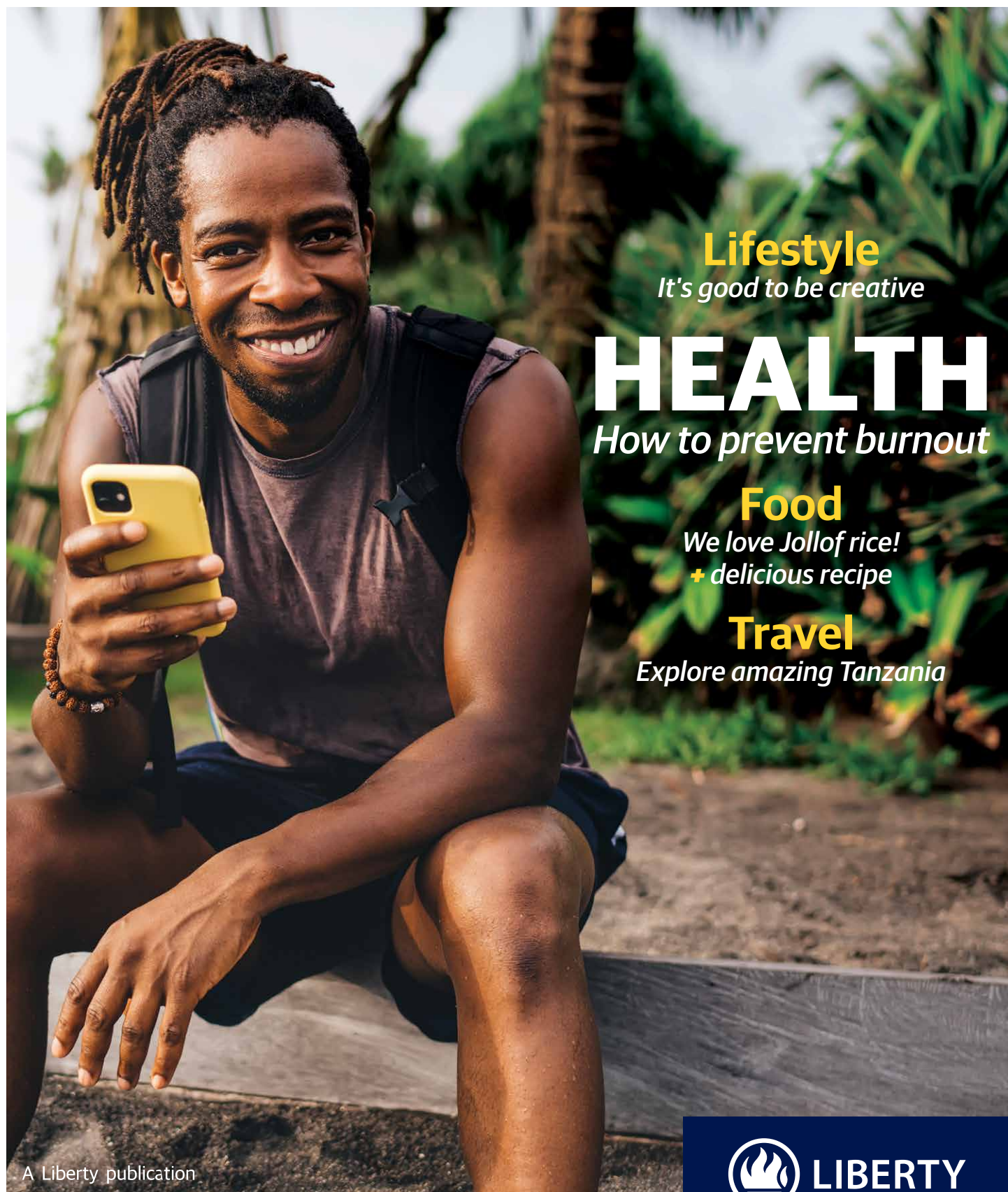


IN HEALTH

ISSUE 37

YOUR GUIDE TO WELLNESS



Lifestyle

It's good to be creative

HEALTH

How to prevent burnout

Food

*We love Jollof rice!
+ delicious recipe*

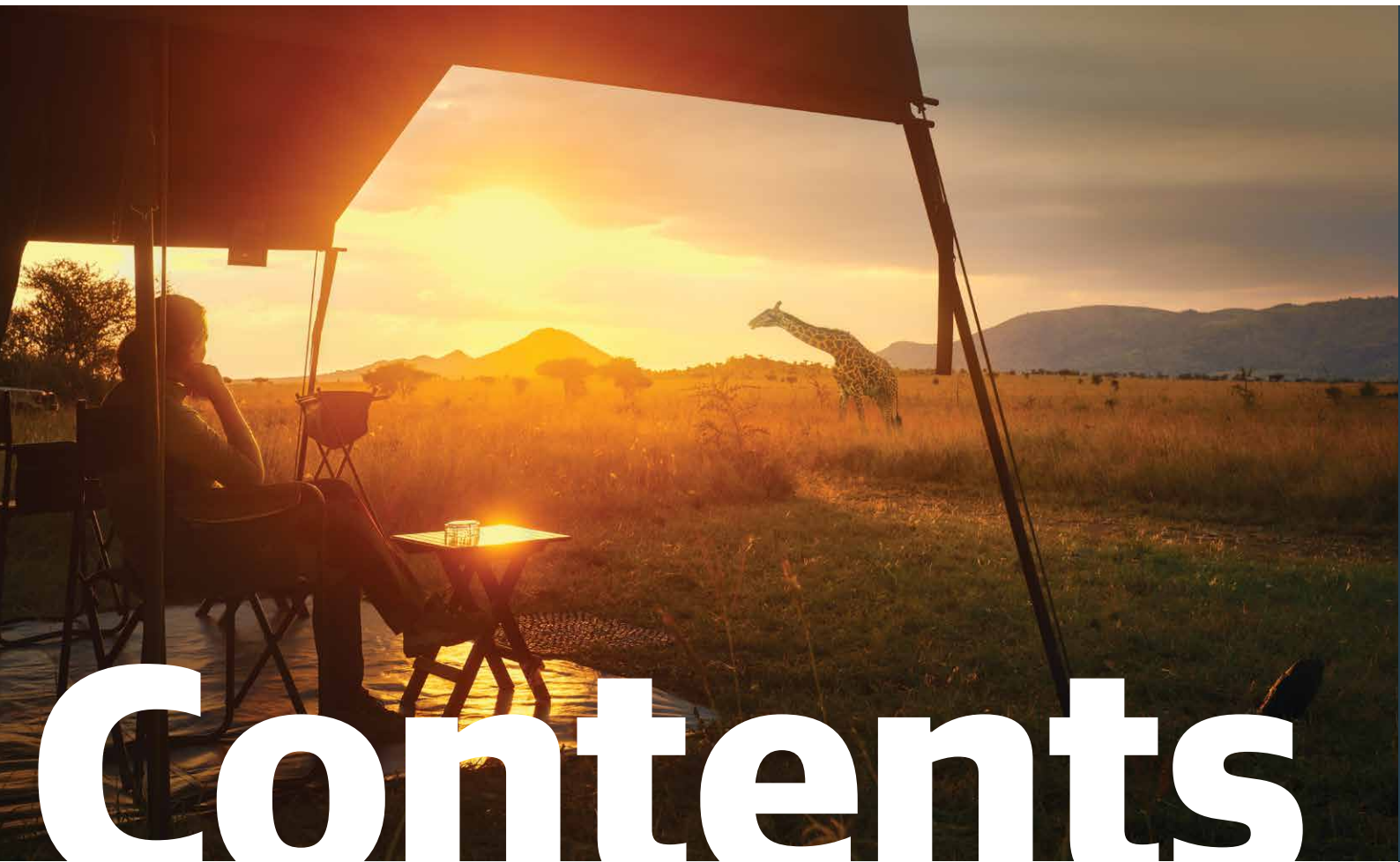
Travel

Explore amazing Tanzania

A Liberty publication



LIBERTY
In it with you



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We're in it with you, 24/7! Liberty Health's digital services are designed to make your life easier.

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Welcome

Dear readers,

Welcome to 2022! We're feeling a lot more hopeful that this year we'll get to spend more time with our loved ones, explore exciting new places and live life again as we know it.

To inspire you in all facets of life, this issue of *InHealth* explores the mental and physical benefits of stretching and why doodling, drawing and dancing – anything creative actually – is really good for you. We also take you on a culinary journey to West Africa to discover the deliciousness that is Jollof rice, then we head to the exquisite Tanzania where you're guaranteed a sensory experience like no other. If you're feeling uninspired at work, try our 15 tips to boost productivity. Remember, burnout is serious. So read on for the signs and get help if you need it.

Enjoy this issue of *InHealth* and let us know what you think! Don't forget to share it with your family, friends and colleagues.

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

We're online and #InItWithYou!

You now have 24/7 access to the health insurance services you need. Whether you're a member, an employer, part of our health provider network or a benefit consultant, our digital tools are here to make it easy to access the information you need.

How you benefit:

- **Save time and effort** Don't wait for official business hours or to speak to a call agent.
- **Lower costs** Minimise the need for phone calls or travelling to our offices for help.
- **Peace of mind** Have 24/7 access to check available benefits, as well as claims submitted and paid.
- **Monitor and improve your health** Members, please use the online health assessment tool for a personalised report and advice, or access our range of trustworthy health information, all in one place on the Liberty Wellbeing platform.

Register or log in at libertyhealth.net or on the Liberty Health app (available on App Store or Google Play) to enjoy all these benefits.

Members working for Vale can register or log in at libertyhealthvale.net or on the Liberty Health app.

COVID-19 UPDATE: The Omicron variant and what you should know...

First identified in November 2021, Omicron is now the dominant COVID-19 variant in most countries. It's much more infectious than previous variants but causes mostly milder disease and faster recovery.

As it's so infectious, even those who had COVID before, or who are vaccinated, can get infected.

However, vaccination still offers significant protection against serious disease and death, reducing the chance of hospital admission by up to 70%. Most patients being admitted to hospital are unvaccinated.



A

stretch a day

Why stretching every day is beneficial for your body and your mind.

You know that regular exercise and eating healthily are good for you, but don't forget the benefits of stretching.

Although stretching may seem boring, it is one of the best things you can do for your physical and mental wellbeing for the rest of your life.

Physically, stretching helps to relieve tension, prevent injury, improve posture, strength and flexibility and decrease back pain. Mentally, stretching releases endorphins (feel-good

hormones) and increases blood flow and circulation to your brain, helping to clear your mind and improve your mood.

Whether your job is office bound or more physical, it can take its toll on your muscles, especially your back, neck and shoulders. When your muscles are tight, this strains your joints, which is often painful and may lead to injury. Cardio exercise contracts your muscles, making them shorter, and stretching helps to lengthen them. It's important to do both so that your muscles keep balanced.

The great thing about stretching is that you can do it anywhere and decide on the intensity. A 20-minute stretching session at the start or end of your day is a great way to get into this healthy habit.

Doing a few stretches at your desk at regular intervals can make a big difference to your productivity. And if your work's more physical, take stretch breaks throughout your day to ease any tension in your muscles.

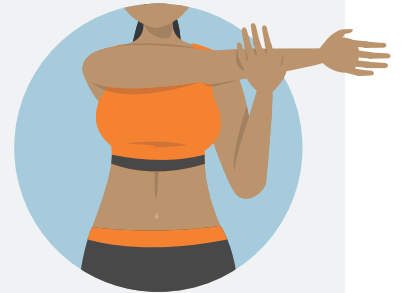
Start your stretching journey with a few simple exercises:



LOWER BACK: stand with your feet slightly apart, knees soft, and slowly bend forward so your head and upper body are hanging loosely. Rock gently from side to side then roll up slowly.



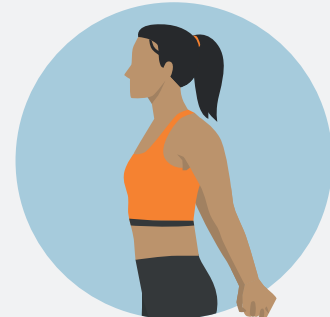
FEET: stand with your feet slightly apart, lift and spread your toes and the balls of your feet. Then lift your heels off the floor and shift your weight to the balls of your feet.



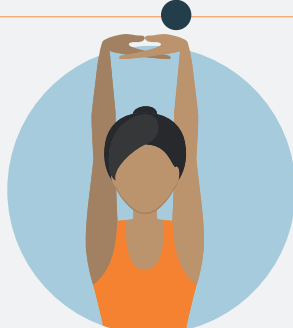
TRICEPS: bend your arm, reaching across your chest towards the opposite side. With your other hand at your elbow, push your arm for a deeper stretch. Then swop arms.



SHOULDERS: interlace your fingers, palms facing up with your arms above your head in line with your ears. Relax your shoulder blades. Hold for a few breaths then slowly lower your arms and roll your shoulders forwards and backwards, and repeat the stretch.



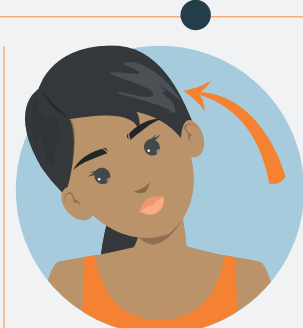
CHEST: reach your hands behind you at the base of your back and clasp them together. Pull your shoulder blades together and slowly lift your clasped hands as high as you can.



UPPER BODY AND ARMS: clasp your hands above your head, palms facing out. Push your arms up and stretch.



HIPS AND KNEES: hug one knee towards your chest, then alternate.



UPPER TRAPEZIODS: pull your head gently towards your shoulder and hold. Do it a few times each side.

For more amazing workouts, follow Coach Cass on Instagram @coachcassfit or stretch along with her on YouTube!



Spicy rice

is always nice

The popular West African Jollof rice dish is presented in many unique forms but has one common thread - it's always delicious!

No matter what the occasion, Jollof rice remains one of West Africa's most revered dishes. Named after an historic 15th-18th century West African kingdom in the Senegambian region, this spicy red rice dish spread to Niger and east Nigeria, after the gold traders (known as Dyula) passed the tasty recipe along on their travels.

Today, Jollof is a staple in almost every country across Africa. The recipe always includes tomatoes, sweet red peppers, chillies, spices, blends, aromatics, vegetables, and, of course, rice, but each country has added their own distinct twist.

In Nigeria, the dish sometimes goes by the name of Party Jollof and is usually cooked outdoors in an iron pot over a wood or charcoal fire to give it a smoky flavour. In Ghana, they serve it with a spicy pepper sauce and boiled eggs, using fragrant rice such as jasmine or basmati. In Senegal, the tradition is to cook it slowly in one pot so that the rice absorbs all the flavour, and it is usually served with fish.

Every year on 22 August, each country in West Africa partakes in the "Jollof Wars" on World Jollof Rice Day. To get a taste of the action, follow the #JollofWars hashtag on Twitter.

Try this fragrant Jollof recipe from African Vibes, via Go Dairy Free...

INGREDIENTS

- 2 tbsp olive oil
- 1 cup diced onions
- 2 tbsp minced garlic
- 1 tsp minced ginger
- ½ to 1 habanero pepper, thinly sliced
- 1 cup uncooked basmati rice
- 5½ cups vegetable or chicken stock
- 1 can crushed tomatoes
- 1 tsp seasoned salt
- ½ tsp smoked paprika
- ½ tsp curry powder
- ½ tsp dried thyme
- 1 bay leaf
- Chopped parsley, for garnish

INSTRUCTIONS

1. Heat the oil in a large pot over medium heat. Add the onions and sauté for 5 minutes or until tender.
2. Add the minced garlic, ginger and habanero pepper and sauté for about 30 seconds. Add the rice and sauté for 2-3 minutes or until toasted.
3. Add the stock, crushed tomatoes, seasoned salt, smoked paprika, curry powder, thyme and bay leaf and stir to combine. Bring the mixture to a boil, then reduce the heat to low and cook, covered, for 25-30 minutes or until all the liquid is absorbed and the rice is tender.
4. Remove the pot from the heat and let the rice rest for 10 minutes with the lid on.
5. Remove the bay leaf and stir to combine. Top with parsley and serve with a green salad.



Heading for burnout

How to read the signs to prevent burnout,
and when to get help.

When it comes to working hard and being committed to your career, most of us are willing to go the extra mile. But when things get too demanding and your job starts to feel like something you *have* to do, and not something you *want* to do... it's time to take a step back and reassess.

What is burnout?

It's similar to stress in that you feel the same anxiety and hopelessness, but while stress is usually short-term and you know it's coming to an end, burnout is longer term leaving you feeling out of control at work, unsupported and overwhelmed, and that it's never going to end. This results in poor performance and no concern for the consequences. Burnout can also affect your personal relationships, as well as your overall health.

If you're experiencing any of the following, you could be heading for burnout:

- Feeling negative and moody at work
- Dreading going to work
- No energy and no interest at work
- Sleeping badly
- Skipping work a lot
- Feeling worthless
- Headaches, sickness or body pain
- Easily annoyed by colleagues

- Thinking your job is meaningless
- Lack of emotion towards colleagues or clients
- Pointing blame at others
- Wanting to quit your job

How to avoid burnout

A holiday may temporarily relax you but to really make a lasting change, you'll need to put a clear plan into action.

- **Evaluate your job** and your responsibilities. If you've taken on tasks that are not part of your role, or your boss is overloading your schedule, start delegating and talk to your boss to explain how you feel.
- **Find your purpose.** If you're unhappy in your job, decide what it is you want to do to make a difference and if you're not already doing it, then ask yourself how you can change that.
- **Help others.** If you want to add more meaning to your job, start by helping your colleagues where you

can by offering your experience-based advice and skills.

- **Gain control.** When you are in control of things, you feel more positive. Figure out how to manage your day more efficiently, whether that's through talking openly with your boss, compiling to-do lists and setting up goals.
- **Make time for exercise.** When you exercise, your body releases endorphins (feel-good hormones), plus it helps to reduce stress.
- **Decrease your stress.** The more stressed you are, the more likely you'll burn out. Find ways to decrease your stress whether that's through breathing techniques, meditation or talking to a counsellor or psychologist.
- **Make use of resources.** Our *Burnout to Breakthrough* webinars provide helpful advice. Find these at libertyhealth.net, click on your country, then on News.

WHEN TO GET HELP?

If you feel like you're not coping, then you need to talk to a health professional. Ask your doctor who to speak to or contact your Employee Assistance Programme (EAP) if it's in place at your work.

A person is seen from the side, sitting in the open-air back of a safari vehicle. They are looking out over a vast savanna landscape at sunset. The sky is a deep orange and yellow, with the sun low on the horizon. In the distance, there are rolling hills and a large, rounded mountain. The foreground shows the interior of the vehicle, including a table and some equipment. The overall mood is peaceful and adventurous.

Terrific Tanzania

Discover more about this incredible
East African country.

While travelling and exploring new places can't be a priority for many of us right now, it doesn't mean we can't **"armchair travel"** and dream a little. Let's explore the treasure trove of delights in Tanzania...



DID YOU KNOW?

Swahili is the most commonly spoken language in sub-Saharan Africa. There's also more than one way to say hello in Swahili!

1 Habari - any news?

2 Hujambo or jambo - how are you?

3 U hali gani - how are you?

4 A younger person greeting an elder will say **Shikamoo**

5 A casual greeting would be **Mambo** or **Vipi**

.....
When travelling, make sure you know the COVID-19 requirements for the places along your route, and plan for any COVID tests to avoid disappointment.

A brief introduction

In 1964, Tanganyika and the island of Zanzibar joined to form the largest East African country - the United Republic of Tanzania. You'll find Tanzania between Mozambique and Kenya, and east of Africa's Great Lakes with shorelines at Lake Victoria, Lake Tanganyika and Lake Malawi. The capital city is Dodoma but the largest city, Dar es Salaam, is the heart of the country's economy. Most of the 50 million residents speak Swahili and English, while Arabic is very popular in Zanzibar.

Safari in the Serengeti

If you're into wildlife, then add the Serengeti National Park to your list of must-visit places. At this UNESCO World Heritage Site, you'll experience Africa in all its glory. The vast 15 000km² Serengeti plains, dotted with rocky outcrops and majestic trees, are home to over two million ungulates (hoofed animals such as wildebeest, zebra, gazelle and eland), 4 000 lions, 1 000 leopard, 550 cheetahs and over 500 beautiful bird species.

Most famous for the annual Great Migration - when the two million ungulates make their 800km trek in search of greener pastures - a trip to the Serengeti will not disappoint. The park offers all types of accommodation, from budget to luxury.

Soak up the culture in Zanzibar

A great way to destress from deadlines and work, is to immerse yourself in a completely different culture. Zanzibar, also known as the Spice Islands, is a good place to start! Although Zanzibar is part of Tanzania, this little island - accessible by ferry or small plane from the mainland - has a life of its own. One example is how the locals keep time. They start counting time at sunrise, not midnight. There are also no official street names!

What better way to destress than wandering aimlessly through the winding alleys of Stone Town - also a UNESCO World Heritage Site. Remember, there's no rush - enjoy every moment.

If you're a foodie, you'll understand the name Spice Islands. From cloves, cinnamon, black pepper and nutmeg, to delicious seafood and specialty dishes (African ugali, Indian chapati and Swahili curry), you'll be spoilt for choice.



Creativity is good for you!

Doodling, writing and dancing can improve brain function, mental health and physical health.

Time to get creative...

Have you ever experienced a state of flow? It's a feeling of losing track of time as you get completely lost or absorbed while doing something you enjoy. For example, if you started colouring in a big poster and got so involved in it that before you knew it, a few hours had passed. Perhaps your mind had wandered all over the place while you sat making sure your colouring was beautifully neat and bright – that's flow. And it's really good for you, especially if you need to destress from the responsibilities of life and work!

You don't have to be an expert at drawing, poetry or knitting or a professional dancer to get creative and

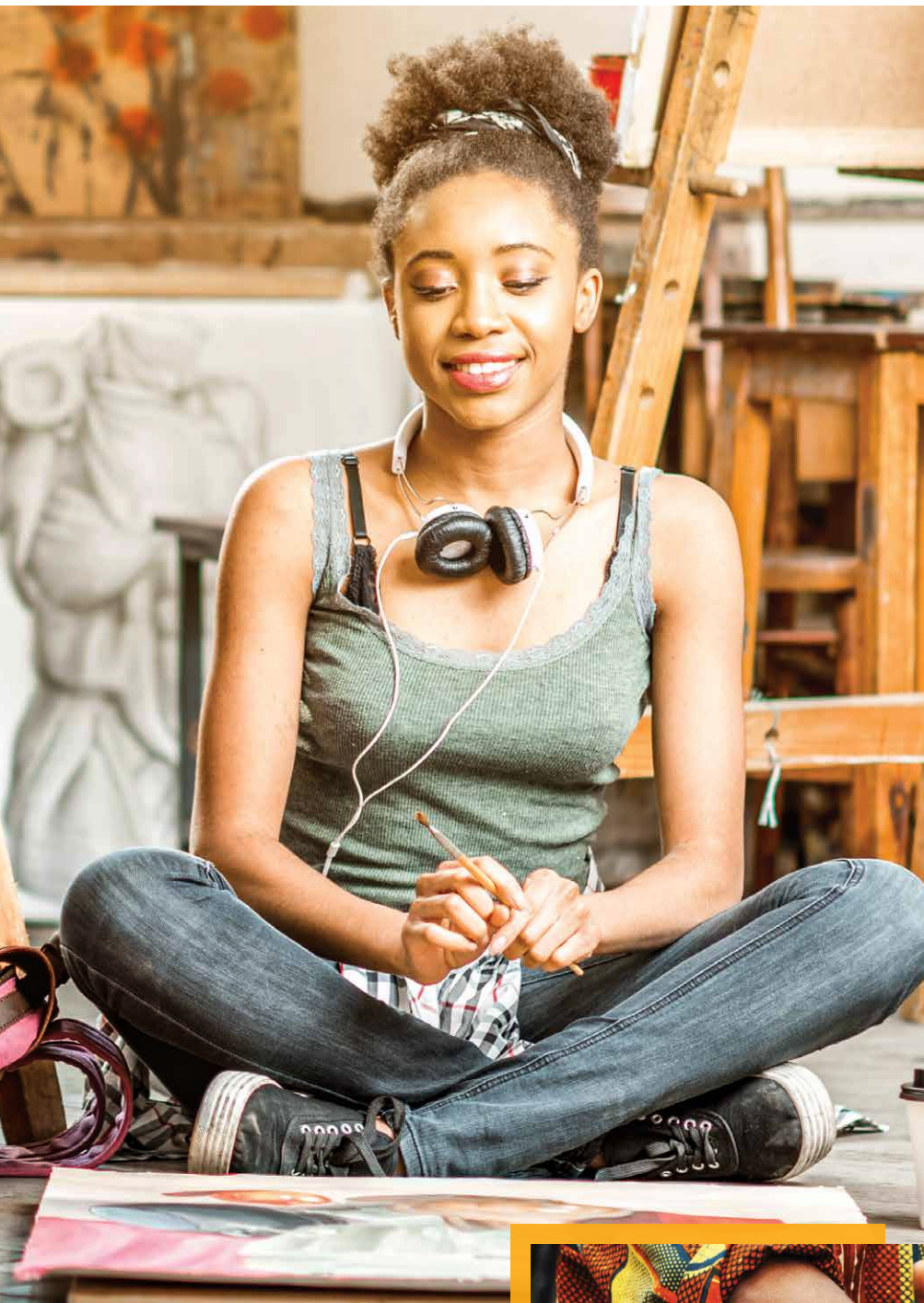
experience flow. Anyone can do it and here's why it's so important...

It makes you happy

Creative activities like writing, knitting, painting or drawing all end with a result – a beautiful story, an inspiring picture, a lovely scarf – and when your brain realises you've succeeded at producing a result, it experiences a rush of dopamine (feel-good hormone).

Lowers risk of dementia

According to studies, creativity can have a positive effect on people with depression. It makes you more emotionally resilient, and it is also known to help



According to studies, getting creative also helps us process negative emotions and deal with post-traumatic stress disorder. This is something we all need especially during COVID-19.

Boosts your immune system

We're not clued up on the science of it, but writing about things from the heart has been shown to make your immune system stronger by boosting your white blood cell count.

Keeps your brain sharp

When you play a musical instrument, an amazing thing happens. You not only produce a beautiful sound but you improve your brain function too. This happens as your left brain (in charge of motor function) and your right brain (focusing on melody) work together to create the music.

Promotes productivity

Embracing creative thinking and innovation in groups can help boost meaningful productivity, whether at work or in your community.

So, if you want to start feeling better and more productive overall, even at work, creativity is the key!

those who suffer from dementia be more in tune with their feelings and personalities as well as their senses.

Improves mental health

Did you know we have about 60 000 thoughts a day? When we engage in creative activities, it helps our minds to focus and is so calming that it's been compared to meditating.



“When you play a musical instrument, an amazing thing happens. You not only produce a beautiful sound but you improve your brain function too.”

Sources: <https://www.verywellmind.com/how-creativity-positively-impacts-your-health-5113162>
<https://www.forbes.com/sites/ashleystahl/2018/07/25/heres-how-creativity-actually-improves-your-health/?sh=30cacd5113a6>

Making an active difference

Activate Action is a dynamic organisation that works with young people living with HIV and disabilities. We chatted to their Director, Rogers Omollo, to find out more about their good work.



FIND OUT MORE ABOUT ACTIVATE ACTION...

activateaction.org
Facebook @activateaction
Twitter @action_activate
IG @activateactionkenya

Tell us how Activate Action came about, and what it is you do on a daily basis.

We are a youth-led, community-based organisation in Kenya that works with young people living with HIV and disabilities. We started in 2017 as a youth-friendly centre with the aim of ending the stigma faced by young people living with HIV and disabilities by increasing access to sexual reproductive health and rights (SRHR) information and services. Since then, both online and physically, we have reached 12 000 young people between 15 and 24 years old. In 2021, we ran a three-month programme on the stigma associated with HIV testing among young people in Homabay, which was a great success. At our centre, young people have free access to information and services on HIV management, contraceptives, mental health, HIV testing and counselling, adherence counselling, life skill training and mentorship.

How do you successfully reach out to young people?

Our strategies include training and mentorship, adolescent and youth-friendly services, partnerships and collaborations as well as advocacy and economic empowerment programmes. We focus on strengthening the capacity of young people to access and advocate for the enjoyment of their reproductive health and rights. We also provide youth-friendly gender-responsive information and services; work towards eliminating the stigma associated with HIV and disabilities among young people; and assist with creating mental health awareness and advocate for meaningful youth participation in national and county governance and public policy creation.

Have you collaborated with many organisations?

Yes, we have a successful partnership with Street Business School to help strengthen household social economics. We've also collaborated with the Because We Can Youth Movement in South Africa and Lightup Impact.

Tell us more about your amazing team!

Our team consists of 17 young people, including high school and university students, young professionals, people living with HIV, gender minorities, marginalised peoples and youth living with disabilities. We are united by the common goal of an open society in which sexuality is never a reason for exclusion, fear or stigma!

Liberty Health provides comprehensive HIV benefits to members

As a Liberty Health Cover member, you can manage your HIV-positive diagnosis with our help. If you are diagnosed with HIV, you will need to register with the confidential HIV programme.

To register, download the Chronic Medicine Application Form from libertyhealth.net or request it via email on chronicmedicines@libertyhealth.net or from your local Liberty Health Cover office. Ask your doctor or specialist to assist you in completing the form, then submit it to your local Liberty Health Cover office or email it to chronicmedicines@libertyhealth.net. Registration is not automatic so it's best to apply as soon as possible. Once you are registered, medicine claims related to your HIV treatment will be paid from the Chronic Benefit.

Work **Science says these 15 TIPS are guaranteed to increase your productivity.**

SMARTER

We love it when research is scientifically proven, like these 15 tips, via [entrepreneur.com](https://www.entrepreneur.com), to make your workday the most effective it can be. **Give them a go!**

1 Track your time

When you keep track of your time, you realise how much time you spend (and waste!) on certain tasks. Knowing this ultimately makes you work faster.

2 Unplug every 90 minutes

Our bodies cycle through ultradian rhythms - meaning our brains can only focus for 90-120 minutes before they need a break - so take those breaks and your work will thank you.

3 Work in natural light

A US neuroscience programme found a strong relationship between workplace daylight and office workers' sleep, activity and quality of life. The more natural light, the better!

4

Take a nap

Studies have found that taking a 20-minute afternoon nap can make you more productive. It recharges, refreshes and relaxes your body and your brain.

5 Avoid the news

The ratio of bad news to good news is 17:1. If you're constantly consuming this unhealthy information, it can affect your mood, preventing you from bettering yourself.

6 Take breaks with a friend

A sociometric study found that those who spent their lunch breaks with friends were 36% more productive and 30% less likely to become stressed. So, phone a friend!

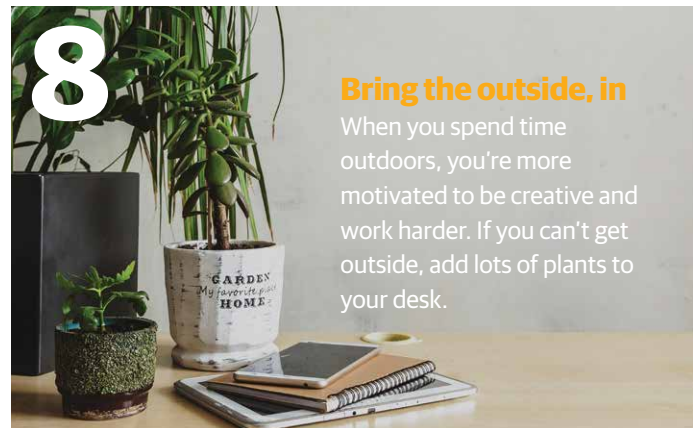
7 Evaluate your internet speed

While it's not always possible to get a faster internet speed, research proves that 'the faster the better' when it comes to productivity.

8

Bring the outside, in

When you spend time outdoors, you're more motivated to be creative and work harder. If you can't get outside, add lots of plants to your desk.



9 Plan your day the night before

Planning your day allows you time to work on your goals and when you're able to accomplish them, your mood will improve.

10 Watch YouTube

It's actually good to procrastinate sometimes! When you zone out briefly to browse the internet while you're working, it can increase productivity by about 9%.

12 Adjust the temp

According to research, when the office air-con is set at a moderate 21-22°C, performance increases.

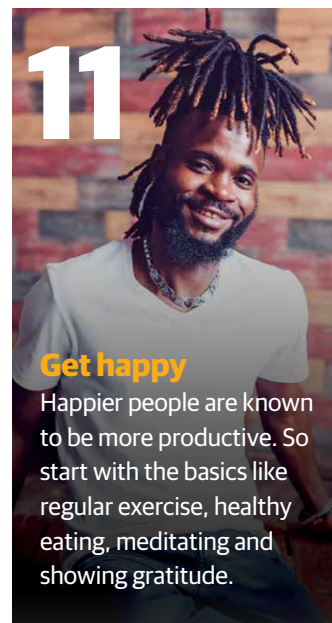
13 Declutter

Too much clutter (on your desk and in your head) causes brain activity to decrease, as your brain becomes overly distracted. So keep your desk clean and organised, and write to-do lists.

11

Get happy

Happier people are known to be more productive. So start with the basics like regular exercise, healthy eating, meditating and showing gratitude.



14 Single-task

Multitasking is rapidly switching between different tasks, which lowers productivity by 40% and shrinks your brain! Focus on one thing at a time.

15 Listen to music

Noise can be distracting, but the right noise - like certain music - can boost your productivity and help you focus. Find out more at [Ventures Africa](https://www.venturesafrica.com) and [Entrepreneur.com](https://www.entrepreneur.com).



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Update your details with us!

If you've got a new phone number, email or house address, or you've changed banks recently, please tell us! That way you'll ensure that you receive your claims statements, important communication about your benefits and how your cover works. **Plus, if you need to be reimbursed for paying cash up front for treatment, we'll need proof of your bank account details.**

Send an email to info@libertyhealth.net to let us know of any details that need updating.

Contact us.

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