

1ST EDITION NEWSLETTER 2026



PREVENTATIVE CHECKS FOR THE YEAR AHEAD

Stay ahead with your annual health checks.

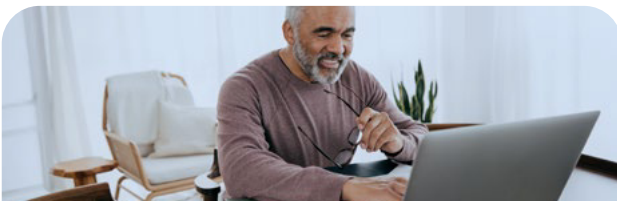
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MENTAL HEALTH MATTERS

Learn how to manage stress effectively.

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UNDERSTANDING YOUR BENEFITS

Engen Medical Benefit Fund provides clear guidelines to help members maximise their cover while avoiding unnecessary costs.

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PROTECT YOUR BENEFITS: SAY NO TO FRAUD!

Medical aid fraud is rising in South Africa, increasing healthcare costs.

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