








TOP 10 CLAIMS OF THE MONTH

MAY 2011

NO.	MEMBERSHIP NO	HOSPITAL	DIAGNOSIS	HOSPITALIZATION EXPENSES (RM)	HOSPITALIZATION CASH BENEFIT (RM)
1.	MV6668	SIME DARBY MEDICAL CENTRE, SELANGOR	CANCER CERVIX WITH RIGHT OVARIAN ENDOMETRIA 右侧卵巢癌与宫颈癌	35,249.61	4,800.00
2.	MV5269	PRINCE COURT MEDICAL CENTRE SDN BHD, KUALA LUMPUR	OSTEOARTHRITIS BOTH KNEE 双膝关节关节炎	34,672.19	3,500.00
3.	FL1141	PANTAI HOSPITAL KL- BANGSAR, KUALA LUMPUR	DUAL PRIMARIES-CANCER LUNG & STOMACH 肺及胃癌	25,386.50	-
4.	PM3241	HOSPITAL FATIMAH-IPOH PERAK	SINGLE VESSEL DISEASE WITH LEFT ANTERIOR DESCENDING ARTERY OCCLUSION, GASTRITIS 左动脉闭塞单支病变, 胃炎	21,211.10	-
5.	FL1141	PANTAI HOSPITAL KL- BANGSAR, KUALA LUMPUR	DUAL PRIMARIES-CANCER LUNG & STOMACH 肺及胃癌	14,667.66	-
6.	FL1141	PANTAI HOSPITAL KL- BANGSAR KUALA LUMPUR	DUAL PRIMARIES-CANCER LUNG & STOMACH 肺及胃癌	14,466.19	-
7.	MV6810	SMC HEALTHCARE SDN BHD CENTRE, KOTA KINABALU	PRIMARY BILIARY CIRRHOSIS 原发性胆汁性肝硬化	12,314.80	1,500.00
8.	SX1340	MAHKOTA MEDICAL CENTRE, MALACCA	FIBROID, LEFT BARTHOLIN CYST 子宫肌瘤, 左前庭大腺囊肿	10,951.28	900.00
9.	PM1616	PRINCE COURT MEDICAL CENTRE SDN BHD, KUALA LUMPUR	POST CATARACT OF RIGHT EYE 右白内障	10,410.00	-
10.	MG3481	COLUMBIA ASIA MEDICAL CENTRE, N.SEMBILAN	3RD DEGREE PILES, LARGE ANAL SKIN TAG, ISCHAEMIC HEART DISEASE 肛门皮赘, 缺血性心脏病	10,251.50	-

TIPS ON HEALTHY LIVING

-  Being alone is good for your health. So instead of seeing time spent alone as a punishment, see it as a time to refuel yourself, a time to recover from the overload of life.
-  When flying, drink plenty of water and fruit juice. The high altitude and dry pressurized air, sucks the moisture from your body, causing your mucous membranes to dry out, making you more prone to viruses
-  Some 25 % of adults have bad breath, normally brought on by smoking or bad foods. Avoid this by brushing your teeth twice a day, using a tongue scraper, as a significant amount of bacteria live on the tongue. Flossing between your teeth to remove food debris, and seeing a hygienist every three months is also advised.
-  If embarking on jogging or running for the first time since your school days, invest in a good pair of trainers to avoid physiotherapy bills. Shorter strides may help lesson the impact, if you have to use your old gym gear
-  Most trainers can be washed, however don't use too high a temperature during the wash, and allow to dry naturally with old newspaper inside. Tumble drying may lead to severe shrinking, damage to the trainers and a change in your shoe size.

