



TUMS
2 TOTS

ENHANCED

**BABY AND TODDLER
PROGRAMME**

Tums2Tots is available to expectant moms and moms with babies and toddlers up to 3 years. At Profmed we're committed to supporting expectant moms on their pregnancy journey by providing them with valuable information and support during important milestones.

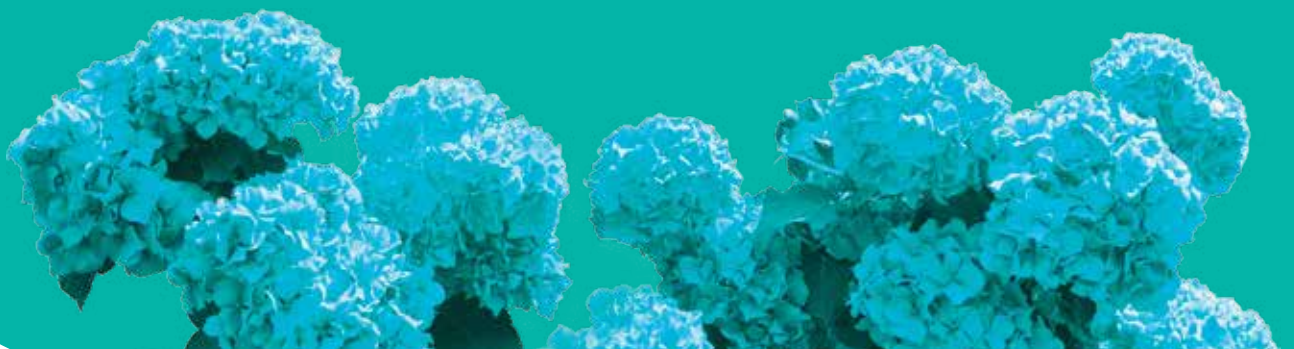
WHAT IS **TUMS 2 TOTS.**

Tums2Tots is a **fully integrated and digitally driven maternity programme** that empowers and equips expecting parents through a personalised pathway of care.

The benefit facilitates a far superior offering compared with traditional maternity programmes. Our integrated maternity solution is **data-driven and personalised** for each member's maternity journey.

WHAT DOES THE PROGRAMME OFFER?

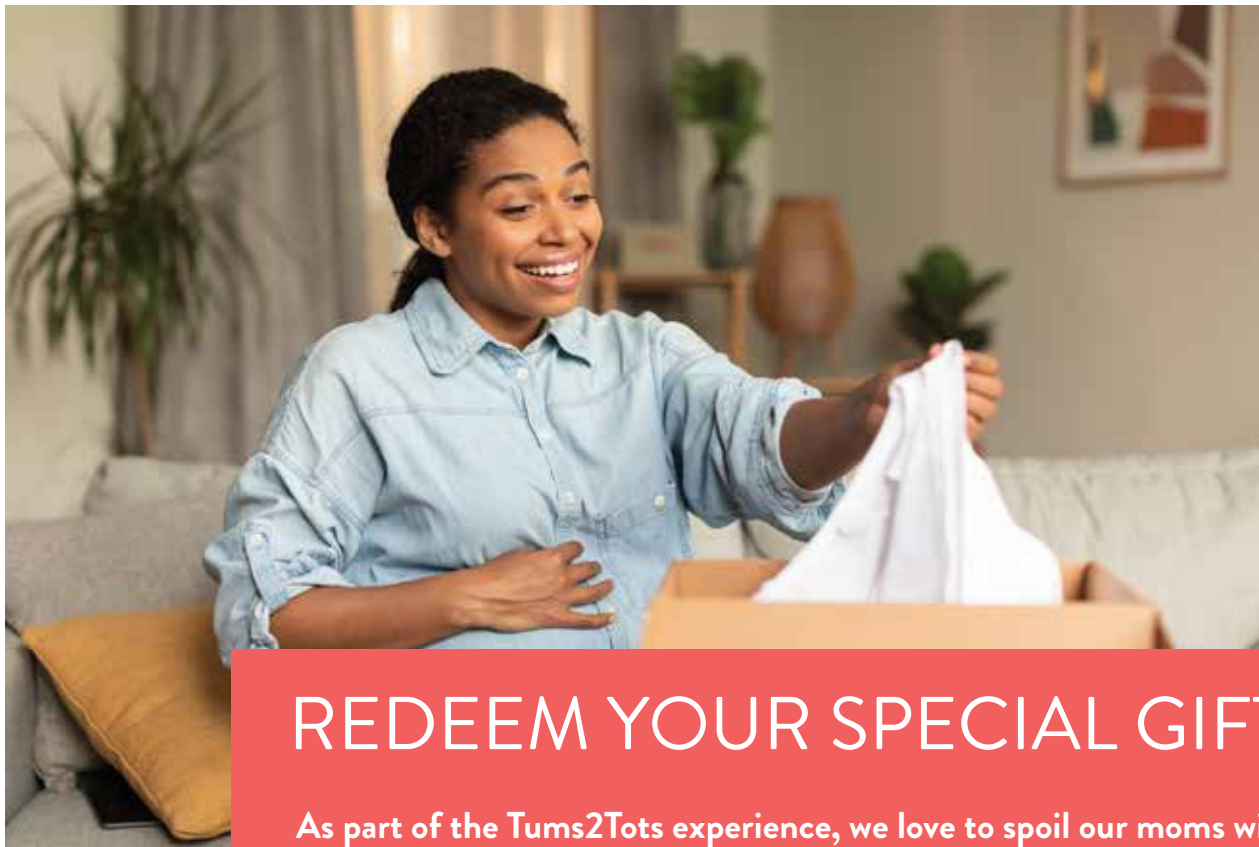
Tums2Tots is the ultimate support system for moms-to-be, wrapping you in care from the moment you start your pregnancy journey.



EXCLUSIVE BENEFITS AVAILABLE:



-  **Convenient** web-based app for members, providing access to the complete offering in one place.
-  **Integrated access to mom's medical history** within the app.
-  **Individualised & dynamic care paths** for moms based on existing medical data, risk profile, health risk questionnaires, and stage of pregnancy.
-  **Maternity programme calendar** including relevant and timely prompts for activities such as antenatal visits, medication adherence, baby vaccinations and more.
-  **Comprehensive antenatal & postnatal education.**
-  **Comprehensive article library.**
-  **Monthly webinars by maternity experts.**
-  **User friendly tools for mom and baby** for tracking weight gain, fetal movement, baby feeding and more.
-  **Prenatal fitness programme** developed by a biokineticist, dietician and doctor for all three trimesters.
-  **Seamless bookings into Dis-Chem/Baby City Clinics** for mom and baby services integrated within the platform.
-  **Postpartum depression risk predictions** from data, online screening and ongoing health risk assessments for early detection and management.
-  **Health document library** for safekeeping of documentation such as bed booking numbers, birth certificates and authorisations.
-  **Baby development programme post-birth** for 36 months.
-  **Masterclasses by maternity experts.**
-  **Sleep training course.**
-  **Weight loss, toning, fitness & nutrition programme** developed by biokineticist and dietitian for after birth.
-  **Dad's own login to the programme**, including tips and specific dad education to allow expecting parents to share this journey.

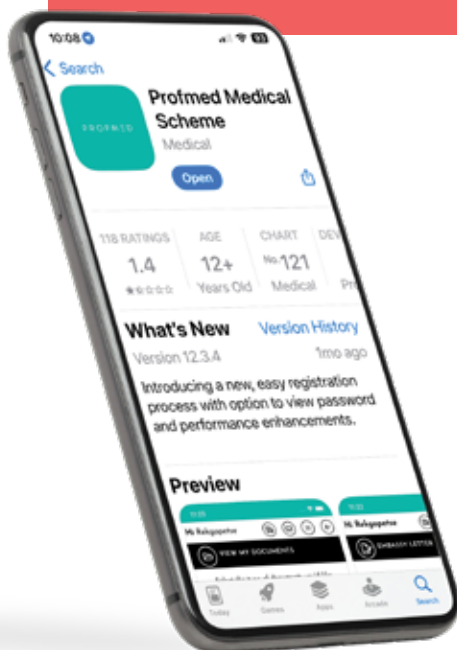


REDEEM YOUR SPECIAL GIFT!

As part of the Tums2Tots experience, we love to spoil our moms with a special gift! You can choose between:

- **A beautifully curated baby bag**, filled with thoughtfully selected goodies for both mom and baby, or
- **A flexible voucher** to spend on whatever your heart desires.

Whether you want to pamper yourself or prepare for your little one's arrival, this gift is our way of saying "we care" as you embark on this exciting journey into motherhood!



HOW TO REGISTER:

Register for Tums2Tots on the Profmed App.



JOIN PROFMED

Call: 0800 DEGREE (334 733)
Email: degree@profmed.co.za

CLIENT SERVICES

Call: 0860 679 200
Email: info@profmed.co.za
Claims: claims@profmed.co.za
Private Bag X1031, Lyttelton, 0140

These benefits are subject to ratification by the Council for Medical Schemes. The published Schedule is subject to the rules approved by the Board of Trustees and in the event of a dispute the approved rules of the Scheme will prevail.

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