

A VOIR MARCH

NEWSLETTER



Written By : L. Mashego

Avoir Corporate Healthcare celebrates 20 Years

Founded in 2006, Avoir Corporate Healthcare emerged with a clear and ambitious objective: to become the top-of-mind medical aid consulting broker for organisations seeking trusted, strategic guidance. From the outset, Avoir recognised a critical gap in the market—businesses needed more than a traditional broker. They needed a partner.

Today, Avoir Corporate Healthcare stands as a proud representation of black excellence—demonstrating what is possible through resilience, innovation, and purpose-driven leadership. Its journey is not only a business success story but a testament to sustainable impact and long-term client trust.

[Read More on our website](#)

● Reflections

Avoir positioned itself as a comprehensive, all-round consulting firm, offering end-to-end support across the healthcare value chain. This includes scheme selection, administration coordination, member support, and financial sustainability insights. This holistic approach continues to set Avoir apart, ensuring clients receive seamless, informed, and proactive healthcare advisory services.

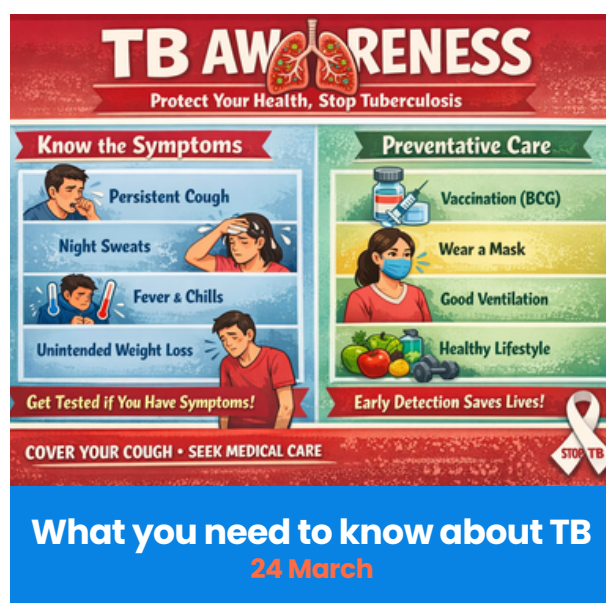
Over the past 20 years, Avoir has grown from serving its very first client to managing a strong and diverse portfolio of corporate partners. This growth is anchored in visionary leadership, a commitment to sustainable business practices, and an unwavering dedication to service excellence.



TB Awareness & Global Health Advocacy

March is one of the most significant months on the national health calendar, bringing together a powerful collection of awareness campaigns that spotlight prevention, early detection, and community empowerment. As we move through the year, March serves as a reminder that health is a shared responsibility—one strengthened through education, access, and collective action.

This month's focus areas include **Tuberculosis (TB), women's health, kidney health, eye care, obesity prevention, and injury awareness, among others.** Each observance encourages South Africans to take proactive steps toward healthier living while supporting those affected by chronic and infectious conditions



Hearing Care for All

3 March

World Hearing Day shines a spotlight on the importance of hearing care for all. It encourages early identification of hearing loss and promotes access to essential audiology services.

The day also raises awareness about safe listening habits, the value of early childhood hearing screening, and the need for proper noise protection in the workplace. By prioritising these practices, we help safeguard hearing health and support overall wellbeing.



● Birth Defects Awareness | 3 March

This global initiative highlights the importance of maternal health, quality prenatal care, and early intervention in reducing congenital conditions. Each year, congenital birth defects affect an estimated **3%–6% of infants worldwide, accounting for approximately 7.2 million cases and over 530,000 deaths in 2021 alone.***

Improving prenatal care, strengthening early screening programmes, and ensuring timely intervention can significantly reduce both mortality and long-term disability. By raising awareness and supporting mothers throughout pregnancy, this initiative aims to create healthier beginnings and stronger futures for children across the world.

*<https://bmjpublichealth.bmj.com/content/bmjph/3/1/e001608.full.pdf>



Optometry Awareness

23 March

We recognise the dedicated eye health professionals who help protect the vision of millions of South Africans. South Africa continues to face high rates of preventable vision impairment, yet encouraging progress is being made.

Public-sector programmes—such as provincial spectacle-dispensing initiatives, school vision screenings, and community outreach campaigns—are helping more people receive early diagnosis and affordable treatment.

Non-profits continue to support underserved areas, while Spec-Savers' free eye tests for children between 6 and 12 years ensure early detection and healthier development.

Together, these efforts are expanding access to quality vision care and improving lives across the country.



What is Glaucoma? | 12 March

Glaucoma remains one of the leading causes of irreversible blindness, yet many people are unaware that the condition often develops without noticeable symptoms. This makes regular eye examinations essential, particularly for individuals over the age of 40 or those with a family history of glaucoma.

Early detection is the most powerful tool we have. When identified in its early stages, glaucoma can be effectively managed to slow or prevent further vision loss.

Although glaucoma typically develops without pain or obvious warning signs, there are subtle early-stage symptoms that should never be ignored. These may include gradual loss of peripheral (side) vision, difficulty adjusting to low-light environments, blurred vision, or seeing halos around lights. Because these symptoms can be mild or easily overlooked, routine screening remains the most reliable way to detect glaucoma early and protect long-term vision.

This March, we encourage all community members to prioritise their eye health by scheduling routine screenings and staying informed about risk factors. Protecting your vision today ensures a clearer tomorrow.

Down Syndrome Awareness

21 March

This day serves as an important reminder of our shared responsibility to create a society where individuals with Down syndrome are welcomed, supported, and empowered to thrive. At Avoir, we recognise that true inclusion begins long before birth—with early detection, informed healthcare guidance, and consistent support for families.

Early identification allows children with Down syndrome to access essential interventions such as developmental therapies, medical care, and educational support that significantly enhance long-term outcomes. For families, early guidance provides clarity, confidence, and a stronger foundation for their child's growth and wellbeing.

Protecting your head is one of the simplest and most important ways to prevent serious, long-term injury.

Wearing seatbelts and helmets, keeping walkways clear, and using proper safety gear all play a major role in reducing head injuries. And if a head impact does occur, early recognition and prompt medical attention are essential, even when symptoms seem mild.

Small, consistent safety habits go a long way in safeguarding your wellbeing and preventing avoidable trauma.

Protect your head
20 March

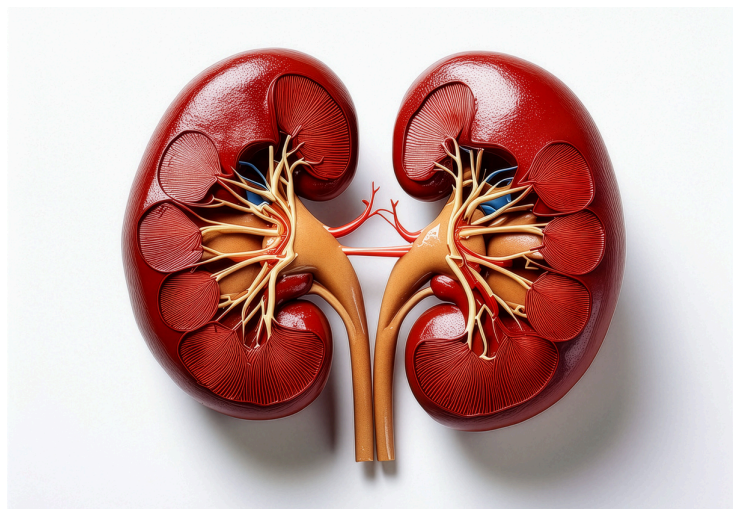


Healthy Living Life with Obesity

4 March

Addressing obesity starts with small, sustainable choices. Staying active, choosing balanced and nutritious meals, and creating a culture that avoids stigma around weight all play an important role in supporting healthier communities.

By encouraging positive habits and promoting kindness toward ourselves and others, we help build a more supportive path to long-term wellbeing.



● Small Organ, Big Job: Kidney Health Matters | 12 March

This global campaign highlights the importance of protecting kidney health and encourages regular screening for chronic kidney disease (CKD), especially among individuals living with hypertension or diabetes. Simple daily habits—such as staying well-hydrated and choosing a balanced, kidney-friendly diet—play a powerful role in prevention.

Regular kidney function tests help detect problems early, often before symptoms appear, while awareness of signs like fatigue, swelling, or changes in urination supports timely medical attention. By prioritising early detection and healthier lifestyle choices, we can reduce the impact of CKD and support long-term wellbeing.