Leading a healthy life

Maccabi Healthcare Services' concept of Comprehensive Health combines a holistic and preventive approach to medical treatment. Maccabi's concept considers each person and each family as part of a community and part of a society which aspires to improve the health and quality of life for all...

To promote the comprehensive healthcare of each member and customize care to our members' individual needs, Maccabi supports proactive cooperation between its professional staff and its members and continuously works to extend its medical services, including those services which are excluded from the national "basket."

To this end, Maccabi has strengthened and expanded its operations in promoting health-related issues, healthcare education, preventive medicine and community-based medicine.

Maccabi operates nutritional services and over 40 Well-Baby Care Centers around the country. Maccabi also conducts numerous programs related to preventive medicine and community-based medicine, including health education in the area of nutrition, physical fitness, information on children's accidents inside and outside the home, smoking cessation programs, visual acuity and hearing examinations for the elderly, cardiac rehabilitation programs, early detection and prevention of cardiovascular disease, early detection of breast cancer, melanoma and intestinal cancer, various projects for the correct treatment of chronic conditions and support for diabetics and asthmatics, and finally, a national project tracking and treating osteoporosis in menopausal women.

In addition, Maccabi has established a multi-disciplinary clinic and counseling center for women suffering from breast cancer and women at risk for breast and ovarian cancers.

**Mental Health Clinics**

Maccabi's mental health facilities provide psychiatric and psychotherapeutic services to Maccabi members.

Maccabi's service providers include psychiatrists, clinical psychologists and social workers who are graduates of psychotherapy programs, as listed in the Maccabi Service Guide. Treatments for a broad range of mental disorders are provided to children, adolescents and adults. Members' co-payments in the cost of these treatments are required.

Members may access mental health services directly. Counseling and guidance is also available to members at regional mental health clinics staffed by mental health professionals.

**The Triangle of Health - For a Longer Life ...**

At the hub of Maccabi's activities to promote the health and well-being of its members is the Triangle of Health, the foundation for maintaining health and improving the quality of life: a non-smoking, physically active and nutritionally balanced lifestyle. Maccabi works to promote these aims through a variety of methods:

**Smoking Cessation Workshops**

These workshops take place in collaboration with the Israel Cancer Association, led
Physical Activity

Maccabi conducts a variety of walking groups, tailored to the physical fitness levels of each participant. With a small number of walkers in each group, walks take place during early morning or evening hours, depending on the group’s size. Maccabi also offers exercise classes for women, men and youngsters, headed by instructors educated in physiotherapy. Exercise classes are designed to strengthen, firm and flex muscles, improve posture and prevent backaches and pains.

Balanced Nutrition

Correct nutritional habits contribute to the prevention and reduction of the risks of common and serious diseases. As part of Maccabi’s Comprehensive Health Care concept, individual nutritional counseling by a dietitian is available to members, as are workshops to change eating habits which are tailored to adults, adolescents and children.

Adult workshops focus on various methods of weight-loss and lifestyle modification, necessary to maintain achievements over time. The groups targeting adolescents and children deal with changing eating habits and information on nutrition for children and their parents. Workshops take place in a hands-on atmosphere which supports controlled weight loss. In addition, Maccabi administers educational programs on healthy nutrition and adolescent nutrition in schools.

Maccabi is active in healthcare education through numerous channels: the Maccabi website, the Maccabiton quarterly, educational video films on cardiac diseases, sex education for adolescents, education on pregnancy and childbirth, as well as on balanced nutrition. Maccabi publishes information pamphlets on various health-related issues and medical conditions including nutrition, physical activity, independent breast examinations, cholesterol, hypertension, jaundice and diabetes. Maccabi also distributes informational brochures on the risks of exposure to the sun, the prevention and treatment of head lice, high fever in children and a guide to services of the Triangle of Health.