



## Autumn's embrace

### Description

Welcome to our first edition of 2026. As autumn settles in, it invites a natural pause for reflection. This season reminds us that change – while often challenging – is part of life's rhythm, and that even in times of transition, there is space for care, resilience, and quiet growth.

We recognise that the year has begun with mixed emotions for many colleagues across the organisation. Periods of uncertainty can be difficult, and it is important to acknowledge the impact this has had. As always, our greatest strength lies in one another – in how we support each other, stay connected, and respond with empathy and resilience during moments that call for understanding.

In this edition, we take time to acknowledge excellence and commitment across the business. We extend our sincere congratulations to our exceptional Ignite Awards winners, who embody our culture and consistently go above and beyond to make AfroCentric a winning team. Your dedication and contribution do not go unnoticed and continue to inspire us all.

This year also marks a significant milestone as we honour Medscheme's 55th anniversary in March. From its beginnings in 1971 to managing over four million lives today, Medscheme's journey reflects resilience, innovation, and a steadfast commitment to service. In **A New Star Rises**, we introduce NOVA: Powered by VIBE – the evolution of Medscheme's Quality Management System – while 55 Years of Excellence offers a reflective look back at where it all began.

### Showing we care

Caring for people remains central to who we are. In **Happy, Healthy Moms** and **Don't Bet on It**, we revisit World Pregnancy Week and explore the realities of gambling addiction – important topics that speak directly to the wellbeing of our communities and families.

We also encourage you to read **Here for You**, which outlines the support available through our Employee Assistance Programme. Alongside this, we share stories that reflect compassion in action, including our recent school shoes handover in the Eastern Cape – a meaningful continuation of the

Vision is Vital initiative.

In **Beyond Mobility**, colleague Xolani Sello offers a thoughtful and personal perspective that reminds us of the power of understanding, dignity, and inclusion.

As we move through the months ahead, may this season allow for moments of rest, reflection, and connection. Please take care of yourselves and one another, and know that this magazine is intended as a space to inform, acknowledge, and support our shared journey – wherever each of us may be across the Group.

With care,

**Palesa Makhetha**

### **Category**

1. Ed's Letter

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