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NHI PROMOTES WELLNESS AT MEN'S HEALTH FAIR

NHI's core functions also shared with fair attendees

Road Town, Tortola, January 25, 2019– A team from the National Health Insurance (NHI) promoted healthy living at the BVI Red Cross Men's Health Fair earlier today, as attendees waited to have their various health screenings.

Medical Director for NHI Dr. Harlan Vanterpool and Referrals and Health Services Manager Mrs. Norma Benjamin stressed the importance of taking care of oneself, emphasizing that men "can only take care of others if they take care of themselves first". They also encouraged the men to limit high risk behaviours that may lead to the onset of chronic diseases.

Risky behaviours include smoking, drinking, lack of physical activity and poor nutrition.

Dr. Vanterpool shared the top five chronic diseases afflicting BVI residents, which are Hypertension, Diabetes, Cancer, Cardiovascular Disease and Renal Disease.

The medical director gave various tips on managing and preventing chronic diseases like getting enough rest, eating a well-balanced diet, drinking more water and engaging in sufficient exercise.

He also highlighted the core function of NHI, which he calls "The Three A's". Dr. Vanterpool explained that NHI ensures healthcare is affordable, accessible and appropriate.

Mrs. Benjamin highlighted the benefits of coverage, an overview of contributions and the services offered by NHI.

She also told attendees that since NHI has been implemented a number of persons who would not have had medical insurance, now have affordable access to healthcare.

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The annual fair, organized by the BVI Red Cross, provides free prostate cancer screenings, blood sugar, cholesterol and hypertension testing for men ages 25 and up.

National Health Insurance's representation at the BVI Red Cross Men's Health Fair is in line with Government's vision "Towards a Healthy Virgin Islands".

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Notes to Editor(s): Photographs are attached.

1. NHI Medical Director, Dr. Harlan Vanterpool presents at the BVI Red Cross Men's Health Fair on Friday, January 25, 2019. **(Photo credit: April Glasgow)**
2. LIVE capture! Referrals and Health Services Manager Mrs. Norma Benjamin is being broadcast LIVE on NHI's Instagram page (@nhibvi) during her presentation at the BVI Red Cross Men's Health Fair on Friday, January 25, 2019. **(Photo credit: April Glasgow)**