

OUTLOOK

MAGAZINE OF THE MARRAM COMMUNITY

WINTER 2019

MARRAM THROUGH THE AGES

INSIDE...

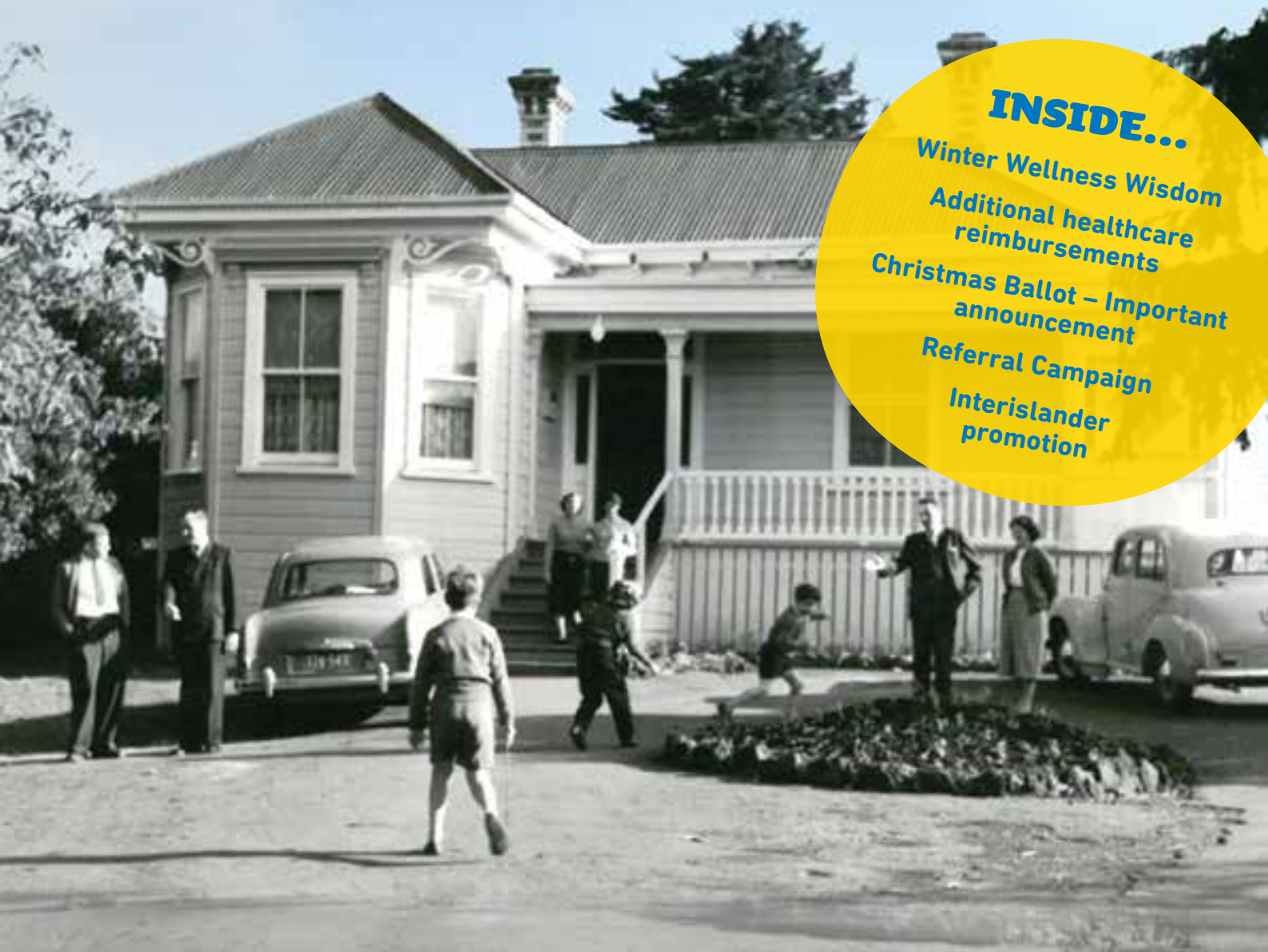
Winter Wellness Wisdom

Additional healthcare reimbursements

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Marram through the ages

The past month has seen reflection not only on where the Marram Community Trust originated but on memories Marram people have happily shared about a time they enjoyed one of the Trust's 150 homes. This prompted our support team to dig out the photo albums and find some old doozy pics of the Marram holiday homes.

Here are some the Marram team found plus some you've sent us via an online competition:



Walls and floors made of timber, with canvas roofs. How times have changed.

MUSICK POINT, AUCKLAND

In 1944, the Post Office Welfare Trust (as it was called back then) holiday makers packed their suitcases and headed to the first holiday homes situated at Musick Point, Auckland. You could say it was more of a camping holiday than a holiday house stay. With walls and floors made of timber and canvas roofs, holiday makers also shared the washing facilities during their stay. Wow, how times have changed!



Honeymoon in 1972

ROTORUA

"We had our honeymoon way back in 1972 in one of the cottages in Rotorua. No double beds back then so we pushed two single beds together! We had so much fun!"

Thanks Brett and Jennifer Boyce for sharing your memory and photo with us!

What a difference the years have made to this property in Queenstown! Situated on the doorstep of the Remarkables, many groups of holidaymakers have enjoyed all Queenstown has to offer by staying with Marram.



Share your favourite photos staying with Marram in Queenstown

FRANKTON, QUEENSTOWN

The cars outside may be different, and the old swing set gone, but this Taupo property has so much life left after multiple refurbishments. With world class facilities, attractions and the lake a short walk away, there's so much Taupo has to offer!



Tell us about your favourite holiday staying with Marram at Taupo

TAUPO, WAIKATO



What's your favourite memory staying on the coast?

RAUMATI, PARAPARAUMU

Still standing strong is one of Marram's original houses located in Raumati, Paraparaumu. There have been some changes over the years but what hasn't changed is how much fun you can have on the Kapiti Coast!



WINTER WELLNESS WISDOM

As the nights grow dark earlier and you don your winter layers, it's a good time to consider some wins on how you can keep yourself healthy this winter.

Flu Vaccinations

As we edge into the winter months, it's important that you and your family are well protected from 'flu and your best protection is to be vaccinated. The good news is Marram can consider reimbursement for 60% of the cost...so protect yourself this winter. Getting the 'flu shot is so much easier these days. Along with your doctors, you can now get the vaccine at selected Unichem and Life Pharmacies with no appointment necessary.

Prevent winter illnesses

Now is the time to be thinking about how you are going to avoid becoming unwell during the next six months. This can be done by taking additional vitamins and minerals as well as generally taking care of yourself. Ensure your diet is high in fruit and vegetables, that you exercise regularly and make time for rest and relaxation. Make sure you have a healthy sleep pattern to recharge you for your next day.

Winter Sporting activities

If you're involved in winter sporting activities whether competitive or not, remember to go through your standard warm-ups to make sure your body is ready to take on that activity. Avoid injuries by warming up first and your body will love you for it.



Through research projects, you recently told Marram how much (or how little) you know about your Healthcare Benefits, what you can request money for. So here's what's included under some of the benefits! Remember – there's more than \$6400 available to you and your family every year.



Doctors' visits

\$400 per family per year

You don't have to put off going to the Doctor due to the cost. This benefit even includes going to the **Emergency Doctor after hours**. You can't predict that you're going to become unwell during business hours so it's comforting to know your Marram Community Trust will consider reimbursement of 60% of this cost for you. You can then receive healthcare treatment exactly when you need it.

And if you're prescribed medication, reimbursement of this is 60% under your **Prescription Benefit**. Maximum of \$400 per family per year.

Mental Health issues are regularly a topic of conversation on the news, in workplaces and at home. With the large number of Helplines available – help is at hand. Help is also available with Marram considering reimbursement for **Psychiatrist Consultations under our Specialist Benefit** – reimbursement of 60% up to \$2,500 per year per family. **Psychologist and counselling sessions** are reimbursed under our Alternative Therapy Benefit.

Your mental health and wellbeing are so important. Should you need to visit a Psychiatrist, you can do this safe in the knowledge that Marram will consider reimbursement of your consultation.



Alternative therapies

\$20 reimbursement per visit. Maximum \$200 per family per year

Consultation fees for osteopaths, chiropractors, naturopaths, dieticians and nutritionists, audiologists, homeopaths, psychologists, podiatrists, acupuncturists, iridologists, therapeutic massage and Chinese medicine are included in the Marram benefits.



Orthodontic

You and your children no longer need to hide your beautiful smiles due to crooked teeth. Marram can reimburse 60% of Orthodontic costs – to a maximum of \$600 per person (children up to their 18th birthday).



Root canal

\$250 per tooth

Your toothache can be a real pain in the mouth! If your pain is due to root canal or you need to have an impacted or unerupted wisdom tooth surgically removed, the Trust will consider reimbursement under our **Oral Surgery Benefit**. 60% – up to \$250 per tooth.



Molemap

Your spots of concern can be checked out by booking a Molemap. Once you've had your first Molemap done, then any subsequent ones can be compared, and changes identified to detect signs of melanoma. Molemaps are considered for reimbursement under Marram's **Specialist Benefit** with reimbursement of 60% up to \$2,500 per year per family.

Healthcare Benefit

\$1m+

As at mid-May, Marram community people have received reimbursements of \$1,020,634 for your healthcare expenses; It's great to see so many Marram people taking advantage of their Employee Benefit. You've got to love that!

5,171

You've sent in 5,171 healthcare requests and most have been emailed which can only be good for the environment and that's just great!!!



Christmas Ballot

Closes at 5pm, Monday 15th July

Yes, it's earlier this year because Marram holidaymakers asked that it be brought forward. So it's been brought forward by two months. Make your ballot entries today!

Some points of interest:

- The next Christmas Balloted period runs from
- 21st December 2019 to 20th January 2020;
- Successful bookings run for a week from Saturday to Saturday;
- Beach locations are the most popular;
- Christmas and New Year weeks are most sought after;
- You can make up to 20 entries;
- Your entries can be in various locations within the balloted period;
- The more entries you make, the better your chance of success;
- The running of the ballot is completely automated. It's run by a computer model with no manual input by Marram staff other than entering requests.

Login now and make your ballot entries.



WINTER WELLNESS PROMOTION

Book a holiday stay between **1st June and 31st August 2019** at any of Marram's locations and you'll go into the draw to win one of four Marram holiday packs valued at approximately \$400.

For those of you who've already booked your holiday during this period, you'll automatically be included.



NOTICEBOARD

Emailed Healthcare requests



A message from your support team

You've continued to be more motivated to be paperless by emailing your Healthcare Requests to your Marram support staff. This can only be good for the environment. More than half of the requests are now emailed. One thing the support team members have struck is that if you use Google Chrome, the details don't necessarily save in the email you send us. The Chrome PDF viewer doesn't work with the Submit button on PDF forms. You'll need to change the PDF viewer SETTINGS in Chrome to allow the submit button to function.

That's because the Online Form was designed for Adobe PDF. So please be aware, if you're emailing your healthcare request, make sure you've enabled Adobe Reader before you complete the form.

Rubbish bags in the homes

A message from your property team

You're amazingly tidy Kiwi's and we love that. However recently we've noticed several of our homes are missing their allocation of the eco-friendly rubbish bags that we supply. Can you please help us ensure each contributor has the same great break by replacing some of the ones used during your stay? Thank you!



Marram Online

You can access the holiday bookings 24 hours a day by creating and using your Marram Online login at marram.co.nz – pop online now and create one as it only takes a minute! You can then check out any vacancies nationwide and booking your winter break!

Email addresses

We'd love to have as many email addresses on file as possible to reduce the increasing expenses of postage and printing. It's also faster to email you details and offers. If we don't have your email – please email us at support@marram.co.nz and we'll update your file.



Confirmation papers

Because you've made lots of bookings so far this month, just a reminder to please ensure you check your confirmation papers to ensure the dates, location and other details are as you expected to book. Please contact the support team if you have any questions.

VOUCHERS FOR YOU!

KNOW ANYONE THAT COULD DO WITH MARRAM?

Have a look around your office. Who looks like they need a holiday? Probably everyone huh? Well here's your chance to do a good deed and in return we'll give you a voucher.



Z gift card

which can be used for anything at Z, from fuel to mince pies for the whole family.

OR



New World gift card

which you could be putting towards your grocery shop.

OR



Marram voucher

which you can use to make your next Marram holiday even more affordable.

It's simple – just tell your workmates to go to www.marram.co.nz and sign-up (making sure they enter your details as their referrer) and you'll **both** win a gift voucher of your choice.

The boring stuff: Make sure you tell your workmates to choose "Referred by Marram Contributor" when the application asks how they heard about Marram.

• The promotion only runs 1-17 June 2019 so get recruiting now!
• Marram T&C's apply.

Special deal on Interislander for Marram!

Next time you're planning to cruise the Cook Strait on the Interislander or planning a rail journey on the Northern Explorer, Coastal Pacific or TranzAlpine, don't forget you get a 10% off with Marram!

The deal runs from 1 February – 15 December 2019.



Just go to www.greatjourneysfnz.co.nz, select your mode of transport and complete your travel details. Insert the Promo Code **XMAR1** when asked and this will apply the discount.

Important: You will need to supply your Marram identification when boarding, so if you haven't saved any previous emails about this with your Marram identification or did not receive one, contact us on **04 801 2920** or email support@marram.co.nz