



“We **MB** Care”



Medical Benefits
Scheme

2021
Calendar

12 MONTHS OF WELLNESS

#StrongerTogether

#KnowBetterDoBetter



Visiting

my doctor at least once a year gives me peace of mind. When I know my numbers, I can receive professional advice on how to prevent and manage my condition, giving me control of my health. #KnowBetterDoBetter



"We salute our local doctors who provide professional medical services to all residents. Having a range of experts on island ensures more lives are preserved."



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					New Years 1	2
3	4	5	6	7	8	9
10	11	12	13		15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



R3As and contributions for prior month now due



Accessing and Cooking

nutritious foods have proven to be essential to my family's health and well-being, boosting our immunity to disease. I am proud of my weight and how vibrant my body feels when I consume the foods I know my body needs. #KnowBetterDoBetter



"We salute our supermarkets for providing nutritious fruits, vegetables, provisions, and other healthy and affordable food options to feed our families, even in times of crisis."



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11		13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						



R3As and contributions for prior month now due

This month support World Cancer Day & Heart Month

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FEBRUARY 2021



Drinking Water

does more than quench my thirst. It regulates my body temperature; moistens my eyes, mouth, and nose; protects my organs and tissues; lubricates my joints; flushes out waste; and dissolves minerals and nutrients my body needs. Water keeps me healthy. #Know-BetterDoBetter



"We salute our staff for their continuous support in sharing health information through school and community outreach programs. Engaging children in exercise and teaching them about the importance of how healthy eating helps them to have a better and healthier future."



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
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21	22	23	24	25	26	27
28	29	30	31			



R3As and contributions for prior month now due

This month support World Obesity Day, International Women's Day, Salt Awareness Week, World Kidney Day & World Water Day

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MARCH 2021

KEEP
MOVING



Exercising

helps me improve my life in many ways. When I am moving, I am controlling my weight, combatting disease, improving my mood, and boosting my energy. My heart and lungs also thank me. I have found that I sleep better too.

#KnowBetterDoBetter



"We salute our beautiful twin islands, Antigua and Barbuda, which provide us with many options to go hiking, swimming, riding, and running for exercise."



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Good Friday	2
4	Easter Monday	5	6	7	8	9
11	12	13		15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



R3As and contributions for prior month now due

This month support World Health Day, World Day for Safety & Health at Work

APRIL 2021



Growing

my food makes me feel accomplished; there's nothing like eating from my own garden while avoiding processed, packaged foods that can be harmful to my health. I know what is in the food I eat, and I am reducing the risk of developing a chronic disease. #KnowBetterDoBetter



"We salute our local farmers who make access to fresh and nutritious foods easy. Thank you for being an inspiration to our communities and pushing for food security in Antigua and Barbuda."



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	Labour Day	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	Whit Monday	24	25	26	27
28	29	30	31			



R3As and contributions for prior month now due

This month support Lupus Awareness, World Hypertension Day, World No Tobacco Day, Save Lives: Clean Your Hands, Asthma & Allergy Awareness Month

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MAY 2021



Learning

as much as I can, from reputable sources keeps me on the right path. I have gathered invaluable information from MBS lectures and workshops. The useful tips I receive help me and my family make healthier choices. #KnowBetterDoBetter



"We salute the Ministry of Health, Wellness, and the Environment for continuously sharing the latest developments in health and establishing protocols to safeguard our families and communities against any potential threat."



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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13		15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



R3As and contributions for prior month now due

This month support World Food Safety Day, World Blood Donor Day & Men's Health Month



JUNE 2021



Adhering

to the instruction on my prescription is vital in keeping my health condition under control. Ultimately, this helps me live a longer life. When I take my medication as prescribed by my doctor, I am less likely to have my doctor increase my dosage, and I can avoid unpleasant side effects. #KnowBetterDoBetter



"We salute our MBS pharmacists for providing selfless service to our beneficiaries everyday and in times of crisis."



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13		15	16	17
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25	26	27	28	29	30	31



R3As and contributions for prior month now due



Resting

is necessary. After working hard each day, I get at least 8 hours of sleep. It is one way I practice self-care. When I am well-rested, my thoughts and memory function are at their best, and I am better able to face the next day. #KnowBetterDoBetter



"We salute our caretakers who are committed to providing daily physical and emotional support to the elderly. Our elders have worked hard building the life we currently enjoy. Your compassion is admirable, as is your commitment to providing care they can count on."



Sun	Mon	Tue	Wed	Thu	Fri	Sat		
1	Carnival Monday	2	Carnival Tuesday	3	4	5	6	7
8	9	10	11	12		14		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30	31						



R3As and contributions for prior month now due

This month support World Breastfeeding Week



AUGUST 2021



Preventing

disease is key to living a longer, happier life. I have encouraged my children to eat right and be active from an early age. These habits ensure they have a better chance of avoiding "lifestyle" diseases, such as obesity and diabetes.

#KnowBetterDoBetter



"We salute service clubs and non-profit organizations which provide for the less fortunate, the distressed, and the underprivileged. Your service and donations remind us all to give back and to work together to make a positive change."



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13		15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



R3As and contributions for prior month now due

This month support Caribbean Wellness Day, Childhood Cancer Awareness Month, Childhood Obesity Month, National Sickle Cell Month, Prostate Cancer Awareness Month & World Heart Day

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SEPTEMBER 2021



Accessing

health services and supplies is critical. As we mark our 42nd anniversary, Team MBS continues to provide pharmaceutical services in six locations – supplying medication and reimbursement for 11 chronic diseases; while managing the procurement of all pharmaceutical and medical supplies for Antigua and Barbuda, upping our game daily. #KnowBetterDoBetter



"We salute our local hospital, Mount St. John's Medical Centre, and the Antigua and Barbuda Emergency Medical Services for prioritizing quality of care to all residents when they need it most."



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13		15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



R3As and contributions for prior month now due

This month support World Mental Health Day, Breast Cancer Awareness Month & Global Handwashing Day

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OCTOBER 2021



Supporting

each other is essential. When I experience trying times, my family and friends remind me that I am loved. They are always there to assist me in any way they can and give me the courage to keep going. I do the same for them. #KnowBetterDoBetter



"We salute all of you for successfully collaborating with us as we roll out our healthy initiatives. We couldn't impact the lives of so many, especially the youth of our nation, without you – especially you, parents."



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Happy Independence 1	2	3	4	5	6
7	8	9	10	11		13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



R3As and contributions for prior month now due

This month support World Diabetes Day & Epilepsy Awareness Month

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NOVEMBER 2021



Coping

with stress is important to our emotional and physical well-being. So, I take time to relax or enjoy a hobby. When I face a stressful situation, I focus on what I can control and remember to take a step back and remain calm. #KnowBetterDoBetter



"We salute all public sector partners who remember that by working together we can better serve the people to whom it is our responsibility to deliver a better quality of life."



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	V.C Bird Day 9	10	11
12	13		15	16	17	18
19	20	21	22	23	24	Merry Christmas 25
Boxing Day 26	27	28	29	30	31	



R3As and contributions for prior month now due

This month support World AIDS Day & Universal Health Day

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DECEMBER 2021

PAN Smart Dollar Healthy Recipe Competition 2021

1st Place - Quick Breakfast
 Deneka Morris - T. N. Kirnon Primary
 Peanut Pumpkin Cookies/Muffins



Ingredients

- ¾ lb Pumpkin (cooked)
- ½ cup Peanut Butter
- 1¼ cup Flour (sifted)
- ¼ cup Brown Sugar
- (dash) Cinnamon
- (dash) Nutmeg

Method

1. In a bowl, mix cooked pumpkin and peanut butter until well blended.
2. Add sugar, and mix until sugar slightly dissolves.
3. Add nutmeg, cinnamon and flour and mix well.
4. Spoon into a muffin pan or cookie sheet.
5. Bake for 10 minutes or until golden brown.
6. Serve warm and enjoy.

2nd Place - Quick Breakfast
 Gabriel Dyer - T. N. Kirnon Primary
 Omelette H2O



Ingredients

- 3 Local Brown Eggs
- ¼ cup Bell Peppers (chopped)
- ¼ cup Onions (chopped)
- 3 Garlic Cloves (chopped)
- 3 Spinach Leaves (chopped)
- ¼ cup Evaporated Milk
- 1 cup Cheddar Cheese (shredded)
- 1 cup Mozzarella Cheese (shredded)
- Pinch of Salt & Pepper

Method

1. Bring a pot of water to a boil.
2. Break eggs and scramble in mixing bowl
3. Add vegetables and milk and scramble gently.
4. Add pinch of salt and pepper.
5. Add cheddar and mozzarella.
6. Pour batter in five ziploc bags.
7. Lay the bags in boiling water.
8. Cook for 4 mins.
9. Serve with toasted bread and vegetables.

2nd Place - Healthy Lunch/Dinner
 Tyara George - Villa Primary
 Ducana Surprize



Ingredients

- 1½ lbs Sweet Potatoes (grated)
- 1½ cup Flour
- ¼ cup Brown Sugar
- ½ Coconut (grated)
- ½ tsp Cinnamon
- ½ tsp Nutmeg
- Pinch of Salt
- 5 Banana Leaves
- ½ lb Saltfish
- ½ Tbsp Olive Oil

Method

1. Sift flour and spices in a mixing bowl.
2. Add sweet potato, coconut and brown sugar into bowl.
3. Add water and mix batter until smooth.
4. Spread vertically, approximately 1/2 cup of batter each onto banana leaves. Roll, tie and place into pot to boil for 45 minutes.
5. Remove from pot and cool for 5 minutes.
6. Cut middle of ducana and spoon in saltfish.
7. Seal and serve with favourite sides.

1st Place - Healthy Lunch/Dinner
 Sajada Davis - Villa Primary
 Pumpkin Fungi with Saltfish and Greens



Ingredients

- 2 cups Pumpkin
- 1 cup Cornmeal
- 1 Tbsp Canola Oil
- 4 Okras (diced)
- 1 Onion (diced)
- 1 Chive (diced)
- 1 Garlic Clove (diced)
- 1 Sweet Pepper (diced)
- ½ small Tomato (diced)
- 1 tsp Black Pepper
- 1 tsp Salt
- 1 Tbsp Oil

Garnish

- 1 cup boiled Spinach
- ½ lb Saltfish (boiled and stripped)

Method

1. Boil pumpkin and mash well. Start to cook fungi as usual.
2. Slowly add pumpkin to fungi mixture.
3. Mix in okra, oil and salt.
4. Cook until finished.

Garnish

1. Chop and boil spinach in salt and water.

1st Place - No Bake Dessert
Edible Jelly Crystal
Ifeoluwa Adetoro - Kid's Unlimted
Gemstones "Kohakutou"



Ingredients

- 1 cup Water (or Coconut water)
- 1 oz Gelatin Powder
- 1 cup Brown Granulated Sugar

- Turmeric
 - Beetroot Juice
 - Spirulina
 - Lime Juice
- } for colour & flavour as desired

Utensils

- 6 small Saucepans
- Spatula
- Measuring Cups
- Small Container
- Candy Thermometer
- Baking Mould
- Baking Sheets
- Parchment Paper

Method

1. Pour 1/2 cup distilled or coconut water into gelatin powder and stir with a fork or spatula until dissolved. Set aside.
2. Pour remaining 1/2 cup of water into the saucepan and place the saucepan on low to medium heat.
3. Add 1 cup of sugar to water and stir with a spatula until dissolved.

4. Continue to stir until the heat reaches 220c degrees (use the candy thermometer to check the temperature).
5. Reduce the heat and add in the gelatin mix. Stir until completely incorporated and add your colouring agents, lime juice, flavouring or juice concentrate to the mixture.
6. Return temperature to low to medium heat and briskly stir until mixture starts to boil.
7. Remove from heat and let it cool a bit before pouring into moulds.
8. Once completely cool, place moulds in the fridge for a minimum of 2 hours or leave overnight to cool. The mixture should set to a jelly-like substance.
9. Cut into small pieces to resemble shards of glass then layout on parchment paper-lined sheets and leave them to air dry for 7 days.

1st Place - Sweetened Beverage
Perla Santana - Sir Novelle Richards
Academy - Morir Sonando



Ingredients

- 4 cups Unsweetened Almond Milk
- 1/4 cup Dates
- 4 Mint Leaves
- 2 cups Ice Cubes
- 2 1/2 cups Orange Juice
- 1 cup Oats

Method

1. Chill almond milk.
2. Blend oats and dates to the milk.
3. Add sugar to the milk to taste then, add mint leaves and stir.
4. Add ice, blended oats and orange juice into milk mixture and stir.
5. Serve immediately.

1st Place - No-Bake Dessert
Larissa Knowles - Pares Secondary
Sorrel Passion Sorbet



Ingredients

- 1 cup Brown Sugar
- 1/2 cup + 4tbsp Cold Water divided
- 2 cups raw Sorrel
- 1 cup Passion Fruit
- 4 Ice Cubes

Method

1. Mix sugar with 1/2 cup water until sugar is mostly dissolved then, refrigerate.
2. Slice passion fruit and strain, separating seeds from juice.
3. Blend passion fruit juice and 2 tbsp of cold water and set aside.
4. Blend sorrel, ice cubes and 2 tbsp cold water. Strain using a fine mesh.
5. In a bowl combine all ingredients. Churn with ice cream machine until firm. Freeze for at least 6 hours.
6. Serve with fresh sorrel flower inside of passion fruit cup.

Pumpkin Fungi with Saltfish and Greens cont'

2. When finished, drain water and add half of diced onions, peppers and chive to spinach.
3. Pour 1/2 Tbsp oil into mixture and stir fry.
4. Set aside spinach.
5. Fry saltfish in remaining oil.
6. Add tomato, onion, pepper and saute for five minutes on low heat.
7. Serve with pumpkin fungi and spinach.

1st Place - Unsweetened Beverage
Roqueem Scott - T. N. Kirnon Primary
Roqueem's Blush



Ingredients

- 1 1/2 cup Sorrel Juice
- 1 1/2 cup Apple Cider
- 3/4 cup Lime Juice
- 1/4 cup Honey
- 1 cup Ice

Method

1. Combine all the ingredients and blend in a blender.
 2. Serve chilled with ice
- * Optional - Add crushed ice



Masks Up, but the Work Continues at MBS during the COVID-19 Pandemic

*I did it because there are elderly
persons out there who need their
medication.*

*I did it because pandemic or not, public health
matters.*

I did it because I simply love helping people.

I did it because essential isn't just a word; it is action.

