



medihelp

Depression Management Programme

Depression is a fairly common yet serious mental health condition classified as a mood disorder. The symptoms can vary and are often paired with feelings of sadness, loss, or anger. This condition disrupts people's everyday functioning, but it can be treated effectively with medication or therapy.

Medihelp's Depression Management Programme

Medihelp has introduced our Depression Management Programme to support members who have been diagnosed with depression. The care programme assists you in managing your condition effectively out of the hospital. Upon registration, eligible members will receive:

- A monthly benefit amount for medication and
- An additional rand value per year allocated to out-of-hospital consultations with a social worker, psychiatric nurse, psychiatrist, psychologist, and occupational therapist.

Out-of-hospital benefits for the treatment of depression per plan

	MedMove!	MedVital	MedVital Elect	MedAdd	MedAdd Elect	MedElect	MedSaver	MedPrime	MedPrime Elect	MedElite	MedPlus
PMB in hospital only	R23 900 per beneficiary per year to a maximum of R36 400 per family per year	R30 300 per beneficiary per year to a maximum of R41 800 per family per year	R24 000 per beneficiary per year to a maximum of R36 400 per family per year	R30 300 per beneficiary per year to a maximum of R41 800 per family per year	R36 400 per beneficiary per year to a maximum of R49 100 per family per year	R44 200 per beneficiary per year to a maximum of R61 300 per family per year	R53 900 per beneficiary per year to a maximum of R73 300 per family per year				
	R3 000 per beneficiary per year for services rendered by a psychiatrist, psychologist, social worker, occupational therapist and psychiatric nurse	R3 000 per beneficiary per year for services rendered by a psychiatrist, psychologist, social worker, occupational therapist and psychiatric nurse	R3 000 per beneficiary per year for services rendered by a psychiatrist, psychologist, social worker, occupational therapist and psychiatric nurse	R4 000 per beneficiary per year for services rendered by a psychiatrist, psychologist, social worker, occupational therapist and psychiatric nurse	R4 000 per beneficiary per year for services rendered by a psychiatrist, psychologist, social worker, occupational therapist and psychiatric nurse	R5 000 per beneficiary per year for services rendered by a psychiatrist, psychologist, social worker, occupational therapist and psychiatric nurse	R6 000 per beneficiary per year for services rendered by a psychiatrist, psychologist, social worker, occupational therapist and psychiatric nurse				
	R95 per month for medicine	R95 per month for medicine	R95 per month for medicine	R120 per month for medicine	R120 per month for medicine	R135 per month for medicine	R160 per month for medicine				

How to access these benefits

- Log into the [Member Zone](#).
- Click on **Register now** on the Depression Management Programme block.
- Complete a short questionnaire.
- Once registered, the programme benefits will be unlocked.

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