

When facing a serious illness, a holistic, patient-centred approach that not only prioritises the patient's well-being but also extends compassionate support to their loved ones to enhance the overall quality of life is essential.


Medihelp has partnered with the Association of Palliative Care Practitioners of South Africa (PALPRAC) to help you manage the symptoms and stress of serious illness through an interdisciplinary approach.

### Benefits to support well-being

Your annual benefit for palliative care services helps relieve symptoms like pain and discomfort while avoiding the stress of emergency room visits and hospitalisation. A team of trained palliative care professionals will assist you with personalised medical and mental health care, including:

- Doctor's consultations to evaluate your needs and prescribe the best treatment for your unique situation,
- A list of medicine you can get from any pharmacy (opt for generic equivalents to avoid co-payments),
- Nursing care in the comfort of your home by a registered nurse, and
- A social worker who will provide mental health support to you and your loved ones.

### Your annual benefit amount

	Med <b>Plus</b>	R33 800
	Med <b>Elite</b>	R31 300
	Med <b>Prime</b> en Med <b>Prime</b> Elect	R28 800
	Med <b>Saver</b>	R26 400
	Med <b>Add</b> en Med <b>Add</b> Elect	R26 400
	Med <b>Vital</b> en Med <b>Vital</b> Elect	R23 900
	Med <b>Elect</b>	R21 700
	Med <b>Move!</b>	R20 700

### Other services you might need

Services not included in your palliative care benefit, such as oxygen and stoma care, will still be covered under the applicable available benefits for your specific plan. You can access all your benefit information and submit your claims through the [Member Zone](#).

If your palliative care needs change, your PALPRAC doctor will submit a treatment plan to Medihelp for approval.

You are welcome to contact [palliativecare@medihelp.co.za](mailto:palliativecare@medihelp.co.za) if you have questions.