

Document-based care treatment programme



Who can access the programme?

Members of Medihelp have access to a treatment programme for patients with back and neck problems which they can consider instead of having surgery. The programme is presented in collaboration with Document-Based Care (DBC) clinics countrywide.

The DBC back treatment programme

- The DBC programme is available on all Medihelp's benefit options and each beneficiary qualifies for one programme per year.
- Patients with back and neck problems can follow the programme, but treatment of other medical conditions such as shoulder problems is not covered.
- The treatment must be received from DBC doctors at DBC clinics countrywide and not from your preferred doctor or medical facility. This is to ensure that DBC's treatment procedures are followed to the letter to ensure that the patient can expect the best possible outcome.
- The programme involves an inter-disciplinary team of doctors and medical practitioners, including surgeons, physiotherapists and biokineticists. Should you require treatment by an occupational therapist you can also obtain this at a DBC clinic, but it does not form part of the DBC programme and will therefore be paid from your available benefits for occupational therapy, (depending on your option).

- As part of the programme, specialised equipment is used that has been specifically developed to improve the general flexibility of the spinal column and to strengthen targeted back muscles. This helps to relieve pain and lets you regain normal back and neck function.
- Patients are evaluated individually and a treatment programme is compiled to suit each person's unique situation. Some patients may unfortunately not qualify for the programme due to the nature of their medical conditions.
- The programme extends over approximately six weeks, but it differs from one patient to the next. After the initial treatment, patients must continue to do the prescribed exercises at home on their own.
- DBC will charge a global fee per patient for the programme, which includes the cost of the initial evaluation and the six-week programme. If your participation in the programme has been approved, Medihelp will pay the cost in full from your core benefits. Additional consultation fees for service providers or X-rays are not included in the global fee and will be covered from available day-to-day benefits.

Interested in the DBC programme?

If you are interested in following the DBC programme as an alternative to the drastic step of spinal surgery, phone Medihelp on **086 0100 678** and ask the consultant for the contact details of your nearest DBC clinic. Then make an appointment with the DBC doctor, who will examine you and determine whether you are a suitable candidate who will be able to benefit from the programme. The doctor will send us all the necessary documentation to obtain approval from Medihelp.

086 0100 678

www.medihelp.co.za



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