

HIV/Aids benefits and support



HIV/Aids programme

Some diseases require extra care. That is why Medihelp offers additional benefits to members receiving HIV/Aids treatment through our treatment programme offered in partnership with LifeSense Disease Management. This integrated programme is available to all our members and has been developed by qualified doctors and medical professionals who specialise in the treatment of HIV.

LifeSense offers:

- Counselling by professional case managers to support you;
- Access to ARV treatment & pathology testing;
- Referrals to healthcare providers who specialise and are experienced in HIV treatment;
- Guidance and advice on living with HIV;
- Treatment of accidental exposure to HIV.

Not sure about your HIV status?

Medihelp's preventive care benefits offer you benefits for voluntary HIV/Aids counselling and testing. Knowing your HIV status empowers you to manage your condition effectively and take care of yourself and your loved ones.

Remember: HIV/Aids can be managed as successfully as most other chronic diseases. The success and availability of antiretroviral (ARV) therapy can lower your viral load and strengthen your immune system. Clinical studies indicate that with continued ARV treatment you can live a normal, productive life.

Enrolling on the programme

To enrol on the programme, contact LifeSense and a trained healthcare consultant will assist you through the entire process, including how to undergo which blood tests and how to enrol on the programme. You can be referred to a doctor or use a doctor of your choice who will complete an application form on your behalf to enable LifeSense to provide you with a drug treatment plan.

You can be sure of:

- The strictest confidentiality
- Delivery of your medicine at the address of your choice
- Personal service by a dedicated case manager who will counsel and advise you on using your medicine correctly, lifestyle and other important matters.

Accidentally exposed? What to do:

It is very important to start using **post-exposure prophylaxis (PEP)** within **72 hours** after exposure, as the chances are better for PEP to be effective. Anything later than 72 hours is considered to be too late to be effective.

1. Visit your nearest doctor

Any doctor may provide you with PEP. If the doctor may dispense, s/he will provide you with the PEP. If not, you will get a prescription to take to your nearest pharmacy. PEP qualifies for prescribed minimum benefits (PMB) and the first supply of appropriate PEP won't be paid from your day-to-day benefits.

2. Go to your nearest pharmacy

If your doctor gives you a prescription for PEP, you may take this script to **any pharmacy**.

3. Contact LifeSense


LifeSense is Medihelp's partner in taking care of our members with HIV/Aids or members who are using PEP.


How to reach LifeSense, Dis-Chem Direct or Medipost


If you need LifeSense, Dis-Chem Direct or Medipost – whether for support in managing your condition or for more information – you can reach them by phone or online:

Disease management programme


LifeSense

 0860 50 60 80
SMS: 31271 for a call back


 enquiry@lifesense.co.za
results@lifesense.co.za (prescriptions & pathology)

 0860 80 4960

Medicine

 **Dis-Chem Direct**
011 589 2788

 direct.medihelp@dischem.co.za

 086 641 8311

Medipost
012 426 4000

life@medipost.co.za

086 688 9867

086 0100 678

www.medihelp.co.za



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