

Your Life HIV Management Programme

Members and beneficiaries of the Nampak SA Medical Scheme have access to benefits for the treatment and management of HIV/AIDS. These benefits can be accessed by joining the Your Life HIV Management Programme, which is administered by Momentum Medical Scheme Administrators.

We care about your quality of life! People with HIV are entitled to live normal, productive lives, free from discrimination or misunderstanding. With advances in medical research, HIV infection and AIDS need no longer be considered as a death sentence, but rather a chronic manageable infectious disease. Every person needs to take care of his/her body and health. For people who are HIV positive, this is more important because their immune systems are unable to fight off diseases or minor ailments.

When should I join? Join us today! By joining the Your Life programme, you will benefit even if you are at a stage before you and/or your beneficiaries get ill or require treatment with antiretrovirals. Over the years of running this programme, we have achieved wonderful outcomes with members who have had the courage to join the programme. We encourage all members and/or beneficiaries who test HIV-positive to join the programme as soon as the diagnosis is made. It is very important that pregnant females who test HIV-positive during their pregnancy, or are already aware of their HIV status when they fall pregnant, to inform us as soon as they are aware of their status. Mother-to-child transmission is very successfully prevented if the pregnant mother receives treatment with antiretrovirals.

How do I register? The registration process is easy and confidential. Please call our confidential telephone line on **0860 10 97 93** to start the process.

Will my condition remain confidential? We do respect and salute members who have had the courage to disclose their condition and rise above all the stigma. **The programme is a confidential programme.** Please be assured that confidentiality will be respected by all staff managing your condition. Our nursing sisters and the doctor who will be responsible to treat your condition form part of a dynamic team. A confidential clause ensures that all registered members details are treated with the strictest of confidence. Your status will under no circumstances be disclosed to anyone, including your employer.

What benefits do I qualify for? Your benefits are focussed on your total wellness and not just the virus. We have experienced that AIDS may not be the same in everybody and that each member has special needs. On registration, you are allocated a dedicated individual who will manage your condition within an allocated budget.

Benefits for Post Exposure Treatment

Please call our share call line on **0860 10 97 93** or the after hours mobile line **082 821 0994**. This will enable members to get access to recommended treatment with antiretrovirals specific for the prevention of infection by the virus after accidental exposure. It is important to do this within at least two to six hours after the possibility of having come into contact with the virus in order to meet the optimal treatment guidelines. We understand that this diagnosis brings with it added social burdens and emotions. Our experienced staff are there to assist you to overcome your fears, and most of all teach you to live a positive and healthy life.

Should you require further information or support, please do not hesitate to contact Your Life on:

Tel : **0860 10 97 93**
Mobile : 082 821 0994
Fax : 012 675 3848

