

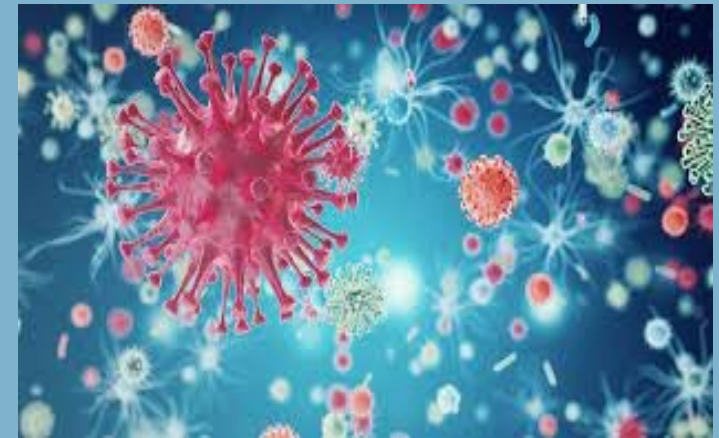


*Confidentiality is assured
throughout the entire
process!*



Caring hearts

MyHealth information brochure



Contact us

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Introduction

Myhealth Administrators manage HIV/AIDS program of NMC, BANKMED, and PSEMAS medical schemes. Our HIV/AIDS management protocol is in accordance with the MOHSS guidelines for the treatment of HIV in Namibia

Myhealth duties and responsibilities

Administration and member registration

- Web based registration to be completed by the treating doctor
- Member to sign by agree on the terms and conditions of the programme
- Status of the application can be checked at E-Doc portal (Dr to complete application to have access)
- Myhealth administrator confirms registration status on the program.

Clinical management

- Application forms plus relevant baseline blood tests to be assessed and confirmed for approval within 2 hours.
- Once medications are authorized then doctor or pharmacy of your choice would dispense
- Case managers who are trained nurses will review and monitor the HIV progression.
- Continuum of care would be provided

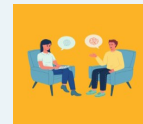


Myhealth benefits

- HIV consultations (additional to your day to day benefits)
- Anti-Retroviral treatment & authorized vitamins
- PMTCT benefits including baby formula milk for mothers opt not to breastfeed.
- PEP (Post Exposure Prophylaxis)
- PrEP (Pre-Exposure Prophylaxis).
- Monthly ARV medicines for registered members
- Information & Education sessions through partnerships
- Continuum of care

Counselling

- Myhealth counseling team provides adherence counselling, conduct societal assessment including alcohol intake and provides support
- As part of the benefits, the team provides Tele-counselling, face to face and telephonic counselling
- Monitoring HIV routine tests
- Trace lost to follow-ups as part of continuum of care



Tips about the treatment

- ART are not a cure
- ART low the progression of HIV
- ART is lifelong treatment
- Treatment must never be interrupted
- Never share your medications with someone else.
- Treatment must never be discontinued without the knowledge of the doctor.
- Disclosure is critical for support and infection control



Refer to our website for more information