

Mental Health Programme

Mental health includes our emotional, psychological and social wellbeing. Having a mental health condition affects our thinking, mood and behaviour, as well as how we deal with stress.

Our Mental Health Programme has been built on the principle of providing support to both you and your treating healthcare professional to promote access to the best quality primary mental healthcare available.

What does the programme offer?

- The programme provides effective collaboration between family practitioners, psychiatrists and other healthcare professionals – for example, psychologists and social workers and a **specialised care coach** – who will work together to ensure that you are supported in a way that suits your individual needs. The specialised care coach will assess your eligibility for enrolment on the programme and inform you about the benefits available to manage your condition.
- Members who enrol on this programme will receive a care plan to allow their team of healthcare professionals to optimally manage their condition. This will be individualised based on each member's unique requirements.
- Enrolled members can expect to receive relevant education, an empathetic ear and support throughout their mental health journey.

How to access this benefit

Your treating healthcare provider will need to complete a programme enrolment form. The form can be requested on the details provided below.





Who will cover this cost?

The cost of the programme is covered by your mental health benefit. Please note, however, that this excludes the cost of any investigations or medication prescribed by a medical practitioner, in which case acute or chronic medication benefits will be used and the Scheme rules will apply.

Protection of Personal Information

Pick n Pay Medical Scheme and Momentum Health Solutions, the Administrator, will maintain the confidentiality of your personal information and comply with the Protection of Personal Information Act 4 of 2013 (POPIA) and all existing data protection legislation, when collecting, processing and storing your personal information for the purposes of registration on the Mental Health Programme.

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