

YourLife Programme

The YourLife Programme assists people living with HIV/AIDS to access quality care and to make optimal use of the benefits available to them. The service is available to Pick n Pay Medical Scheme members.

If you think you are at risk of being HIV positive or have been diagnosed as a person living with HIV/AIDS, this free service will be invaluable to you.

Living with HIV/AIDS – Three good reasons to join the programme

1. You will receive effective, appropriate and cost-effective medical care by qualified professionals.
2. You will be assisted in forming a support system.
3. A specialised care coach will assist you in developing life skills that will assist you in making decisions about your lifestyle.

We will provide you with professional and quality care to assist you in living with HIV/AIDS.

Will my privacy be respected?

Absolutely! No personal details are given to your friends, family or employers unless you give us written permission to do so.

Is the person managing my case adequately qualified?

- All our care coaches are highly specialised in HIV/AIDS counselling and case management.
- They are qualified professional nurses who are guided by experienced HIV/AIDS medical practitioners.
- This means that the very latest treatment and information will always be available to you.

What can I expect to gain from the programme?

- Information and advice on treatment
- Counselling and continuous encouragement
- Information about the correct diet, vitamins and lifestyle to build your immune system
- Referral to healthcare providers who are experienced in managing HIV/AIDS
- Counselling and support to family/partners with your permission





How do I join the programme and how much will it cost?

- It will not cost you anything to join the programme.
- All you have to do is contact us on the details below.

What happens when I call the programme?

- The **YourLife** Programme is not linked to your employer.
- No personal details are ever given to your employer.
- A specialised care coach will explain the programme as well as the benefits available to you.
- A specialised care coach will also explain the steps you need to follow should you wish to join the programme.

What does the programme cover?

- Antiretroviral medication
- Blood tests related to your condition
- Doctors' consultations
- If you are pregnant, treatment to help prevent your baby from contracting HIV
- Post-exposure prophylaxis medication if you are sexually assaulted or exposed to blood.



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 YourLife Programme.

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YOURLIFE PROGRAMME

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