

Renal Care Management Programme

Pick n Play Medical Scheme has partnered with its Administrator, Momentum Health (Pty) Ltd, to offer the Renal Care Management Programme to our valued members. This programme is here to help you manage your chronic kidney condition effectively.

We understand that this diagnosis may be overwhelming, and we want to ensure that you feel supported. Please take a moment to carefully review the information provided below, as it will help you feel more prepared and at ease with the process ahead.

What is chronic kidney disease?

Chronic kidney disease (also known as chronic renal failure or chronic renal insufficiency) is defined as a functional kidney abnormality that lasts for at least three months, or a chronic, long-term or significant decline in kidney function.

Long-term management of chronic kidney disease

General measures to slow the progression of the condition

The key steps to take are to maintain good blood pressure control, reduce alcohol consumption, quit smoking and stick to a low-protein diet. By understanding chronic kidney disease and actively managing your condition, you may make the most of the benefits offered through the Scheme's Renal Care Management Programme.

Treatment of complications

Chronic kidney disease may lead to various complications, including high blood pressure, anaemia, high potassium levels and bone disease. Prompt and effective treatment of these complications is crucial for maintaining your health.

What is renal replacement therapy?

Renal replacement therapy is a form of treatment for severe kidney failure. When the kidneys are no longer working effectively, waste products and fluid build up in the blood. Renal replacement therapy 'takes over' some of the functioning of the failing kidneys.

NOTE! In order to make informed decisions at this stage, it is important for the patient and their family to discuss all viable treatment options with the treating doctor.

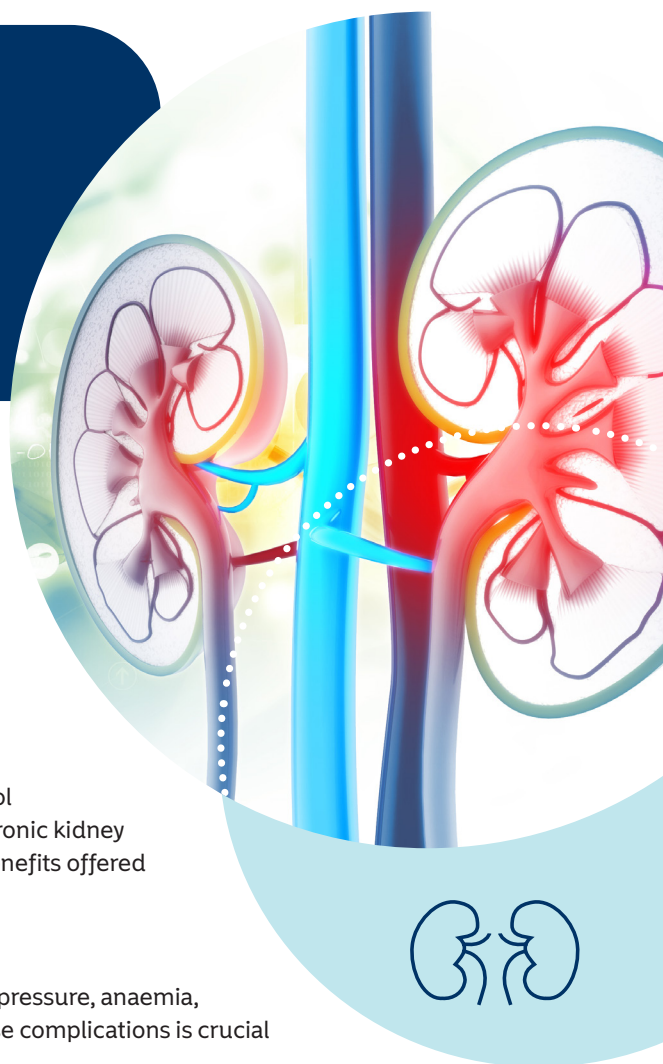
There are three main types of renal replacement therapy:

1. Kidney transplantation

Kidney transplantation is the treatment of choice for many patients with severe chronic kidney disease, because quality of life and survival are often improved, compared to patients who use dialysis. There is a shortage of organs available for donation, so many patients who are candidates for transplantation are put on a transplant waiting list and require other forms of renal replacement therapy until a viable kidney becomes available.

2. Haemodialysis

In haemodialysis, the patient's blood is pumped through a dialysis machine to remove waste products and excess fluids. The patient is connected to the dialysis machine using a surgically created path. This allows blood to be removed from the body, circulate through the dialysis machine and then return into the body. Substances that will be dangerous in high concentrations in the blood, such as the waste products that a normally functioning kidney usually removes, are removed from the blood. The 'clean' blood is continuously returned to the body.



3. Peritoneal dialysis

The patient or a family member or carer typically performs the peritoneal dialysis in their home. It requires that the carer be trained in the use of the equipment and that the patient has a catheter surgically inserted in the abdomen. The catheter is made of soft, flexible material and is usually placed near the belly button (umbilicus). In peritoneal dialysis, dialysis fluid (called dialysate) is infused into the abdomen through the catheter. The fluid is held within the abdomen for a prescribed period of time (called a dwell). The lining of the abdomen (the peritoneal lining) acts as a membrane to allow excess fluids and waste products to diffuse from the bloodstream into the dialysate.

What does the Renal Care Management Programme offer?





The Renal Care Management Programme is designed to support you in managing your condition by offering guidance on how to access your chronic renal benefit. A specialised care coach will be assigned to you to help manage your health journey by:

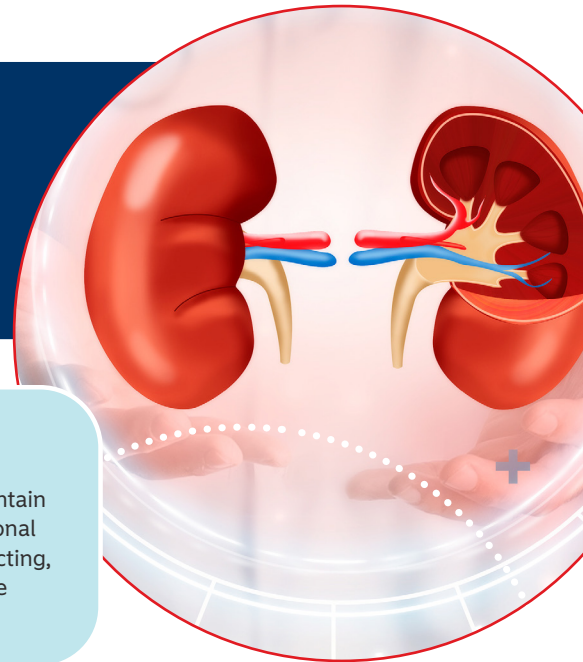
- ensuring that you remain on treatment and take your medication as prescribed (treatment compliance)
- providing patient education about your condition, how to manage it, treatment options, lifestyle changes, etc.
- reminding you about follow-up consultations and/or pathology tests, such as blood and urine tests
- offering clinical advice.

How to access the benefits of the Renal Care Management Programme

Complete the chronic renal dialysis application form with your treating healthcare practitioner and submit it via email to renalcare@pnpms.co.za for clinical consideration. The application form is available on the Scheme's website at www.pnpms.co.za.

Steps once diagnosis is confirmed

-  Member diagnosed with end-stage chronic kidney disease/renal failure
-  Application received for authorisation for dialysis treatment
-  Member enrolled on the Renal Care Management Programme
-  Follow-up clinical interventions (treatment plan) based on patient's risk profile



Protection of Personal Information

Pick n Pay Medical Scheme and Momentum Health (Pty) Ltd, 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 Renal Care Management Programme.

The content of this publication is the intellectual property of Momentum Health (Pty) Ltd, and any reproduction of this publication is prohibited unless written consent is obtained.



Medical scheme

Renal Care Management Programme

Telephone **0800 004 389**
Email renalcare@pnpms.co.za
Website www.pnpms.co.za

03/2026

