

> DIABETES MANAGEMENT PROGRAMME



This programme is based on the principles of patient-centred care and embraces a personalised approach. It takes all your other medical needs into account, including any other chronic conditions you may have. In addition, we continue to work with your doctor who looks after your chronic conditions in order to provide co-ordinated quality care.



HOW DO I ACCESS THE CHRONIC MEDICINE BENEFIT?

Register your diabetes as a chronic condition by calling **0860 002 108**.

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You will be automatically added to the diabetes programme.

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Nominate the doctor you want to help you manage your diabetes by calling **0860 106 155**. By nominating a doctor and with your consent, we will be able to better support your treatment and share important information with this doctor.



DETAILS FOR DIABETES PROGRAMME

Call: 0860 002 108
Email: diabeticcare@bonitas.co.za

WHAT DOES THE PROGRAMME OFFER?

- Continued access to your treating doctor, your authorised chronic medicine and all required blood and laboratory tests
- Access to a Health Coach who will provide you with guidance and support on managing all your chronic diseases as well as diabetes
- Online tools to help you make informed choices such as the Bonitas Health Portal and Personal Health Record
- Material to educate you on diabetes and empower you to manage it
- Access to our extensive family practitioner, specialist and nursing network

We will share information with your doctor so that he/she is equipped to manage your condition more effectively. We can also arrange for a nurse to visit you and provide one-on-one support to ensure you manage your diabetes effectively.

WILL THIS AFFECT THE BENEFITS I HAVE CURRENTLY AVAILABLE FOR MY DIABETES MANAGEMENT?

You can continue to see your treating doctor and will have access to cover for GP consultations, blood and other laboratory tests, dietician and podiatrist services, an ophthalmologist consultation and a visit with a nurse educator. You will receive more detailed communication based on your specific Care Plan.

WHO CAN JOIN THE PROGRAMME?

All Bonitas members with diabetes will have automatic access to the programme and its benefits once they have registered their chronic condition for disease specific benefits.

HOW WILL I GET MY MEDICINE?

Pharmacy Direct is a courier pharmacy and is the preferred provider for chronic medication. Pharmacy Direct will also provide a free glucometer to qualifying patients that have registered with them.