

> MENTAL HEALTH PROGRAMME

This programme aims to improve your quality of life and empowers you to manage your condition more effectively. Once you've enrolled on the programme, a dedicated Care Manager will be assigned to assist you and will collaborate with your treating doctor to ensure that you get the support you need.



HOW DO I ACCESS THE PROGRAMME?



To register your mental health condition, simply call **0860 106 155**.

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You will be assessed to determine your eligibility to join the mental health programme.

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Nominate the treating doctor you want to continue looking after your mental health condition and grant us informed consent so we may monitor treatment and the management of your mental condition.



DETAILS FOR MENTAL HEALTH PROGRAMME

Call: 0860 106 155
Email: mentalhealth@bonitas.co.za

WHAT DOES THIS PROGRAMME OFFER?

- Access to a Care Manager that will work with you, your treating doctor and where appropriate, with other healthcare professionals to assist in improving your condition
- Your Care Manager will discuss your symptoms and steps you can take to manage your condition. They will help you understand your condition and how to take your medicine as well as advise on what questions to ask your doctor and steps you can take to make healthy lifestyle choices
- Your Care Manager will also help you access the medical aid benefits available to manage your condition and how you can access additional support through your community
- Educational material about mental health which empowers you to manage your condition

IS THERE ANY EXTRA SUPPORT OR INFORMATION AVAILABLE THAT I CAN ACCESS?

You can visit YourHealth Portal on the Bonitas Member Zone to look up medical information on your condition. It is an interactive and informative tool where you can complete questionnaires, read articles and enrol on helpful tutorials concerning your condition.

WHO CAN JOIN THE PROGRAMME?

Members on the BonComprehensive, BonClassic, Standard and Standard Select options who suffer from mental health conditions such as depression, anxiety, post-traumatic stress disorder (PTSD) and alcohol abuse may be assessed and registered on the programme.