How to access benefits for my HIV positive medical aid patients
Dr Noluthando Nematswerani
<table>
<thead>
<tr>
<th>Prevention</th>
<th>Monitoring &amp; Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIV Counselling and Testing</td>
<td>Antiretroviral Therapy</td>
</tr>
<tr>
<td>Prevention of mother to child transmission</td>
<td>Pathology testing</td>
</tr>
<tr>
<td>Post Exposure Prophylaxis</td>
<td>Treatment of opportunistic infections</td>
</tr>
<tr>
<td>Prophylactic treatment of opportunistic infections</td>
<td></td>
</tr>
</tbody>
</table>
Clinical Protocols & Benefits

Published local guidelines
- SA HIV Clinicians Guidelines
- National Department of Health guidelines

Published international guidelines
- In the absence of published local guidelines
Plan Benefits

- Medicine Formularies
- GP networks
- Specialist Benefits
- Designated Service Providers
- Preferred Pathology service providers
- Other network restrictions
- HIV Panel Support
Medicine Formularies

Evidence Based

In line with PMB

- Keycare plans
  - Formulary or nothing
  - Clinical appeals process

- Other plans
  - Chronic drug amounts
  - Clinical appeals process
Medicine Formularies

- ARV formulary
- Supportive formulary
HIV GP Network

- National footprint

- Network doctors are members of the Southern African HIV Clinicians Society

- Passionate about HIV management
Specialist Benefits

- Limited to 1 visit per year
- Clinical appeals process applies
Pharmacy DSP

- Services received from a designated service provider are paid for in full

- Support to members to improve compliance on chronic medicine, as well as the drug utilisation review process are both enhanced.
Pathology Preferred Provider

_discounted rates on all HIV and non-HIV related pathology for HIV enrolled members_

 Preserve Medical Savings Account
Other network restrictions

Designated Hospitals for Network plans

- Emergency admissions
- Non-emergency admissions
HIV Panel

- The panel supports Network doctors with complicated cases
- Clinical case review for all complex cases
- Drug Utilisation Review
- HIV benefit review
- Well respected in the field of HIV management
Access to Benefits

- All HIV positive members must enrol on the Programme so that they can access PMB
  - Regardless of CD4 count

- Members not enrolled on the Programme
  - Access benefits from Savings subject to availability of funds and chosen plan type
  - Limited funds
    - Poor monitoring
    - Poor compliance
Enrollment process

Call received from member:

Call 0860 99 88 77
HIVCare Programme

Dedicated call centre agent will confirm:
• validity of membership
• no waiting periods or exclusions (ie healthcare services we do not cover)

Enrolment done over the phone
OR
Discovery HIVCare application form sent to member by:
• email
• fax
• post

Member sends completed documents by fax to 011 539 3151 (dedicated number) or by email to DCO_HIV_CASEMANAGERS@DISCOVERY.CO.ZA
• HIVCare Programme enrolment forms
• Discovery HIVCare programme application form
• Doctor’s prescription
• Relevant pathology test results

Defined process ensures absolute confidentiality
Member enrolled on HIVCare Programme

Dedicated case manager will call member within two working days after receiving faxed documents

Dedicated case manager will discuss with member:
- Drug use and compliance
- Counselling
- Lifestyle issues

Drug utilisation review with member and treating doctor

Case manager to make sure entry criteria for antiretrovirals are met (child or adult)

Case manager will advise:
- Way of getting medicine
- Where medicine can be delivered (home, work or doctor’s rooms)

Case manager will call member regularly to offer support and assist in management of the disease

Enrollment process
Hospitalisation

- Unlimited

- Subject to preauthorization and rules of specific plans
Medication

ARV Formulary

- Subject to clinical entry criteria based on the Southern African HIV Clinicians Society’s antiretroviral guidelines
- Subject to preauthorisation
- HIV Chronic Drug Amount (CDA) for all plan types except for KeyCare

Supportive Formulary

- HIV supportive medicine formulary applies
- Subject to treatment guidelines and preauthorisation
Multivitamins & Vaccine Benefit

- Rand amount per person per year
- Includes 3 doses Hepatitis B vaccine
- Annual Flu vaccine
Prophylactic Treatment

✈ PMTCT
• As per Southern African HIV Clinicians guidelines
• ARV Formulary applies
• No waiting periods
• Infant formula for 6 months (subject to formulary)

✈ Post Exposure Prophylaxis
• As per Southern African HIV Clinicians guidelines
• ARV Formulary applies
• No waiting periods
## Monitoring tests

<table>
<thead>
<tr>
<th>Test</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>CD4 count</td>
<td>4</td>
</tr>
<tr>
<td>Viral load</td>
<td>4</td>
</tr>
<tr>
<td>FBC</td>
<td>4</td>
</tr>
<tr>
<td>LFT</td>
<td>1</td>
</tr>
<tr>
<td>ALT</td>
<td>3</td>
</tr>
<tr>
<td>U&amp;E</td>
<td>1</td>
</tr>
<tr>
<td>Fasting Glucose</td>
<td>1</td>
</tr>
<tr>
<td>Fasting Lipogram</td>
<td>1</td>
</tr>
<tr>
<td>HIV Genotype</td>
<td>1 (subject to preauthorisation)</td>
</tr>
</tbody>
</table>
Doctor visits

- GP visits x 4

- Specialist Visits x 1
  - Clinical Appeals Process


**Conclusion**

- **HIVCare Programme** is available to all Discovery Health members
- Enrolment to the Programme is critical in order to access PMB
Thank you