

MENTAL HEALTH PROGRAMME

2023



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.



WHAT DOES THE 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.

A Care Manager will help you set up appointments with your doctor, obtain authorisation for healthcare services, understand the importance of preventative care and the use of wellness benefits or resolve queries related to any other health condition.

Educational material about mental health which empowers you to manage your condition.

HOW DO I ACCESS THE PROGRAMME?



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.

DETAILS FOR MENTAL HEALTH PROGRAMME



Call: 0860 106 155

Email: mentalhealth@bonitas.co.za