

HIV/AIDS PROGRAMME

2025



Our HIV/AIDS programme helps individuals with HIV/AIDS live longer, more productive lives. Run by AfA, South Africa's leader in HIV/AIDS management and care, it takes a revolutionary, integrated approach to HIV/AIDS management. The programme is designed to meet the needs of patients and equip them with the treatment and tools to lead normal, fulfilled lives. It acts as a care-coordinator between Bonitas, doctors, pathology labs, pharmacies and patients.

WHAT DOES THE PROGRAMME OFFER?



HIV-related consultations

to visit your doctor to monitor your clinical status



Regular pathology tests

to monitor disease progression and response to therapy and to detect possible side-effects of treatment



Clinical guidelines

and telephonic support for doctors



Ongoing patient support

through a team of trained and experienced counsellors



Help in finding a registered counsellor

for face-to-face emotional support



Treatment to prevent opportunistic infections

such as pneumonia, TB and flu



Medicine to treat HIV

(including drugs to prevent mother-to-child transmission and infection after unprotected sex with a partner who does not know their HIV status, sexual assault or needle-stick injury)

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HOW DO I REGISTER WITH AfA?

If you are HIV-positive, you must register with AfA as soon as possible in order to make use of this benefit.

01

Know your status. If you are worried that you might be infected with HIV, ask your doctor or clinic to test you. Remember, all members are entitled to one free HIV test a year at a participating clinic or Bonitas wellness day.

02

If the results show that you are HIV-positive, call 0860 100 646 and request an application form or download it from www.afa.co.za to join the HIV/AIDS programme.

03

Make an appointment with your doctor. Complete and sign the form with your doctor and fax it to 0800 600 773 or email it to afa@afadm.co.za.

04

AfA will process your registration, and we'll contact you as soon as it's finalised.

05

Once you're registered, we'll walk you through every step of managing your condition.

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WE WILL:



Discuss and agree on a treatment plan with your doctor.



Explain your treatment plan to you.



Answer any questions you may have.



Authorise your medication, doctor's visits and pathology tests so that the Scheme can pay for them.



Track your response to treatment by monitoring your viral load and CD4 count. Send you reminders when you're due to go for these and other blood tests.



Give your doctor access to our team of clinical HIV experts to get support, ask advice and discuss complex clinical challenges.



Discuss any changes to your treatment with your doctor, and keep you informed about any changes.



Provide you with access to counselling and general query management whenever you need it, in any of South Africa's eleven official languages.

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WHAT IF MY TREATMENT PLAN CHANGES?

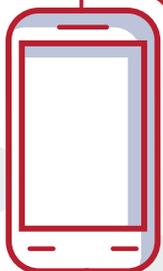
We work closely with your doctor to review your medicine and test results regularly. If we notice that your condition is not improving, your treatment plan may be amended. We will automatically update this to ensure you always have access to your benefits and the best possible treatment.

Remember, if you experience any side effects from your treatment, please discuss them with your doctor.

WILL I RECEIVE COUNSELLING AND SUPPORT SERVICES?

Our treatment support staff gives you one-on-one attention to make sure you understand how to take your medicine and the importance of sticking to your treatment plan. We also offer a dedicated telephone line, to offer support and advice to help you live a long, healthy life. Counselling is also offered to provide emotional and psychological support. You will be routinely called by counsellors to check how you are doing and will receive reminders when you are due for blood tests and other treatment.

DETAILS FOR Afa (For all options except BonCap)



-  **Email:** afa@afadm.co.za
-  **Call:** 0860 100 646
-  **Please call me:** 083 410 9078
-  **Website:** www.afa.co.za