

# HIV/AIDS PROGRAMME

## 2025



**BONCAP**

The BonCap HIV/AIDS programme is designed to help individuals with HIV/AIDS live longer, more productive lives and equip them with the treatment and care needed to lead normal, fulfilled lives. The programme is run by PHA, the administrator for BonCap, who acts as the 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



### **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 PHA?

**If you are HIV-positive, you must register with PHA as soon as possible in order to make use of this benefit**  
- completed application form, pathology and script required for all new registrations.

**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 0861 239 333 or email [BonCapCares@bonitas.co.za](mailto:BonCapCares@bonitas.co.za) and request an application form to join the HIV/AIDS programme.**

**03**

**Make an appointment with your doctor. Complete and sign the form with your doctor and email it to [BonCapCares@bonitas.co.za](mailto:BonCapCares@bonitas.co.za)**

**04**

**PHA will process your registration, and 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.

### CONTACT DETAILS



**Email:** [BonCapCares@bonitas.co.za](mailto:BonCapCares@bonitas.co.za)



**Call:** 0861 239 333

