

### Pick n Pay Health Management Programme

For members who need help and support in managing their chronic conditions through healthy lifestyle changes and improved compliance

### How do I Register?



**Call:**

**0860 767 633**



**Press Option 4**



**Speak to one of the PHA Nurses**



**Answer some questions about your Health**

All information is kept strictly confidential at all times

**OR**



**Go to the Pick n Pay Medical Scheme web-site [www.pnpms.co.za](http://www.pnpms.co.za)**



**Click on Managed Care**

**Click at the "Click Here" link next to For the health, maternity or HIV management programmes [click here](#)**

All information is kept strictly confidential at all times

**Download the Health Management Application form, complete and e-mail to [pnphealth@pha.co.za](mailto:pnphealth@pha.co.za) or fax to 031 267 0227**



**One of the PHA Nurses may also contact you if you have been admitted for a chronic complication or regularly miss taking medication**

Once you have registered on the programme, one of our Nurses will run through some questions about your general health, your chronic condition and medical history so that we can assess your needs and whether the lifestyle management programme would be beneficial to you. The Lifestyle Programme is paid for by the scheme and is designed to help you lose weight and improve your fitness. Depending on your needs and risk factors, the PHA Nurse will keep in regular contact with you to ensure that you are managing your chronic condition so that complications and admissions can be prevented or made less