


## Pick n Pay Maternity Management Programme

Providing members with support during and after pregnancy to promote a healthy birth and provide benefits for appropriate care

### How do I Register?



**Call:**  
0860 767 633




**Press Option**  
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Speak to one of the PHA Midwives



The PHA Midwife will ask you about your current and any past pregnancies



If you are planning a Caesarean section you will be asked to give your doctor a form to complete

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](#)

Download the Maternity Programme Application form, complete and e-mail to [pnpbaby@pha.co.za](mailto:pnpbaby@pha.co.za) or fax to 0866 630 0871



All information is kept strictly confidential at all times

One of the PHA Nurses may also contact you if you have been for any antenatal tests or scans, to invite you onto the programme

Once you have registered on the programme, one of our Midwives will run through some questions about your current pregnancy and any past pregnancies to find out if there are any special precautions that need to be taken to make sure baby is as healthy as possible. The PHA Midwife will contact you every month at least to find out how you are getting on. She will also send you some helpful information and some vouchers and samples. By being registered on the programme you will also have access to some maternity benefits paid by the scheme and not from your savings.