

Pick n Pay Mental Wellness Programme

For members who need support or chronic medicines to manage conditions affecting mental wellness such as Depression, Anxiety, Substance dependency and Severe Stress reactions

How do I Register?



Call:

0860 767
633



Press
Option
4



Speak to
one of the
PHA
Nurses



Complete
and sign
the
application
form



e-mail
pnpwell@pha.co.za

fax:
031 267 0227

All information is kept strictly confidential at all times

OR



Go to the Pick n
Pay Medical
Scheme web-site
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
Mental Wellness
Application form -
complete and e-mail
to
pnpwell@pha.co.za
or
fax to
031 267 0227



One of the PHA Nurses may also contact you if you have been admitted to hospital for a mental health reason or regularly miss taking medication

You will need to register on the programme if you want to claim chronic benefits for a psychological or psychiatric condition such as Depression. Once you have registered on the programme, one of our Nurses will run through some questions about your general health and medical history. You will also be asked to provide consent for our specially trained Nurses to receive information from your doctor in order to confirm your diagnosis and evaluate your treatment plan and ensure that you receive the best care possible within your benefits. You will also have access to a trained Psychiatric Nurse for support and advice.