

### Pick n Pay HIV Management Programme

A confidential programme to support members affected by HIV and make benefits available for medicines, blood tests and visits through registration

### How do I Register?

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Call:  
0860 767 633
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Press Option 5
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Speak to one of the PHA Nurses who will ask you to complete a form
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Ask your doctor to send us your latest Blood results or give us permission to contact your doctor
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Ask your doctor to send us your script if you are on ARV's or give us permission to contact your doctor

OR

Complete and e-mail to [pnpicare@pha.co.za](mailto:pnpicare@pha.co.za)  
or fax to 0866 620 282

All information is kept strictly confidential at all times

One of the PHA Nurses may also contact you if you have not been for your blood tests at least every 6 months or you miss taking medication

Once you have registered on the programme, one of our Nurses will run through some questions about your general health, your current condition and medical history so that we can assess your needs and give you information that you need to know about your condition and keeping healthy. The PHA Nurse will keep in regular contact with you to ensure that you are managing your condition and remembering to take your medicines and having your blood checked regularly to make sure that your medicine is working properly or to decide when to start medicines.