

Pick n Play Mental Wellness Programme

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

How do I Register?

1



Call:
0860 767 633

2



Press Option 4

3



Speak to one of the
PHA Nurses

4



Answer some
questions about your
Health

OR

Complete and e-mail to pnpswell@pha.co.za
or fax to 086 539 1765

All information is kept strictly confidential at all times

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.