



# THE RISK IS NOT KNOWING

## WITH BANKMED YOU CAN SELF-TEST FOR HIV AT HOME

*Knowing your HIV status allows you to make informed decisions about HIV prevention, treatment and care. When you know your status, you can take steps to manage your long-term health. HIV is now simple and safe to treat, and treatment is easily accessible.*

### **What is an HIV self-test?**

The self-test is a screening test. While the HIV self-test is accurate, it does not provide a final diagnosis, so follow up with your Healthcare Professional if you have any concerns.

### **Do an HIV self-test at home**

Awareness is the first step in combatting HIV, but many people still do not take the responsibility to know their HIV status. For this reason, Bankmed introduced a quick and convenient HIV self-testing benefit which can be done in the privacy of your own home.

You can order the HIV self-test kit at <http://bankmed.hivselftesting.co.za/get-the-test/>.

### **Find out how an HIV self-test works**

The [bankmed.hivselftesting.co.za](http://bankmed.hivselftesting.co.za) website provides details on how the HIV self-test works. The kit contains a self-test device and detailed instructions.

### **We will deliver to your door**

Your self-test kit will be couriered to you within three working days. Deliveries are made Monday to Friday during office hours (09:00 to 16:00).

### **Your medical information is safe**

To protect your privacy, the kit will be delivered to you in unmarked packaging. We keep your details confidential at all times.

### **There is no extra cost to you**

The test is covered under your Wellness and Preventative Care Benefit.

### **What should you do if you test positive?**

A positive HIV test is not a death sentence. You can still lead a long and healthy life. As a Bankmed member, you have access to the Bankmed HIV Programme, which offers clinically sound and cost-effective treatment suited to your individual needs.

### **Visit your Healthcare Professional**

If the self-test produces a reactive (positive) screening result, immediately make an appointment with a Bankmed GP Network provider. Your Healthcare Professional will perform a blood test to confirm the result.

### **Register for the HIV Programme**

To register for the HIV programme, call our HIV team on 0800 BANKMED (0800 226 5633) or e-mail us at **[hiv@bankmed.co.za](mailto:hiv@bankmed.co.za)**. Our skilled consultants will assist you in getting the best care possible, with complete confidentiality always guaranteed.

### **Understand your cover for HIV and AIDS**

For members living with HIV and AIDS, Bankmed's HIV Programme provides comprehensive disease management. We take the utmost care to protect your right to privacy and confidentiality. When you register on our HIV Programme, you are covered for the all-inclusive care that you require. You will have access to clinically sound and cost-effective treatment, and you are assured of confidentiality at all times.

We cover approved medication on our medicine list (formulary) in full. We cover medication not on our list up to a set monthly amount. You need to get your medication from a designated service provider to avoid having a co-payment.

