



What is an HIV self-test?

Self-testing is a quick, convenient and confidential HIV testing option.

An HIV self-test allows you to find out your status in the privacy of your own home. HIV self-testing does not provide a final diagnosis or result. Instead, it is a screening test that shows the presence of cells and antibodies in your blood which fight HIV. A self-test is accurate, but a positive test needs to be verified with another blood-based test (confirmatory test).

Who should have an HIV test?

Anyone sexually active should regularly check for HIV.

Confidentiality

Your privacy is a primary concern to us. HIV self-testing supports patient choice and is committed to preserving confidentiality. No personal information will be shared with a third party.

How to order the kit and claim?

1

Click on the HIV self-test link on the Bankmed website under 'WHAT WE COVER'

2

Click on the 'ORDER KIT NOW' link at the bottom of the page

3

You will be redirected to the HIV self-test order page

6

Your test will be delivered to you

5

Click on 'GET KIT' and enter your delivery and contact details

4

Fill in your Bankmed membership details and click on 'SUBMIT'

- Your self-testing kit will be sent to the address given as per contact details provided and will be dispatched via courier within three working days
- You will receive a self-test device and detailed instructions on how to perform the HIV self-test. Please watch the videos on the HIV self-testing website, when you order your kit, to see how it works
- Kindly take note that your self-testing kit will be sent in plain and unmarked packaging, so your self-testing process remains confidential

Bankmed HIV self-test referral process

Below is a guide to assist you in the event of the self-testing kit showing a reactive screening result.

Bankmed has special benefits available to you should you be HIV positive. These benefits can be accessed by the following process:

1. Make an appointment with a Bankmed GP Network provider.
2. Your GP will perform an HIV blood test.
3. Your blood sample will be sent to a laboratory for Elisa and CD4 tests.
4. Should this test confirm that you are HIV positive, please register for the HIV Programme by contacting us through one of the channels below:

 **0800 BANKMED (0800 226 5633)**

 **E-mail: hiv@bankmed.co.za**

 **Fax: 011 539 3151**

