



POLMED

OUR INVESTMENT OUR HEALTH OUR FUTURE

KNOW YOUR STATUS AND BE INFORMED



Human Immunodeficiency Virus (HIV)
is a virus that attacks the body's immune system.

Acquired Immunodeficiency Syndrome (AIDS)
is the most advanced stage of HIV.

HIV IS TRANSMITTED THROUGH:



Unprotected
vaginal, anal
or oral sex



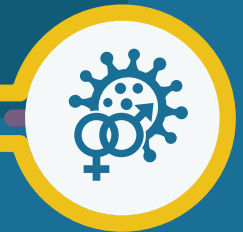
Sharing
contaminated needles



Unsafe
blood
transfusions



Pregnancy,
childbirth,
breastfeeding



Untreated Sexually
Transmitted
Infection (STI)

HIV IS NOT TRANSMITTED THROUGH:



Skin-to-skin contact



Mosquito or other
insect bites



Sharing eating utensils



Kissing or hugging

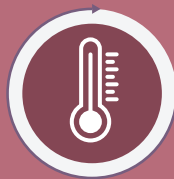


Sharing toilets and
bathrooms



Air or water

SIGNS AND SYMPTOMS:



Fever



Headaches



Sore
throat



Swollen
lymph nodes



Rash



Persistent
cough



Diarrhoea



Weight loss

TAKE ACTION: Stay informed! Practice safe habits! Support community awareness!

Please contact the POLMED HIV programme on **0800 22 7700**,
or email at polmedhiv@medscheme.co.za for further information



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REDUCE THE RISK OF CONTRACTING AND SPREADING HIV:



Regularly test for HIV



Use sterile needles and syringes



Get tested and treated for sexually transmitted infections (STIs)



Use **Pre-exposure prophylaxis (PrEP)** to prevent infection if you have an ongoing risk and/or during pregnancy



Use **post-exposure prophylaxis (PEP)** to reduce the risk of infection after unprotected sex or incident. **PEP** must be started immediately after the exposure or within 72 hours



MANAGEMENT:



Treatment:

Ensure that you adhere to the prescribed Antiretroviral therapy (ARVS)



Healthy eating:

Eat a variety of foods from each food group.
Eat the correct amount of food to maintain a healthy body weight



Physical activity:

Engage in physical activity for at least 30 minutes, three times per week and incorporate both cardio and strength training exercises



Mental Health:

Prioritise your mental health

POLMED HIV MANAGEMENT PROGRAMME

Many people infected by HIV lead healthy, happy, and long lives. Many actions can help your body better deal with the virus and delay the development of AIDS. Your emotional and mental state also play a significant role in how you manage your condition.

Our HIV Management Programme aims to improve the quality of life for members living with HIV/AIDS.

The programme offers the following:

- Access to funding for antiretroviral (ARV) therapy and treatment to prevent mother-to-child-transmission (PMTCT)
- Pre-exposure Prophylaxis (PrEP) and Post-Exposure Prophylaxis (PEP)
- Regular examination and testing
- Ongoing monitoring and personal support
- Consultations with a General Practitioner (GP)
- Access to ongoing counselling and support via the HIV Counsellor line
- Vaccinations to prevent illnesses like the flu



THIS PROGRAMME IS STRICTLY CONFIDENTIAL.

HOW TO REGISTER:

If you are worried that you might be infected with HIV, ask your doctor or clinic to test you. This test will be paid for, and only you and your doctor will be informed of the results.

You and your treating doctor will receive the authorisation and Care Plan.

Submit your completed and signed application form to POLMED: **polmedhiv@medscheme.co.za**
Fax: **0800 600 773**
Post: PO Box 38597, Pinelands 7430

If the results show that you are HIV positive:

- Contact POLMED's HIV Management Programme on **0860 765 633/0860 100 646** and ask for an application form.
- Access the HIV application form on the POLMED website: **www.polmed.co.za** (go to 'FORMS', select 'Manage Care (Medical)', and then 'HIV Application') or from a regional walk-in branch.
- Your doctor will examine you and help complete the form. Your doctor will be paid for completing the form.