



Dear Valued Member

We wish all our members a healthy 2024. The beginning of each year is the time to consider healthy habits, you have the power to maintain balance and progress on healthy lifestyle goals.

From the desk of the Provisional Curator

The Scheme received a confirmation from the SAPO BRPs confirming that the draft business rescue plan was approved. According to the draft plan, the Scheme will be paid 30 cents in a rand, of which 18c is dependent on the R3.8 billion post commencement funding that is still to be confirmed by the BRPs. The Scheme enquired from the BRPs from August 2023 about the SAPOs position on the PRMAs, but to date the BRPs are yet to confirm the SAPOs stance on the PRMAs. The Provisional Curator wishes to advise that he still awaits this important information from the BRPs to help in calling for a meeting to brief the Scheme members.

MEMBERSHIP UPDATES

UPDATE YOUR CONTACT DETAILS

Remember to update your communication details with the Scheme. If your details are outdated, we cannot communicate with you at all and you will miss all the important information we want to send to you. Please remember to let us know when any of your details, such as banking details, email address, postal address and contact numbers, have changed to ensure you receive all the latest information from your Scheme. Submit your contact detail changes to enquiries@medipos.co.za or you may call our Client Services department on 0860 100 078.

ARE YOU TAKING VSP AND RETIRING?

Please note if you are taking a VSP you are eligible to continue with your membership on MEDIPOS if:

- You are 55 years and older, and have met the criteria.
- You are 50 to 54 years old and have opted to retire.
- Your employment contract is terminated by your employer due to ill- health.



U=U (Undetectable = Untransmittable)

You can live a long, healthy life by taking your treatment every day, as prescribed.

How taking you ARVs (Antiretrovirals) daily can help you live a long, healthy life.

Just like any other chronic condition, even if you are diagnosed with HIV, you can live a long, healthy life by taking your treatment every day, as prescribed. By taking your ARVs every day and achieving viral load suppression (Undetectable).

If you or someone you know is living with HIV and taking ARVs daily, you can achieve Undetectable = Untransmittable (U=U). This means that the amount of HIV in your body will be low that it won't be harmful to you and you won't pass it to others.

When you reach U=U, you must keep taking your ARVs every day to stay U=U. Because you are still HIV positive, you should continue to use a condom to prevent other Sexually Transmitted diseases and unplanned pregnancies.

As a member of MEDiPOS, we've got you covered. Should you or any of your dependants test positive, MEDiPOS has made it easy for you to get access to HIV care, treatment, and support. All you have to do is to register on the Aid for Aids (AFA) programme by calling 0860 100 646. By registering on the programme, you or your dependants will have unlimited cover towards your medication, doctor's consultations and blood tests required for the treatment. Registering on the programme is free and you or your dependant's confidentiality is guaranteed.



MEDIPOS CONTACT DETAILS

CLIENT SERVICES TEAM AND HOSPITAL AND PRE-AUTHORISATION

Tel: 0860 100 078
Email: enquiries@medipos.co.za
Email: preauth@medipos.co.za
Website: www.medipos.co.za

REPORT FRAUD TO:

MEDiPOS Anti-fraud Hotline
Tel: 0800 112 811 or SMS: 33490
Email: information@whistleblowing.co.za

ADDRESS FOR THE SUBMISSION OF CLAIMS

Email: claims@medipos.co.za
P.O Box 921, Westville, 3629

SEND US YOUR SUGGESTIONS!

Please send us your suggestions on how you think the Scheme can improve its service delivery and benefits. Your suggestions may be emailed to: fundmanagement@medipos.co.za