

To achieve an AIDS free generation

- Zero new HIV infections
- Zero deaths from AIDS-related illnesses
- Know your status
- Manage your status
- Speak openly about your status
- Enroll early on the LifeSense Programme
- Take your medication and go for your follow up blood tests



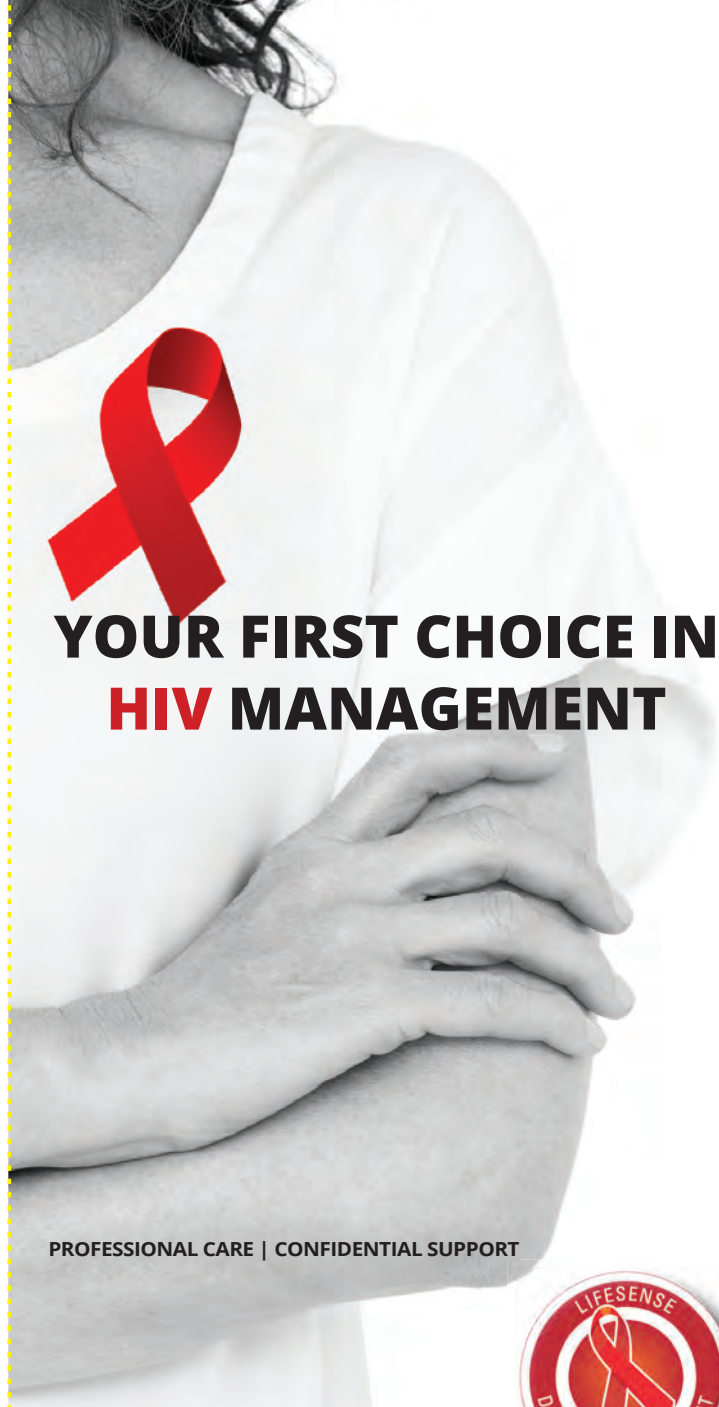
LifeSense Disease Management – Pursuing the global challenge of providing innovative, superior and affordable solutions to medical schemes and employers in order to improve, protect and prolong the lives of people living with HIV/AIDS.



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**YOUR FIRST CHOICE IN
 HIV MANAGEMENT**

PROFESSIONAL CARE | CONFIDENTIAL SUPPORT



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Know your HIV status

Because of the success and readily available ARVs, it is recommended that all sexually active persons go for an HIV test to determine their status. The HIV test is a simple blood test called the ELISA test and can determine whether you have been infected with HIV or not.

If you are HIV positive

If your HIV test is positive, it means you have been infected with HIV and you need to have further tests to determine the stage of the disease. These tests will inform you and your doctor of your CD4 cell count (the state of your immune system) and the viral load (the amount of virus in your body).

It is recommended on testing positive for HIV, that all adults and children be started on ARV therapy. The aim of ARV therapy is to reduce the viral "burden" on your immune system. With successful, uninterrupted ARV therapy, the viral replication should cease and the viral load will become undetectable.

If ARVs are started upon diagnosis and your viral load remains undetectable, clinical studies today indicate that you can live a normal, productive life, with normal life expectancy as long as you continue to take your ARVs.

Share your status

Sharing your status will help you to begin normalising HIV, reducing stress and anxiety, ensuring you are better able to maintain uninterrupted adherence to your ARVs.

Opening up about your HIV status will allow you to obtain the necessary support, information and acceptance – not only from those around you, but also from yourself. If you are struggling with these decisions, please speak to a professional Case Manager at LifeSense Disease Management. They have years of experience and training and will help you to understand HIV from both a medical and social viewpoint.

Confidentiality

LifeSense Disease Management maintains 100% confidentiality regarding your HIV status. Anything you share with us will be handled with the utmost confidentiality and will never be passed to your employer, colleagues or family members without your consent. You are protected by both the South African Constitution and the Labour Relations Act (No 66 of 1995 Chapter 5 Section 91 with regards to breach of confidentiality as well as Chapter 8 Section 185 with regards to the right not to be unfairly dismissed and subjected to unfair labour practice).

What is the LifeSense HIV Programme

This Programme has been developed by qualified doctors and medical professionals who specialise in the treatment and management of people living with HIV. The purpose of the Programme is to assist you with maintaining ARV adherence, to help you overcome any barriers that may prevent adherence, coordinate and centralise your HIV treatments and treatment records and to ensure that you are able to live a healthy and productive life.



What can I expect from the LifeSense Programme?

- Counselling from experienced Case Managers
- Advice on lifestyle management
- Referral to healthcare providers who are specialists and experienced in the treatment and management of HIV



What medical benefits am I covered for when joining the LifeSense Programme?

- HIV monitoring blood tests
- Doctor's consultations
- ARV medication delivered at an address of your choice
- If you are pregnant, treatment for yourself and your baby
- Post Exposure Prophylaxis (PEP) medication to prevent HIV infection if you are exposed to blood or body fluids
- Management of TB for those who need it (as per scheme rules)
- If you are not responding adequately to the treatment and can prove compliance with the therapy, the treatment will be altered on recommendation of our Chief Medical Officer and your treating doctor

How to register on the LifeSense Programme?

- You must contact LifeSense to verify if you qualify for the HIV benefits
- Once qualified you can go to a doctor of your choice with our application form for the initial examination
- You can either contact us to send you the application form or you can download it from www.lifesensedm.co.za
- Your doctor must complete the application form with you and fax or email it back to LifeSense
- Based on the completed application form and blood results, a drug treatment plan will be approved by our Chief Medical Officer
- Your medication will be delivered to your preferred address