



 **Sanlam** healthcare partner

Mental Health Programme

The statistics are concerning: 30% of South Africans will suffer from a mental health condition in their lifetime, and 76 to 85% of people in low- and medium-income countries with severe mental disorders receive no treatment. To help address mental health issues amongst its members.

Mental Health Programme

Only available on flexi**FED 4**, maxima **EXEC** and maxima **PLUS**.

Mental health can be seen as the centre of all health, characterised by integral relationships with a person's physical, social, workplace and financial wellbeing.

Fedhealth's Mental Health Programme, available to qualifying members on flexi**FED 4**, maxima **EXEC** and maxima **PLUS** who have been diagnosed with mental health conditions including depression and bipolar disorder, uses innovative solutions for member empowerment, and relies on social, family and workplace support.

It promotes:

- Greater reduction in mental health symptoms
- Greater rates of care for mental health
- Improvement in quality of life
- Less functional impairment
- Better patient satisfaction
- Better provider satisfaction
- Lower total healthcare costs in the medium- and long-term
- Significant benefits in terms of absenteeism reduction

Adherence to and active participation in treatment is required from patients to achieve desired clinical outcomes. Patient activation and support for self-care are other key components of the model. This is achieved through education of patients and their families, behavioural activation via Care Managers, integration with workplace wellness initiatives, and accessing community support groups.

Any Fedhealth members or beneficiaries on flexi**FED 4**, maxima **EXEC**

and maxima **PLUS** may enquire whether they qualify for enrolment in the Fedhealth Mental Health Programme. The qualifying beneficiary must contact Fedhealth, as the Scheme needs member consent and involvement for programme enrolment.

The Fedhealth Mental Health Programme also integrates with workplace employee assistance programmes, and establishes a bi-directional referral process between them. Integrated reporting will help measure mental health impact and outcomes, particularly in terms of productivity, which is considered a sensitive measure for mental health interventions.

Contact us

The share call number is **0860 002 153** – follow the prompts to the Disease Management Programme and select the Mental Health Programme, or send an email to mentalhealth@fedhealth.co.za for more information and to see whether you qualify.



CONTACT DETAILS

For more information, please visit fedhealth.co.za, or use the Fedhealth Family Room, WhatsApp service or Fedhealth Member App. You can also call the Fedhealth Customer Contact Centre on **0860 002 153**.



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Disease Management	Europ Assistance	MVA Third Party Recovery Department	Fedhealth Baby
0860 101 306	0860 333 432	012 431 9718	0861 116 016

DISCLAIMER: This document is a summary for information purposes only and does not supersede the rules of the Scheme. In the event of any discrepancy between this summary and the Rules, the Rules will prevail. A copy of the Rules is available on request.