



Mental Wellbeing

MENTAL HEALTH CARE PROGRAMME

The Mental Health Care Programme helps you manage major depression episodes with your healthcare provider, ensures high-quality, coordinated care for the best outcomes

BENEFITS

- Three consultations with your Premier Plus GP (virtual or face-to-face)
- Psychotherapy sessions
- Antidepressant medicine access when enrolled by a Premier Plus GP



HOW TO JOIN

- Once you have given consent, a Premier Plus GP or network psychologist can enrol you via HealthID
- Members on LA KeyPlus must be enrolled by their chosen Premier Plus GP
- Find a provider at www.lahealth.co.za



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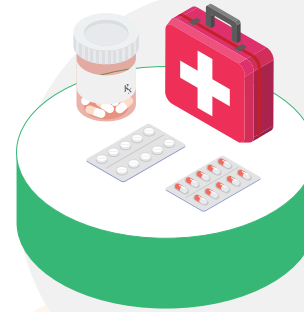
PROGRAMME DETAILS

- The programme offers tools and benefits to monitor and manage your condition, with your healthcare provider tracking progress on HealthID
- The Programme runs for six months; extendable to 12 months if clinically needed



DEPRESSION RISK MANAGEMENT PROGRAMME

When we have identified your eligibility with a Mental Wellbeing Assessment, you qualify to be registered on the Depression Risk Management Programme and the Scheme pays for a treatment basket-of-care that includes non-PMB GP and other related benefits



INTERNET-BASED COGNITIVE BEHAVIOURAL THERAPY (ICBT)

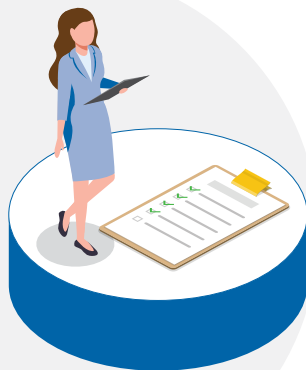
- Provides online tools for mental health management, accessible 24/7
- Focuses on depression, anxiety, resilience, sleep, and stress management
- Includes 24-hour self-harm and suicide support
- Personal supporters to guide you through modules



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ELIGIBILITY FOR ICBT

- You must register on the Mental Health Care Programme
- If not on the Programme, you can be referred by a GP, psychologist, or psychiatrist
- Must be older than 18 years
- Even if not registered on the Mental Health Care Programme, you have access to certain wellbeing modules via Silvercloud Mental Health Programme



FUNDING

- Digital Therapeutics funded by Scheme for members on the Mental Health Care Programme
- Referred members who are not on the Programme can fund ICBT through available medical savings



CONTACT US FOR MORE INFO:

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LA Health Medical Scheme, registration number 1145, is administered by Discovery Health (Pty) Ltd, registration number 1997/013480/07.

Discovery Health (Pty) Ltd is an authorised financial services provider.



WE'RE IN IT FOR YOUR HEALTH