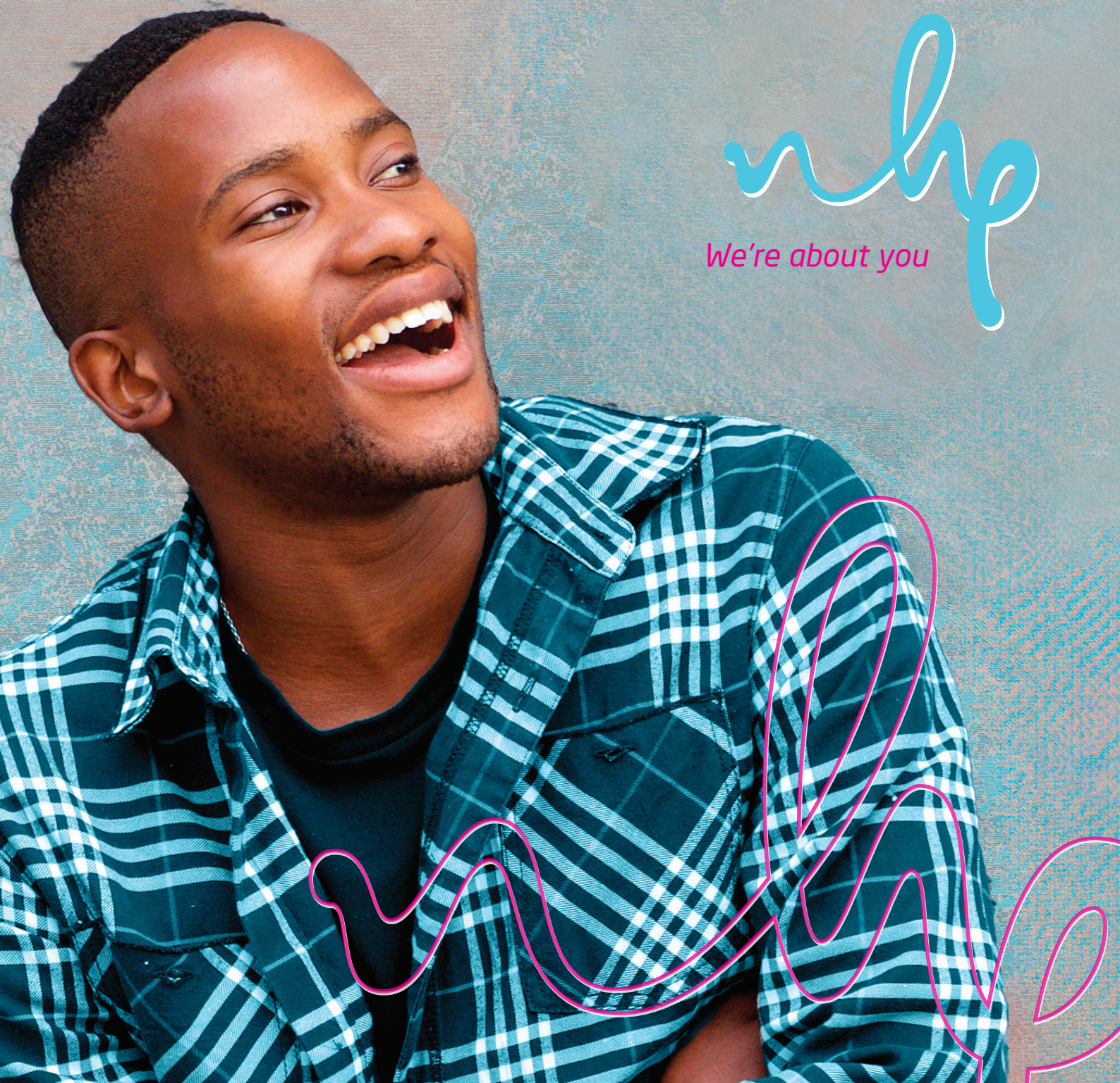


# Blue Diamond & Litunga Benefit summary 2024



*We're about you*



**Diamond Arrow Award**

Highest rated medical aid in Namibia 2010 - 2023

Administered by



**Medscheme**

Namibia



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## Disclaimer

E & OE (errors and omissions excepted).

Whilst every care has been taken to ensure that the information in this document is correct, errors and omissions may occur and the Fund cannot be held accountable for any reliance placed on the information contained herein.

The Fund's Client Services may be contacted to confirm any information contained in this document.

# Major medical

## Blue Diamond

### Doctors and specialists

You can be admitted into the state hospital facility (private wing) but it has to first be approved by NHP.

### Ambulance services

In an emergency you are covered for ambulance services but only in Namibia.

### Pregnant

When you are pregnant, you can go see a doctor 12 times during your pregnancy and can get 2x 2D photos of your unborn baby.

### Back & Neck Rehabilitation

You are covered for neck and back rehabilitation at Namibia Health Risk Solutions (NHRS) but it has to first be approved by NHP.

# Blue Diamond

Major medical benefits: Expense limit per category - DSP only		NAMAF tariff or % thereof	Principal member	Per additional beneficiary	Per family	Condition
Overall Annual Limit (OAL)					Unlimited	
<b>1.</b>	<b>Doctors and specialists</b>					<b>SPA</b>
1.1	Consultations and visits: In-hospital	100%				
1.2	Procedures: In-hospital	100%				
<b>2.</b>	<b>Hospital services</b>					<b>SPA</b>
2.1	You can be admitted into the state hospital facility (private wing) but it has to first be approved by NHP - subject to pre-authorisation	100%				
2.2	Selected private hospitals: Limited access benefit for treatment	100%				
2.2.1	Ward fees	60%				
2.3	Routine and scheduled surgical and hospitalisation events	100%				
<b>3.</b>	<b>Ambulance services: Only for medical or trauma emergencies</b>					<b>SPA</b>
3.1	Air evacuation	100%				
3.2	In an emergency you are covered for ambulance services but only in Namibia	100%				
3.3	You are covered for transport between 2 hospitals	100%	5 140	5 140		
3.4	Other transportation	No benefit				
<b>4.</b>	<b>Maternity</b>					<b>SPA</b>
4.1	When you are pregnant, you can go visit certain doctors 12 times per pregnancy - subject to pre-authorisation	100%			12 Visits	
4.2	2D Sonar scans	100%			2 Scans	
<b>5.</b>	<b>Back and Neck Rehabilitation Programme</b>	<b>100%</b>	<b>Subject to DBC protocol</b>			<b>OAL</b>
<b>6.</b>	<b>Preventative care</b>					<b>OAL</b>
6.1	Vaccinations: COVID-19	100%				

OAL = Overall Annual Limit

SPA = Subject to pre-authorisation

DBC = Document Based Care

DSP = Designated service providers

## Blue Diamond Contribution tables

Employer group rates				Individual rates			
Age	Principal	Adult/spec dep	Child dep	Age	Principal	Adult/spec dep	Child dep
0 - 25	670	561	268	0 - 25	756	628	306
26 - 30	700	577	268	26 - 30	784	661	306
31 - 35	745	599	268	31 - 35	848	682	306
36 - 40	777	642	268	36 - 40	880	716	306
41 - 45	806	664	268	41 - 45	923	762	306
46 - 50	836	672	268	46 - 50	962	793	306
51 - 55	863	704	268	51 - 55	1 004	836	306
56 - 60	880	760	268	56 - 60	1 014	895	306
61 - 65	946	806	268	61 - 65	1 100	946	306
66+	1 022	861	268	66+	1 178	1 044	306

Spec dep = Special dependant  
VC = Virtual Consultations

# Day-to-Day medical

## Blue Diamond

### Doctors

You can go see a doctor only once a day, during normal working hours of 8am to 5pm for treatment, but you can only go see certain doctors who have been contracted to work with NHP.

### Medicine and injections

You can get medicine if you are sick and you can get medicine that you have to take for a long time.

### Dentist

You can go get your teeth cleaned, pulled out and checked and you can get false teeth if you need them.

### X-rays

Your doctor has to send you for certain x-rays, but first you have to get it approved by NHP.

### Blood tests

Your doctor can send you for certain blood tests, as per the attached DSP codes list.

### Eyes

You can go get your eyes checked and get glasses if you need them; the frames of the glasses can be changed every 2 years. When you join NHP, you cannot claim for glasses for the first 6 months.

### Mother and child services

Women can get birth control tablets or injection, but first you have to get it approved by NHP. Babies and children can get their yearly injections, but you can only go see certain doctors who work together with NHP.

### HIV/Aids

If you are HIV positive, you may join the Aid for Aids (AfA) Programme. There are people who will help you get medicine and look after you.

# Blue Diamond

Day-to-Day benefits: Expense limit per category		NAMAF tariff or % thereof	Principal member	Per additional beneficiary	Per family	Condition
Out-of-hospital: Sub-limit					Unlimited	
<b>1.</b>	<b>Doctors and specialists</b>					<b>DSP</b>
1.1	Consultations and visits: Obtained from certain doctors, during normal working hours - N\$ 15 per visit	100%				
1.1.1	Virtual GP consultations		5	5		
1.1.2	Nurse: N\$ 15 per visit - new conditions		Limited to 2 visits p/m and 12 p/a	Limited to 2 visits p/m and 12 p/a		
1.1.3	General practitioner: N\$ 15 per visit - new conditions				425 per visit	
1.1.4	Medical specialist: Upon referral from doctor - N\$ 15 per visit	100%				
1.1.5	Medical specialist: Travel assistance benefit - Windhoek or Swakopmund	100%			765 per visit	
1.2	Out-of-hospital services	100%				
1.3	Limited to 2 after-hour consultations at certain doctors: Per family per year	100%				
<b>2.</b>	<b>Medicine and injections</b>				<b>Unlimited</b>	<b>DSP</b>
2.1	Acute medicine					
2.1.1	As dispensed or prescribed by certain doctors and pharmacies	100%	Limited to 2 scripts p/m and 12 p/a	Limited to 2 scripts p/m and 12 p/a		240 per script
2.1.2	Self medication: Over-the-counter	100%			860	245 per claim
2.2	Chronic medicine					
2.2.1	Chronic medicine: Dispensed - as per chronic medicine formulary - subject to prior registration on Chronic Care programme	100%			3 950	No benefit with- out registration
2.3	Antiretroviral therapy: Dispensed - patient needs to enrol in the AfA Programme	100%				
<b>3.</b>	<b>Primary care dentistry: N\$15 per visit - new conditions</b>		<b>1 840</b>		<b>3 670</b>	<b>DSP</b>
3.1	Subject to the use of certain dentists: According to a list of approved dental codes	100%				
3.1.1	Consultations, primary extractions, fillings level 1 to 3, fluoride treatment, instructions on oral hygiene scaling and polishing					
3.1.2	Plastic dentures: Limited to 1 set per family per 24 months					
3.1.3	Surgical removal of teeth, root canal treatment and dentures: Subject to pre-authorization					
3.2	Specialised dentistry	No benefit				
<b>4.</b>	<b>Radiology</b>				<b>Unlimited</b>	<b>DSP</b>
4.1	Black and white x-rays as requested by certain doctors: According to a list of approved radiology codes	100%				
<b>5.</b>	<b>Pathology</b>				<b>Unlimited</b>	<b>DSP</b>
5.1	Basic blood tests as requested by certain doctors: According to a list of approved pathology codes	100%				
<b>6.</b>	<b>Optical: N\$15 per visit - new conditions</b>				<b>1 075</b>	<b>DSP</b>
6.1	Optical test	100%				Limited to 110
6.2	Spectacles and lenses: Limited to 1 pair of glasses per family per 24 months - when joining NHP, you cannot claim for glasses for the first 6 months	100%				Claim limited to 965
<b>7.</b>	<b>Mother and child healthcare services</b>					<b>DSP</b>
7.1	Family planning, immunisation, pre- and post- antenatal care	100%				
<b>8.</b>	<b>Counselling and health education</b>					<b>DSP</b>
8.1	Instruction of prevention of certain illnesses, oral hygiene, poisons, HIV/AIDS, etc.	100%				
<b>9.</b>	<b>Specified illness conditions</b>					<b>DSP</b>
9.1	HIV/AIDS: Aids and HIV Positivity, Pathology, HIV counselling and testing, Prophylactic medicine for prevention of HIV, transmission in the case of needle-prick, rape or infection of mother (mother-to-child prevention)	100%			Unlimited	
9.2	Sexually transmitted diseases	100%			1 580	
<b>10.</b>	<b>Rehabilitation: Alcohol and drug addiction or abuse</b>	<b>100%</b>			<b>1 580</b>	<b>DSP</b>

- Travel assistance for specialist visits in Namibia only, limited to 2 per family per year.
- 1 COVID-19 vaccine regimen per year is covered as part of the Preventative Care benefit for all beneficiaries older than 16 years.
- International Travel benefit.
- NHP pays for contraceptives (oral and injections) limited to N\$ 245 per claim.
- Immunisations are only available from designated service providers, subject to the formulary.
- No Roll-Over benefit.
- No Preventative Care benefit, including Cervarix, apart from the COVID-19 vaccine and a health risk assessment at any of the Fund's Wellness Days or at a qualifying pharmacy.
- No Mirena benefit available.
- No contact lenses benefit available.
- Acute medication script limit is N\$ 240.
- The Out-of-Hospital (OOH) benefit in respect of consultations with doctor's/specialists and nurses will be limited to 2 per beneficiary per month (p.b.p.m) up to a maximum of 12 per beneficiary per annum (p.b.p.a), and scripts for medicines and injection materials also limited to 2 per beneficiary per month (p.b.p.m) up to a maximum of 12 per beneficiary per annum (p.b.p.a).
- In-rooms procedures subject to approval.



# Major medical

## Litunga

### Back & Neck Rehabilitation

You are covered for neck and back rehabilitation at Namibia Health Risk Solutions (NHRS) but it has to first be approved by NHP.



Major medical benefits: Expense limit per category - DSP only		NAMAF tariff or % thereof	Principal member	Per additional beneficiary	Per family	Condition
Overall Annual Limit (OAL)					Unlimited	
<b>1.</b>	<b>Doctors and specialists</b>					<b>SPA</b>
1.1	Consultations and visits: In-hospital	No benefit				
1.2	Procedures: In-hospital	No benefit				
<b>2.</b>	<b>Hospital services</b>					<b>SPA</b>
2.1	You can be admitted into the state hospital facility (private wing) but it has to first be approved by NHP - subject to pre-authorisation	No benefit				
2.2	Selected private hospitals: Limited access benefit for treatment	No benefit				
2.2.1	Ward fees	No benefit				
2.3	Routine and scheduled surgical and hospitalisation events	No benefit				
<b>3.</b>	<b>Ambulance services: Only for medical or trauma emergencies</b>					<b>SPA</b>
3.1	Air evacuation	No benefit				
3.2	In an emergency you are covered for ambulance services but only in Namibia	No benefit				
3.3	You are covered for transport between 2 hospitals	No benefit				
3.4	Other transportation	No benefit				
<b>4.</b>	<b>Maternity</b>					<b>SPA</b>
4.1	When you are pregnant, you can go visit certain doctors 12 times per pregnancy - subject to pre-authorisation	No benefit				
4.2	2D Sonar scans	No benefit				
<b>5.</b>	<b>Back and Neck Rehabilitation Programme</b>	<b>100%</b>	<b>Subject to DBC protocol</b>			<b>OAL</b>
<b>6.</b>	<b>Preventative Care</b>					<b>OAL</b>
6.1	Vaccinations: COVID-19	100%				

OAL = Overall Annual Limit

SPA = Subject to pre-authorisation

DBC = Document Based Care

DSP = Designated service providers

Litunga Contribution tables							
Employer group rates				Individual rates			
Age	Principal	Adult/spec dep	Child dep	Age	Principal	Adult/spec dep	Child dep
0 - 25	279	236	114	0 - 25	321	268	130
26 - 30	296	245	114	26 - 30	329	280	130
31 - 35	313	254	114	31 - 35	356	287	130
36 - 40	327	271	114	36 - 40	373	301	130
41 - 45	340	276	114	41 - 45	389	321	130
46 - 50	356	285	114	46 - 50	409	335	130
51 - 55	366	297	114	51 - 55	423	353	130
56 - 60	372	321	114	56 - 60	429	377	130
61 - 65	399	340	114	61 - 65	464	398	130
66+	431	364	114	66+	494	438	130

Spec dep = Special dependant  
VC = Virtual Consultations

# Day-to-Day medical

## Litunga

### Doctors

You can go see a doctor only once a day, during normal working hours of 8am to 5pm for treatment, but you can only go see certain doctors who have been contracted to work with NHP.

### Medicine and injections

You can get medicine if you are sick and you can get medicine that you have to take for a long time.

### Dentist

You can go get your teeth cleaned, pulled out and checked and you can get false teeth if you need need them.

### Blood tests

Your doctor can send you for certain blood tests, as per the attached approved DSP codes list.

### Eyes

You can go get your eyes checked and get glasses limited to 1 pair of glasses per family every 24 months. When you join NHP, you cannot claim for glasses for the first 6 months.

### Mother and child services

Women can get birth control tablets or injection, but first you have to get it approved by NHP. Babies and children can get their yearly injections, but you can only go see certain doctors who work together with NHP.

### HIV/Aids

If you are HIV positive, you may join the Aid for Aids (AfA) Programme. There are people who will help you get medicine and look after you.

Day-to-Day benefits: Expense limit per category		NAMAF tariff or % thereof	Principal member	Per additional beneficiary	Per family	Condition
Out-of-hospital: Sub-limit					Unlimited	
<b>1.</b>	<b>Doctors and specialists</b>					<b>DSP</b>
1.1	Consultations and visits: Obtained from certain doctors, during normal working hours - N\$ 15 per visit	100%				
1.1.1	Virtual GP consultations		5	5		
1.1.2	Nurse: N\$ 15 per visit - new conditions		Limited to 2 visits p/m and 12 p/a	Limited to 2 visits p/m and 12 p/a		
1.1.3	General Practitioner: N\$ 15 per visit: New conditions				425 per visit	
1.1.4	Medical specialist: Upon referral from doctor - N\$15 per visit	No benefit				
1.1.5	Medical specialist: Travel assistance benefit - Windhoek or Swakopmund	No benefit				
1.2	Out-of-hospital services	100%				
1.3	Limited to 2 after-hour consultations at certain doctors: Per family per year	No benefit				
<b>2.</b>	<b>Medicine and injections</b>				<b>Unlimited</b>	<b>DSP</b>
2.1	Acute medicine					
2.1.1	As dispensed or prescribed by certain doctors and pharmacies	100%				240 per script
2.1.2	Self medication: Over-the-counter	No benefit				
2.2	Chronic medicine					
2.2.1	Chronic medicine: Dispensed - as per chronic medicine formulary - subject to prior registration on Chronic Care programme	100%			3 160	No benefit with-out registration
2.3	Antiretroviral therapy: Dispensed - patient needs to enrol in the AfA Programme	100%				
<b>3.</b>	<b>Primary care dentistry: N\$15 per visit - New conditions</b>		<b>1 840</b>		<b>3 670</b>	<b>DSP</b>
3.1	Subject to the use of certain dentists: According to a list of approved dental codes	100%				
3.1.1	Consultations, primary extractions, fillings level 1 to 3, fluoride treatment, instructions on oral hygiene scaling and polishing					
3.1.2	Plastic dentures: Limited to 1 set per family per 24 months					
3.1.3	Surgical removal of teeth, root canal treatment and dentures: Subject to pre-authorisation					
3.2	Specialised dentistry	No benefit				
<b>4.</b>	<b>Radiology</b>				<b>Unlimited</b>	<b>DSP</b>
4.1	Black and white x-rays as requested by certain doctors: According to a list of approved radiology codes	100%				
<b>5.</b>	<b>Pathology</b>				<b>Unlimited</b>	<b>DSP</b>
5.1	Basic blood tests as requested by certain doctors: According to a list of approved pathology codes	100%				
<b>6.</b>	<b>Optical: N\$15 per visit - New conditions</b>				<b>1 075</b>	<b>DSP</b>
6.1	Optical test	100%				Limited to 110
6.2	Spectacles and lenses: Limited to 1 pair of glasses per family per 24 months - when joining NHP, you cannot claim for glasses for the first 6 months	100%				Claim limited to 965
<b>7.</b>	<b>Mother and child healthcare services</b>					<b>DSP</b>
7.1	Family planning, immunisation, pre- and post- antenatal care	100%				
<b>8.</b>	<b>Counselling and health education</b>					<b>DSP</b>
8.1	Instruction of prevention of certain illnesses, oral hygiene, poisons, HIV/AIDS, etc.	100%				
<b>9.</b>	<b>Specified illness conditions</b>					<b>DSP</b>
9.1	HIV/AIDS: Aids and HIV Positivity, Pathology, HIV counselling and testing, Prophylactic medicine for prevention of HIV, transmission in the case of needle-prick, rape or infection of mother (mother-to-child prevention)	100%			Unlimited	
9.2	Sexually transmitted diseases	100%			1 580	
<b>10.</b>	<b>Rehabilitation: Alcohol and drug addiction or abuse</b>	<b>100%</b>			<b>1 580</b>	<b>DSP</b>

- International Travel benefit.
- 1 COVID-19 vaccine regimen per year is covered as part of the preventative care benefit for all beneficiaries older than 16 years.
- Immunisations are only available from designated service providers, subject to the formulary.
- Members do not qualify for the Lifestyle programme.
- No Roll-Over benefit.
- No Preventative Care benefit, including Cervarix, apart from the COVID-19 vaccine and a health risk assessment at any of the Fund's Wellness Days or at a qualifying pharmacy.
- The Out-of-Hospital (OOH) benefit in respect of consultations with doctor's/specialists and nurses will be limited to 2 per beneficiary per month (p.b.p.m) up to a maximum of 12 per beneficiary per annum (p.b.p.a), and scripts for medicines and injection materials also limited to 2 per beneficiary per month (p.b.p.m) up to a maximum of 12 per beneficiary per annum (p.b.p.a).
- Immunisations, pre- and post natal care preferably to be done at a state hospital to avoid co-payments.

# Designated Service Provider list

City/Town	Name	Contact detail
Arandis	Arandis Family Practice (Meintjies, Du Toit & Partner )	064-510 168
Eenhana	P & E Medical Care Cc	081 796 2911
Elisenheim	Dr Marelise R Beukes	083 346 3506
Gobabis	Dr TB Gabi	062-565 717
	Dr MM Ihemba General Practice	062-565 762
	Drs Opperman & Barnard	062-563 111
	Omaheke Medical Practice (Drs Smit, Nel & Partners)	062-562 084
Grootfontein	Grootfontein Medi-Health Centre (Drs Botha & Malan)	067-243 198
	Dr Mukumba t/a Medi-Care Surgery	067-240 330
Henties Bay	Benguela Medi-Centre	064-500 423
	Dr Ludwig Matthysen	064-500 423
Karasburg	Dr T von Schauroth	063-270 030
Karibib	Dr Namib Family Medical Centre cc	081 782 1409
Katima Mulilo	Dr NJ Dreyer	066-253 321
	Goodhealth El Rapha Medical Centre (Dr Cornelissen)	066-253 321
	Medmax Health Clinic	081 233 4666
	Dr SK Ngoy	066-253 321
	Dr CMJ Ward	066-252 418
Keetmanshoop	Drs Coetzee & Groenewald	063-223 254
Khorixas	Dr Amwaama Medical Clinic	081 624 1768
	Dr Uukonga Medical Practice t/a Khorixas	081 677 7080
	Dr Immanuel Uukonga	081 624 1768
Lüderitz	Drs Marais & Petzer	063-202 515
	St John Medical Centre	081 468 5606
	Dr Daniel J Petzer	063-202 706
Mariental	Hardap Family Practice	063-247 792
	Mariental Medical Practice (Dr Platt)	063-244 233
	Panmed Investment cc t/a Our Family Practice	063-247 859
	Drs JJ Scheepers & NF Pretorius	063-242 391
Oshikuku	Dr J Namila	081 218 0462
Ohangwena	Dr D Galiwango	065-260 098
	Dr Alagba's Consulting Room	065-260 048
Okahandja	Dr A Kakukuru	062-506 400
	Okahandja Medical Practice - Mall	062-501 078
	Okahandja Medical Practice - Town	062-501 078
Okakarara	Dr Katoma	067-317 914
	Okakarara Medical Centre	067-317 914

City/Town	Name	Contact detail
Omaruru	Wellcare Medical Practice (Dr TB Tagarira)	064-571 159
Omuthiya	Comfort Medical Services	081 475 8078
	Dr JF Mdala	081 475 8078
	Dr Ogbonnaya Okore	081 635 1538
	Dr Lukenze Jacques Tamuzi	065-244 125
Onandjokwe	Dr S Mukondomi (Selma Raino Meci Centre)	065-248 115
Ondangwa	Akapandi Primary Health Clinic	081 280 2796
	DNH Medical Clinic	065-246 279
	Ems Family Clinic cc	081 394 1117
	Dr E Mabaya	065-242 396
	KD & H Medical Services	081 872 8492
	Chiwira t/a TMBC Medical Services cc	065-240 198
	Dr Kudada	081 872 8492
Ongwediva	Dr E Mabaya	065-242 396
	Dr Helena Musweu's Practice	083 343 0050
	Northcote Medical Services (Dr J Lwande)	065-246 266
	Ondangwa Family Care Practice	065-240 669
	Dr K Asumani	081 622 9071
	Everest Medical Centre	081 210 3355
	Ongwediva Medipark (Dr T lithete)	065-232 995
	Maha Primary Health Care Services (Dr HI Nakanwagi )	065-238 457
	Dr Mutonga's Medical Practice	065-238 553
	Dr Idda Nambata Taamba Shavuka	065-240 056
Ongwediva	Northern Vision Centre cc ( Dr JH Onephillips)	065-238816
	Dr Sitahani Elvis Sihope	065-203 717
	Dr Flavia Strato Shayo	081 480 7711
Opuwo	Dr N Adolf	063-238 000
Oranjemund	Dr K Chimfwembe (Namdeb Private Hospital)	063-238 002
	Golden Medical Centre cc	063-233 443
	Dr T Gouda	065-221 616
Oshakati	Dr PA Rivera Valdes	065-222 099
	Dr E Fuentes-Cervera	065-222 099
	Carewell Medical Practice	065-231 495
	Dr Mgori Family Practice	065-220 776
	Fusion Family Medical Practice (Dr P Kashiupulwa)	081 474 5907
	Dr Emmanuel Amwaama	065-273 648
	M Dauramanzi	067-234 102
Otavi	Boshoff	067-234 2722

# Designated Service Provider list (continued)

City/Town	Name	Contact detail	City/Town	Name	Contact detail	
Otjiwarongo	Dr JA Laubscher	067-314 900	Walvis Bay	Dr TA Mudyadzo	064-204 339	
	Sr E Stoman	067-300 200		Dr S Tiwaringe	064-204 339	
	Dr LF Pretorius	067-300 200		Dr HL Musweu	065-283 114	
	Dr M Maas	067-302 044		Executive Medical Services cc	064-220 7166	
	Otjiwarongo Medical Practice	067-300 200		Dr H Musweu	064-206 870	
	Point Care Family Practice (Dr Tumba)	067-304 380		Dr L van Zyl	064-202 912	
	St Bernard Medical Practice	067-304 705		Vitality Medical Practice	064- 221 443	
Otjinene	Dr G Majonga	062-567 576		Alpha Medical Centre	064-204 486	
Rehoboth	Dr D Witbooi Medical Practice	062-524 107		Dr Finos Gwanyanya	064- 221 530	
	Dr H Mpofo	062-525 375		Dr Y Lyeshchuk	064-221 392	
	Adonai Medical Centre (Dr Bg Ndoro)	062-524 935		St John Medical Center	081 273 6308	
	Dr De Klerk	062-523 190		Express Health Care (Dr Mudyadzo)	064-204 339	
Rosh Pinah	Rosh Pinah Health Care (Pty) Ltd t/a Sidadi Clinic	063-274 911		Hope Medical Centre (Dr M Masunda)	064-204 705	
	Sidadi Medical Services	063-274 911		Roberts	064-202 912	
Rundu	Beta Care Medical Centre	063-274 911		Narraville Medical Practice (Drs T Mawire & R Majangara)	064-221 530	
	Medrundu Health Centre cc	066-256 945		Windhoek	Dr Catherine Mbeseni	061-371 700
	Rundu Medical Practice	081 417 4242			Dr B Madondo	061-225 110
Swakopmund	Dr Grace Menette	066-267 233			Dr D Nyanguridza	081 218 836
	Mondesa Family Clinic	081 745 0719			Stockline Investments cc t/a Westlane Medical Centre	083 311 5430
	Dr Louise WT Kauzoo	064-207 166	Dr JA Amushila		083 311 5430	
	Cottage Family Practice	081 347 7671	Dr PR Matenda		081 394 4098	
	Bismarck Medical Practice (Dr DC Jordaan)	064-465 000	Medicity Medical Practice (Pty) Ltd		085 264 6000	
	Dr RR van Wyk Medical Practice	064-429 000	Alfeus Ipinge		081189 9998	
	Dr Rudiger J Moisel	064-429 000	Dr Napoles Cabrera		081 755 6479	
	Dr Maja Brand	064-429 000	Dr JF Rossouw		061-234 926	
	Dr Roelie van Wyk	064-429 000	Platinum Medical Practice		061-216 689	
	Dr W Schickerling	064-419 000	Dr MA Mbeseni Medical Practice		061-371 700	
	Khomas Medical Centre Mondesa (Dr J Mutombo)	064-425 800	Dr De Wit-Blaauw		061-231 137	
	Mondesa Medical Practice (Drs T Mawire & AR Kaura)	064-461 939	Dr RF Klazen		061-225 787	
	Moringa Medical Centre (Dr D Redman)	064-404 080	Westcare Medical Centre		061-302 075	
Tsumeb	Dr Badenhorst t/a Tsumeb Family Practice	067-222 400	Medrez Inv t/a Tauben Medical Practice		061-401 029	
	Dr Nderecha t/a Alpha Clinic cc	067-222 012	Dr SN Makemba		061-220 778	
Walvis Bay	Dr Edward Kondjeni Ipinge	081 241 9336	Dr Alvina Gaweses		061-227 173	
	Empathy Clinic	081 141 0703	Dr R Jansen van Vuuren		061-385 600	
	Petrus Elago Mbadhi	081 141 0703	Tabship Healthcare Centre	085 376 8969		
	Dr A Hamata	064-204 485	Dr M Venter	061-385 600		
	Alpha Consulting Room	064-220 472	Dr G C Nwagboso	061-272 388		
	Queens Medical	081 206 1386	Dr TAJ Concei Ao	061-287 1103		
	Dr AS Hamata	064-204 486	Sr NH Coetzee	061-2871125		
	Dr M Jinguri	064-204 339	Dr CAJ Venter	061-287 1118		
			Dr ES Serfontein	061-234 926		

# Designated Service Provider list (continued)

City/Town	Name	Contact detail
Windhoek	Dr N Kock	061-234 926
	Dr Desire Myrtle M Awases	061-223 877
	CMC Private Hospital Out Patients	061-402 807
	Dr T Chinyoka t/a Africa Wealth Medical Investment cc Soweto	061-224 446
	Aneni Health Services cc (Dr GD Rusike)	061-212 696
	Dr GJ Behr	081 149 2261
	Betesda Medical Centre (Dr Tangawarima)	061-278 900
	Carewell Medical Practice (Dr K Chimfwembe)	081 311 2725
	Dr At Chidzoba	061-271 200
	Dr B Viljoen	061-222 253
	Dr Ce De Klerk	061-236 976
	Dr E de Villiers t/a Namibia Aesthetics and General Medical Practice	061-402 807
	Grace Medical Practice	061-221 962
	Dr E Maritz	061-245 747
	Dr Erkana	061-227 173
	Dr Fawzy & Partner	061-272 200
	Dr Ikeakanam	061-241 290
	Dr MM Engelbrecht	061-247 609
	Dr N Gadalla t/a Rhino Wellness Center	061-301 316
	Dr Nyathi t/a Maerua Medical Centre	061-305 772
	Dr Ogonna	061-258 916
	Dr P Le Grange	061-246 446
	Dr RC Gariseb	061-269 965
	Dr E Tchekashkine	061-210 580
	Dr Tembo	061-305 275
	Dr T Mwaire	061- 400 739
	Dr Uddins Medical Practitioner Katutura	061-261 170
	Dr V Verkhusha	061-222 247
	Dr D Weder	061-263 315
	Dr Weimann	061-222 448
	Dr Zimba's Practice (Dr Umoyo Zimba)	061-308 626
	Dr Turek	061-247 257
	Drs WG du Plessis & CJ Esterhuizen	061-254 685
	Eastgate Medical Centre	061-229 210
Eastgate Town Practice (Dr T Mafumhe)	061-308 249	
Eros Family Practice (Dr B Serfontein)	061-234 926	

City/Town	Name	Contact detail
Windhoek	Dr Adolf Kaura Health Practice (Roman Catholic Hospital)	061-253 229
	Kaoko Medical Practice - CBD (Dr T Mawire)	061-400 739
	Kaoko Medical Practice - Katutura (Dr T Mawire)	061-304 349
	Kaoko Medical Practice - Lafrenz (Dr S Mercedes)	061-262 034
	Khomas Medical Centre - Carl List	061-222 513
	Khomas Medical Centre - Olympia	061-422 000
	Khomas Medical Centre - Saunderson	061-211 138
	Khomas Medical Centre - Aus Hill Consulting Room	061-271 350
	Khomas Medical Services - B1	061-444 800
	Khomas Medical Services - Klein Windhoek	061-412 700
	Khomas Medical Services - Main	061-385 600
	RT Mwaenga (Windhoek Adventist Clinic)	061-229 510
	Medi-Care Surgery (Dr Blessing Mukumba)	061-300 430
	Macmed Medical Clinic (Dr Macdonald Kuzommunttu)	061-255 180
	Benmad Medical Centre	061-226 632
	Dr W Mannschatz	061-231 256
	Dr P Nel & Associates	083 335 5040
	Nesha Medical Practice (Dr SN Makemba)	061-220 778
	Palm Valley Medical Centre (Dr HP Chiro)	061-227 893
	Paramount Healthcare Clinic (Dr CAJ Venter)	061-287 1103
	Stockline Medical Practice Westlane (Dr Amushila)	081 320 3181
	Dr O Mawire	081 435 0315
	Wanaheda Medical Centre cc - Roman Catholic	061-300 808
	Wellness Medical Center cc (Dr S Jona)	061-261 176
	Kaiserin Medical Practice	061-22 4084
	Ulticare Medical Practice	061-226 632
	Dr Alexis Ntumba Medical Practice	081 345 0967
	Dr Nadine Adnew	061-245999
	Dr Jona Lukas Jona Medical Practice	081 416 4811
	Petwa Medical Practice	061-221 261
	Pelia Medical Practice	061-255 636
	Dr S Jona	061-261 176
	Ellen Medical Services	081 295 9007

# Pathology codes payable

Tariff code	Description
53709	Antiglobulin test (Coombs' or trypsinized red cells)
53743	Erythrocyte sedimentation rate
53755	Full blood count (including items 53739, 53762, 53783, 53785, 53791)
53762	Haemoglobin estimation
53764	Grouping: A B and O antigens
53765	Grouping: Rh antigens
53783	Leucocyte differential count
53785	Leucocytes: total count
53791	Packed cell volume: Haematocrit
53797	Platelet count
53805	Prothrombin index
53816	T and B-cells EAC markers (per marker)
53865	Parasites in blood smear
53867	Miscellaneous (body fluids urine exudate fungi pus scraping, etc)
53869	Faeces (including parasites)
53881	Mycobacteria
53887	Antibiotic susceptibility test: per organism
53893	Bacteriological culture: miscellaneous
53922	Viable cell count
53923	Biochemical identification of bacterium: abridged
53932	Antibodies to human immunodeficiency virus (HIV): ELISA
53946	IgM: specific antibody titer: ELISA/EMIT: per Ag
53948	IgG: specific antibody titer: ELISA/EMIT: per Ag
53949	Qualitative Kahn, VDRL or other flocculation
53951	Quantitative Kahn, VDRL or other flocculation
53961	Slide agglutination test
53974	Polymerase chain reaction
53999	Albumin
54001	Alkaline phosphatase
54006	Amylase
54009	Bilirubin: total
54010	Bilirubin: conjugated

Tariff code	Description
54025	Chol/HDL/LDL/Trig
54026	LDL cholesterol (chemical determination)
54027	Cholesterol total
54028	HDL cholesterol
54032	Creatinine
54057	Glucose: Quantitative
54064	HbA1C (HPL Method)
54113	Potassium
54114	Sodium
54117	Protein: total
54130	Aspartate aminotransferase (AST)
54131	Alanine aminotransferase (ALT)
54133	Lactate dehydrogenase (LD)
54134	Gamma glutamyl transferase (GGT)
54147	Triglyceride
54151	Urea
54155	Uric acid
54171	Sodium + potassium + chloride + CO2 + urea
54188	Urine dipstick, per stick (irrespective of the number of tests on stick)
54450	HCG: Monoclonal immunological: Qualitative
54451	HCG: Monoclonal immunological: Quantitative
54482	Free thyroxine (FT4)
54507	Thyrotropin (TSH)
54531	Hepatitis: per antigen or antibody
54543	Collection material: per patient (not chargeable with any consultation item)
54566	Vaginal or cervical smears, each
53865	Parasites in blood smear
54117	Protein: total

# Radiology codes payable

Tariff code	Description
3615	Routine obstetric ultrasound 10 to 20 weeks
3617	Routine obstetric ultrasound at 20 to 24 weeks
10100	X-ray of the skull
11120	X-ray of the nasal bones
14100	X-ray of the mandible
20100	X-ray of soft tissue of the neck
30100	X-ray of the chest, single view
30110	X-ray of the chest two views, PA and lateral
30120	X-ray of the chest complete with additional views
30150	X-ray of the ribs
30155	X-ray of the chest and ribs
34100	X-ray mammography including ultrasound. Code 34100 may not be combined with 34205 when these two procedures are done in the same sitting. Code 34100 includes ultrasound. In this situation use code 80605 (fine needle aspiration) with 34100.
34101	X-Ray mammography unilateral, including Ultrasound
34110	X-ray mammography study for localisation
34120	X-ray stereotactic mammography ? localisation
34130	X-ray stereotactic mammography ? biopsy
34140	X-ray of biopsy specimen of the mamma
34200	Ultrasound study of the breast
40100	X-ray of the abdomen
40105	X-ray of the abdomen supine and erect, or decubitus
40110	X-ray of the abdomen multiple views including chest
40210	Ultrasound study of the whole abdomen including the pelvis
43250	Ultrasound study of the pregnant uterus, first trimester
43260	Ultrasound study of the pregnant uterus, second trimester
43270	Ultrasound study of the pregnant uterus, third trimester, first visit
51110	X-ray of the cervical spine, one or two views
51120	X-ray of the cervical spine, more than two views
53110	X-ray of the lumbar spine, one or two views
53120	X-ray of the lumbar spine, more than two views
55100	X-ray of the pelvis
56100	X-ray of the left hip
56110	X-ray of the right hip
56120	X-ray pelvis and hips
61100	X-ray of the left clavicle
61105	X-ray of the right clavicle
61110	X-ray of the left scapula
61115	X-ray of the right scapula
61120	X-ray of the left acromio-clavicular joint

Tariff code	Description
61125	X-ray of the right acromio-clavicular joint
61130	X-ray of the left shoulder
61135	X-ray of the right shoulder
62100	X-ray of the left humerus
62105	X-ray of the right humerus
63100	X-ray of the left elbow
63105	X-ray of the right elbow
64100	X-ray of the left forearm
64105	X-ray of the right forearm
65100	X-ray of the left hand
65105	X-ray of the right hand
65120	X-ray of a finger
65130	X-ray of the left wrist
65135	X-ray of the right wrist
65140	X-ray of the left scaphoid
65145	X-ray of the right scaphoid
71100	X-ray of the left femur
71105	X-ray of the right femur
72100	X-ray of the left knee one or two views
72105	X-ray of the right knee one or two views
72110	X-ray of the left knee, more than two views
72115	X-ray of the right knee, more than two views
72120	X-ray of the left knee including patella
72125	X-ray of the right knee including patella
72150	X-ray both knees standing ? single view
73100	X-ray of the left lower leg
73105	X-ray of the right lower leg
74100	X-ray of the left ankle
74105	X-ray of the right ankle
74120	X-ray of the left foot
74125	X-ray of the right foot
74130	X-ray of the left calcaneus
74135	X-ray of the right calcaneus
74140	X-ray of both feet - standing - single view
74145	X-ray of a toe



# Dental Practitioners

City/Town	Name	Contact detail
Eenhana	Dr E Madusise	065-263 748
	Nashe Dental Practice	081 304 2430
	Ohangwena Dental Therapy(Christie Simwizye )	081 716 6497
Gobabis	Dr DJ Louw	062-562 691
	Quality Dental Centre Gobabis	085 668 1760
Grootfontein	Smile Dental Care cc (Dr Mutasa Abhor)	067-242 125
	Dr Munkonge S M	067-240177
Katima Mulilo	D&H Dental Clinic	081 634 7501
	Prions Dental Services	081 369 8514
Keetmanshoop	Dr Smith	063-226 155
Mariental	Lafrenz Dental Practice	081 448 4725 081 226 1593
	Dr CE Roelofse	063-242 783
Okahandja	Alpha Investment	062-500 915
	Dr Nduka	064-510 788 081 294 2942
	Okahandja Medical Centre cc	081 332 4976
Okahao	Ongandjera Dental Practice (Bernard Mwanza )	081 445 4415
Okongo	Quality Dental Centre	065-288 443
Omuthiya	Smile Dental Care cc (Dr Mazanhi Ranganai)	065-244 171
	Dr Timoteus Tutala H Hasheela	065-244 000
Ondangwa	C Gumbie Dental Practice	065-240 198
	Happy Dental Clinic 1	065-231 562
	Happy Dental Clinic 2	065-241 332
	Nakambunda Dental	065-241 442
	Oshikuku Dental Practice (Rodgers, Mumba, Mbita)	065-240 324
	Smile Dental Care cc	065-241 073
	Dr H Uusiku	065-241 937
Ongandjera	Ongandjera Dental Practice (Bernard Mwanza )	081 445 4415
Ongwediva	Nusmile Dental Practice (Dr P Mare)	081 578 3613
	Phina Dental Clinic	081 498 4747
Oshakati	Good Morning Dental Services cc	081 129 0306
	Ndakeva's Dental Surgery	081 129 0306
	Oshana Dental Practice (Dr MM Shiimi)	065-224 573
Oshikango	Smile Dental Care	065-241 073
Otavi	Amanzi Dental Practice (Dr Dauramanzi)	067-234 517
Otjiwarongo	Atlantic Dental Surgery	081 307 2829
	Dr JH de Haast Dental Practice	067-303 131
	Kathy's Dental (Dr Ndyetabula)	067-304 274
Outapi	Dr KM Minga	065-202 805
	Orocare Dental Clinic	065-202 805
Rosh Pinah	Roshcare Clinic Dental Practice (Dr D Visser)	063-274 911

City/Town	Name	Contact detail
Rundu	Mrs Frieda Grace Hishiko	081 792 3137
	Lafrenz Dental Practice	066-255 096 081 306 8754
	Rundu Dental Practice (Merle Gobregts)	066-256 945
Swakopmund	Prosmile Dental Practice	064-462 862
	Dr Tracy-Lee Gontes Dental Practice cc	064-461 634
	Dr G Streit t/a Coastal Dental Clinic	064-462 202
	Dr Van der Linde and Partners	064-405 833
Tsumeb	Dr FOK Nel	067-221 530
	Amanzi Dental Practice	067-234 517
	Dr A Kahuika	081 488 1400
	Nakambunda Dental (Dr Jonathan Chanda)	081 366 8904
	Otijkoto Dental Practice cc	081 488 1400
	Amanzi Dental Practice (Dr Dauramanzi)	067-220 667
	Dr JH de Haast Practice	067-303 131
Walvis Bay	Elite Dental Care cc Dental Therapy t/a Kuisebmond Family Practice	064-206 065
	Dr DA Kock Surgery	064-205 118
	Dr Tracy-Lee Gontes Dental Practice	064-206 339
	Dr Tam-Lyn Fox	064-204 384
Windhoek	Alpha Investments cc t/a Dr Kanjere's Dental Practice	081 764 3540
	Eden Dental Practice (Maisvorewa)	061-278 900
	Dr R Banda	061-227 173
	Dr DM Burger	061-242 122
	Crown Dental Practice	061-400 039
	Crown Dental Practice (Dr R Mwaenga)	061-229 510
	Edge Dental Practice (Dr E Scholtz - Eros)	061-255 337
	Dr LD Izaak	061-300 701
	Dr SG Jauch	061-228 979
	Kagiso Moloi and Associates	061-210 023
	Kay-One Dental Studio cc	081 460 5740
	Dr MU Kayone	061-223 777
	Lafrenz Dental Dental Therapy Practice	061-222 437
	Mary Dental Practice	081 650 7508
	New Charm Trading cc	081 324 0764
	Olympia Dental Practice	061-303 945
	Dr Rutabanzibwa t/a Modern Dental Surgery	061-271 727
	Dr T Scriba	061-235 805
	Dr Ida Swanepoel	061-225 434
	Dr Shongolo	061-214 423
Dr Arthur Tongai Chigova	085 313 8139	
Dr S Varghese	061-256 644	
Windhoek Adventist Clinic	061-229 510	
Wallenstein Dental Studios	061-230 059	

# Dental Practitioner request codes payable

Tariff code	Description
8101	Full mouth examination, charting and treatment planning (see Rule 001).
8104	Examination or consultation for a specific problem not requiring full mouth examination, charting and treatment planning.
8107	Intra-oral radiographs, per film.
8109	Infection control, per dentist, per hygienist, per dental assistant, per visit.
8110	Provision of sterilised and wrapped instrumentation in consulting rooms. The use of this code is limited to heat, autoclave or vapour sterilised and wrapped instruments.
8115	Extra-oral radiograph, per film (i.e. panoramic, cephalometric, PA).
8132	Gross pulpal debridement, primary and permanent teeth. Where Code 8132 is charged, no other endodontic codes may be charged at the same visit on the same tooth. Codes 8338, 8329, 8339 and 8340 (single visit) may be charged at the subsequent visit.
8133	Re-cementing of inlays, crowns or bridges - per abutment.
8145	Local anaesthetic, per visit. Item 8145 includes the use of the Wand.
8151	Oral hygiene instructions.
8155	Polishing only (including removal of plaque) - complete dentition.
8159	Scaling and polishing
8161	Topical application of fluoride (prophylaxis excluded) - complete dentition (Excluding scaling and/or polishing).
8167	Treatment of hypersensitive dentine, per visit.
8201	Single tooth
8202	Each additional tooth in the same quadrant.
8231	Full upper and lower dentures inclusive of soft bases or metal bases, where applicable.
8232	Full upper or lower dentures inclusive of soft base or metal base, where applicable.
8233	Partial denture, one tooth
8234	Partial denture, two teeth
8235	Partial denture, three teeth
8236	Partial denture, four teeth
8237	Partial denture, five teeth
8238	Partial denture, six teeth
8239	Partial denture, seven teeth
8240	Partial denture, eight teeth
8241	Partial denture, nine or more teeth
8307	Amputation of pulp (pulpotomy)
8341	Amalgam - one surface
8342	Amalgam - two surfaces
8343	Amalgam - three surfaces

Tariff code	Description
8344	Amalgam - four or more surfaces
8347	Pin retention for restoration, first pin
8348	Pin retention for restoration, each additional pin.
8351	Resin - one surface, anterior
8352	Resin - two surfaces, anterior
8353	Resin - three surfaces, anterior
8354	Resin - four or more surfaces, anterior
8367	Resin - one surface, posterior
8368	Resin - two surfaces, posterior
8369	Resin - three surfaces, posterior
8370	Resin - four or more surfaces, posterior
8935	Treatment of post-extraction septic socket where patient is referred by another registered person.
9311	Trimming of supplied model, per model
9321	Occlusion block, per block
9323	Occlusion block on baseplate, per block
9327	Infection control per impression, denture (wax or acrylic) or any item in contact with body fluids.
9330	Delivery charge per procedure (maximum 4).
9331	Full upper and lower dentures
9333	Full upper or lower denture
9335	Set up and waxing of full upper and lower dentures.
9337	Set up and waxing of full upper or lower denture.
9339	Waxing and finishing of full upper and lower dentures.
9341	Waxing and finishing of full upper or lower denture.
9343	Additional fee for dentures on fully adjustable articulator.
9345	Additional fee for immediate dentures, or tooth socketed.
9346	Additional fee for immediate dentures, per tooth not socketed.
9347	Additional fee for each retry from the third and upwards at an agreed quantum of time to be calculated at hourly rate of:
9351	Set-up and finish of one-tooth denture
9352	Set-up and finish of two-tooth denture
9353	Set-up and finish of three-tooth denture
9354	Set-up and finish of four-tooth denture
9355	Set-up and finish of five-tooth denture
9356	Set-up and finish of six-tooth denture
9357	Set-up and finish of seven-tooth denture
9358	Set-up and finish of eight-tooth denture
9359	Set-up and finish of nine or more tooth denture
9361	Set-up and waxing of one-tooth denture

## Dental Practitioner request codes payable (continued)

Tariff code	Description
9362	Set-up and waxing of two-tooth denture
9363	Set-up and waxing of three-tooth denture
9364	Set-up and waxing of four-tooth denture
9365	Set-up and waxing of five-tooth denture
9366	Set-up and waxing of six-tooth denture
9367	Set-up and waxing of seven-tooth denture
9368	Set-up and waxing of eight-tooth denture
9369	Set-up and waxing of nine or more tooth denture
9371	Waxing and finishing of one-tooth denture
9372	Waxing and finishing of two-tooth denture
9373	Waxing and finishing of three-tooth denture
9374	Waxing and finishing of four-tooth denture
9375	Waxing and finishing of five-tooth denture
9376	Waxing and finishing of six-tooth denture
9377	Waxing and finishing of seven-tooth denture
9378	Waxing and finishing of eight-tooth denture
9379	Waxing and finishing of nine or more tooth denture

Tariff code	Description
9419	Soft base to new denture, per denture. Excluding material.
9427	Mesh strengthener
9431	Special tray acrylic, each
9433	Special tray in base plat material, each
9435	Provision of single arm clasp, to partial denture
9437	Provision of double arm clasp, per partial denture.
9439	Provision of single arm clasp with rest to partial denture.
9441	Provision of double arm clasp with rest to partial denture.
9443	Provision of preformed Roach clasp to partial denture. Excluding material.
9445	Provision of rest only to partial denture
9722	Acrylic per denture
9729	Cost of mesh strengthener

# Dental Therapist clinical request codes payable

Tariff code	Description
95001	Full mouth examination, charting and treatment planning (see Rule 001).
95004	Examination or consultation for a specific problem not requiring full mouth examination, charting and treatment planning.
95005	Intra-oral radiographs, per film (Peri-apical, bitewing and occlusal).
95009	Use of rubber gloves and masks as part of infection control, per dental therapist, per assistant, per visit.
95015	Scaling and Polishing
95016	Polishing only
95018	Fluoride treatment
95020	Oral hygiene instructions
95025	One tooth in a quadrant
95027	Two teeth in same quadrant
95029	Three teeth in same quadrant
95031	Four teeth in same quadrant
95033	Five teeth in same quadrant
95035	Six teeth in same quadrant
95037	Seven teeth in same quadrant
95039	Eight teeth in same quadrant
95040	Local anaesthetic, per visit
95043	Local treatment of post-extraction bleeding per visit (excluding treatment in the case of blood dyscrasias, e.g. haemophilia). Only if a separate visit is needed after an extraction at a prior visit and as an isolated procedure where no other treatment is performed at the same visit.

Tariff code	Description
95045	Treatment of septic socket per visit. Only applicable if a separate visit is needed after the extraction on a prior date and as an isolated procedure where no other treatment is performed at the same visit.
95051	Amalgam - one surface
95052	Amalgam - two surfaces
95053	Amalgam - three surfaces
95054	Amalgam - four or more surfaces
95055	Resin - one surface anterior
95056	Resin - two surfaces anterior
95057	Resin - one surface posterior (Premolar or molar)
95058	Resin - three surfaces posterior (Premolar or molar)
95059	Resin - our or more surfaces (Premolar or molar)
95060	Resin - two surfaces posterior (Premolar or molat)
95061	Resin - three surfaces anterior
95063	Resin - four or more surfaces anterior
95064	Re-cementing of inlays, crowns or bridges - emergency procedure (on approval).
95066	Provision of sterilised and wrapped instrumentation in consulting rooms (on approval).

# Specialists

City/Town	Name	Contact details	
Eenhana	Dr BA Adeleya - Gynaecologist	065-263 934	
Okahandja	Dr JN Ndakunda - Dermatologist	062-506 400	
Oshakati	HSM Business Ventures (Dr CB Mbangtang) - Surgeon	085 707 1205	
	Dr PK Nalyka - Specialist Medicine	081 622 089	
	Dr CB Mbangtang - Surgeon	085 707 1205	
Ondangwa	Dr Washington Gondo - Surgeon	065-242 300	
	Dr B Hlmani - Otorhinolaryngologist	065-283 120	
	Dr Osama Hussni Ibrabish - Urologist	065-240 400	
	Dr Mtombeni - Paediatrician	061-240 111	
	Dr Tinashe Maphosa - Dermatologist	065-283 114	
	Dr TP Muchenje - Specialist Medicine	065-242 301	
	Dr P Ngabire - Paediatrician	081 324 8081	
	Dr Logic Shingirirai Ngatiane - Gynaecologist	081 847 4719	
	Dr T Ntege - Gynaecologist	065-242 300	
	Ondangwa Private Hospital - Paediatrics	065-283 114	
	Dr Salah Tanish - Specialist Medicine	065-242 300	
	Rehoboth	Dr Annie Fungai Muyotcha - Gynaecologist	081 325 5324
	Rundu	Dr M Sikazwe - Physician Specialist	066-267 233
Dr I Harerimana - Paediatrician		066-268 8400	
Dr Isa Aborkis - Surgeon		066-267 233	
Dr Ahmad Alharm - Paediatrician		066-267 233	
Dr Ama Aboshakwa - Specialist Medicine		066-267 233	
Dr AEA Alherek - Urologist		066-267 233	
Dr L Ndovie - Gynaecologist		066-267 233	

City/Town	Name	Contact details
Swakopmund	Dr HMN Shoopala - Gynaecologist	081 272 4499
	Medcare Eye Clinic - Ophthalmologists	064-463 997
	Dr Salah Husein - Surgeon	064-461 457
Walvis Bay	Alpha Medical Centre - Surgeons	064-204 486
	Dr Jeketera-Khumalo Surgery cc - Gynaecologists	064-284 130
	Dr CM Jeketera - Gynaecologist	064-284 130
	Dr LP Mwaipyana Practice - Specialist Medicine	064-283 670
Windhoek	Dr RR de la Muniz - Gynaecologist	061-203 3214
	Dr J Joffe - Ophthalmologists	061-372 600
	Drs Jagiello & Florek - Surgeons	061-254 787
	Dr Takunda Majojo - Orthopaedic Surgeon	083 337 6140
	Dr JHT Nel - Surgeon	061-224 411
	Dr PM Nashidengo - Surgeon	061-220 457
	Dr Martha Ndinelago Konstantin - Otorhinolaryngologists	061-245 942
	Dr FW Quayson - Surgeon	061-220 457
	Dr Cecilia Ndjira Rengura - Surgeon	081 669 6423
	Dr Saad - Surgeon	061-402 919
	Dr GS Sichimwa - Gynaecologists	061-237 302
	Toscara O&G Practice cc - Gynaecologists	081 482 5221

# What is acute medication?

Acute medication is medicine prescribed once off, for less than a month, by a healthcare provider. It can also be described as medicine for conditions not listed or recognised as chronic conditions.

NB! Immunisations under the Preventative Care benefit is payable from the acute medication benefit.

For the NHP Blue Diamond and Litunga benefit options, the Fund has provided a claiming limit of N\$ 240.00 per acute script.

## What does this mean?

This means the Fund will only pay out N\$ 240.00 per acute script. If your healthcare provider writes out a prescription for medication, and the total amount payable for medication prescribed is more than the amount of N\$ 240.00, the Fund will only cover the amount of N\$ 240.00 and the remaining balance will be the members liability.

The Fund has already advised providers to prescribe as far as possible within the given script limit, or dispense as far as possible the cheapest substitute available, in order to not exceed the provided script limit.

Providers have also been warned to not split the prescription into various scripts, to dispense all medications listed, this is seen as a fraudulent act. If medication is provided on one prescription only, it should be claimed as a whole and not submitted as individual claims.

Blue Diamond and Litunga members are urged by the Fund to be very vigilant of how providers claim medication on their acute benefit. Remember that you as a member has a right to speak up when it comes to your medical aid.



**Diamond Arrow Award**

Highest rated medical aid in Namibia 2010 - 2023



tel 061 285 5400  
website [www.nhp.com.na](http://www.nhp.com.na)



## EVACUATION/AMBULANCE PROVIDERS NAMIBIA

Main area of coverage	Emergency evacuation provider	Contact number/s
All major centres & air ambulance evacuation countrywide	Lifelink Emergency Services Medical Rescue Africa (MRA)	999 (from any landline) / 064 500 346 Nationally: 912 Internationally: +264 8333 900 33 / +264 81 129 4973
All major centres countrywide	E-Med Rescue 24	081 924 / 083 924 061 411 600 / Toll Free 924
Coast (Arandis, Walvis Bay, Swakopund & Henties Bay)	St. Gabriel Community Ambulance Trust Code Red Medical Services	085 955 / 081 124 5999 085 9900 / 085 705 8940 (from cell)
Eenhana	Intensive Therapy Unit Ambulance Services	081 444 7807
Grootfontein	Ohangwena Private Ambulance Services	081 9797 / 081 571 2695 / 067 241 091
International travel only	International SOS Namibia	081 129 3137
Katima Mulilo	Ohangwena Private Ambulance Services Enkehaus Private Hospital - Ambulance Service	081 9797 / 081 571 2695 / 067 241 091 061 302 931 / 085 718 3525
Long distance countrywide	Intensive Therapy Unit Ambulance Services Crisis Response	081 444 7807 081 881 8181 / 061 303 395 / 083 3912
Mercy flights countrywide	MR 24/7 Crisis Response	085 956 / 061 255 676 / 081 257 1810 081 881 8181 / 061 303 395 / 083 3912
Okahandja	Emergency Assist 991 Lifeline Medical Rescue Cc	Toll Free 987 081 222 9810
Okahandja and surrounding areas	Okahandja Paramedical Services	987
Ondangwa & countrywide	Ondangwa Ambulance Services	081 902 00 / 081 237 5437
Otjiwarongo	MR 24/7	085 956 / 061 255 676 / 081 257 1810
Outapi, Oshakati & surrounding areas	Outapi Ambulance	065 251 022 / 061 251 800
Outapi, Ongwediva, Ondangwa	Namibia Private Ambulance Services	081 9696
Rehoboth	Elite Emergency Rescue Services	081 450 9333
Rosh Pinah	Roshcare Clinic Ambulance Services Life Employee Health Solution Namibia / Sidadi Clinic	063 274 911 / 063 274 918 / 081 161 8734
Rundu	Namibia Private Ambulance Services	081 9696
Tsumeb	MR 24/7 Ohangwena Private Ambulance Services	085 956 / 061 255 676 / 081 257 1810 081 9797 / 081 571 2695 / 067 241 091
Windhoek & surrounding areas	AEMS Ambulance Services City of Windhoek Emergency Services Crisis Response MR 24/7 Ohangwena Private Ambulance Services	081 963 / 061 300 118 061 211 111 081 881 8181 / 061 303 395 / 083 3912 085 956 / 061 255 676 / 081 257 1810 081 9797 / 081 571 2695 / 067 241 091

## GET IN TOUCH

### Head office: Windhoek

Tel: 061 285 5400  
Website: [www.nhp.com.na](http://www.nhp.com.na)  
Walk-in assistance: Unit 2, Demushuwa Suites,  
C/o Grove and Ombika Streets, Kleine Kuppe  
Postal: PO Box 23064, Windhoek  
Operating hours: Monday to Friday 07:45 - 17:00

### Fraud hotline - Confidential

Tel: 0800 647 000  
Email: [fraud@medscheme.com.na](mailto:fraud@medscheme.com.na)

### NHP emergency numbers

(Monday to Sunday until 22:00)  
After hours: 081 372 9910  
In-hospital: 081 145 8580

## BRANCHES

### Swakopmund

Tel: 064 405 714  
Email: [swakop@nhp.com.na](mailto:swakop@nhp.com.na)  
Walk-in assistance: Office number 2, 1st floor,  
Food Lovers Market, 50 Moses Garoeb Street  
Postal: PO Box 2081, Swakopmund

### Walvis Bay

Tel: 064 205 534  
Email: [walvis@nhp.com.na](mailto:walvis@nhp.com.na)  
Walk-in assistance: Office No. 7, Welwitschia Hospital Centre  
Postal: PO Box 653, Walvis Bay

### Ongwediva

Tel: 065 238 950  
Email: [oshakati@nhp.com.na](mailto:oshakati@nhp.com.na)  
Walk-in assistance: Unit 1, Central Park (opposite Medipark),  
Auguste Tanyaanda Street  
Postal: PO Box 23064, Windhoek

### Keetmanshoop

Tel: 063 225 141  
Email: [keetmans@nhp.com.na](mailto:keetmans@nhp.com.na)  
Walk-in assistance: Unit 12, No. 17, Hampie Plichta Street,  
Desert Plaza  
Postal: PO Box 1541, Keetmanshoop

## DEDICATED

### Aid for AIDS (AfA) Programme

Tel: 061 285 5423  
Email: [info@afa.com.na](mailto:info@afa.com.na)

## DEDICATED

### Oncology Disease Management Programme

Tel: 061 285 5422  
Email: [oncology@nhp.com.na](mailto:oncology@nhp.com.na)

### Wellness

Tel: 061 285 5437  
Email: [wellness@nhp.com.na](mailto:wellness@nhp.com.na)

## CLINICAL RISK

### Chronic Medicine Management

Tel: 061 285 5417  
Email: [chronicapp@nhp.com.na](mailto:chronicapp@nhp.com.na)

### Beneficiary Risk Management

Tel: 061 285 5417  
Email: [nhpbrm@nhp.com.na](mailto:nhpbrm@nhp.com.na)

## SUPPORT

### Membership

(Applications, contributions and amendments)  
Tel: 061 285 5400  
Email: [members@nhp.com.na](mailto:members@nhp.com.na)

### Ex-Gratia

Email: [exgratia@nhp.com.na](mailto:exgratia@nhp.com.na)

### Optical

Email: [optics@nhp.com.na](mailto:optics@nhp.com.na)

### Claims

Tel: 061 285 5400  
Email: [claims@nhp.com.na](mailto:claims@nhp.com.na)

### Hospital pre-authorisation

Tel: 061 285 5400  
Email: [cases@nhp.com.na](mailto:cases@nhp.com.na)

### International Travel Insurance

Tel: 061 285 5400  
Email: [nhptravel@nhp.com.na](mailto:nhptravel@nhp.com.na)

### New business

Tel: 061 285 5407  
Email: [newbusiness@nhp.com.na](mailto:newbusiness@nhp.com.na)

### Healthcare providers

Tel: 061 285 5444  
Email: [providers@nhp.com.na](mailto:providers@nhp.com.na)