

**BLUE DIAMOND**



**& LITUNGA**

**2026**



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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.

The new Benefits, Contributions and Rules of the NHP Fund for 2026, as approved by the Fund's Board of Trustees, are subject to final approval by the Registrar of Medical Aid Funds/NAMFISA. Members are advised that the new Benefits and Contributions became effective on 1 January 2026 as approved by the Registrar/NAMFISA, despite possible dissemination of revised information to the market before the effective date.

Should any proposed changes to Benefits and Contributions not be approved, members will be informed accordingly.

Administered



Diamond Arrow Award  
Highest rated medical aid in Namibia 2010 - 2024



**BEST OF NAMIBIA:**  
BEST MEDICAL AID 2025

# BLOW THE WHISTLE AGAINST FRAUD

## FRAUD, WASTE AND ABUSE AGAINST NHP

### FRAUD

Wilful misrepresentation for financial gain

### WASTE

Useless spending of money, time, or resources

### ABUSE

Acts inconsistent with sound medical/business practice

### COMMON TYPES OF FRAUD & ABUSE

- Over-servicing
- Duplicate claims
- False claims & falsified treatment dates
- Claiming for non-existent procedures
- Collusion, kickbacks, bribery
- Manipulating tariffs or diagnoses
- Unnecessary treatments or medicines

### WHAT MEMBERS SHOULD DO

- Check monthly remittance statements carefully
- Question unusual charges or services not received
- Report discrepancies to NHP
- Option to remain anonymous - all reports treated confidentially

# MEMBERS FIRST

NHP has grown sustainably over the years to become a reputable leader in Namibia's medical aid industry, providing value-for-money healthcare benefits that cater to members' diverse needs, from senior management to entry-level workers.

The Fund has been honoured with the PMR.africa Diamond Arrow Award for excellence in the Namibian medical aid industry for 15 consecutive years (2010-2024), recognising its commitment to integrity, quality, and sustainable business practices. Adding to these accolades, the Fund was also awarded Best Medical Aid in Namibia 2025 by Best of Namibia.

With over 40,000 principal members and over 82,000 lives covered, NHP remains dedicated to delivering exceptional service and thanks its members and corporate partners for their continued trust and support.

**1<sup>ST</sup>** INAUGURAL WINNER OF **BEST OF NAMIBIA:**  
BEST MEDICAL AID OF NAMIBIA 2025

**15** CONSECUTIVE **PMR AFRICA**  
DIAMOND ARROW AWARDS

**29** YEARS OF  
**EXCELLENCE**



# OUR CORE PRINCIPLES REMAIN THE SAME

ACCESS - AFFORDABILITY - EASE

## ACCESS

We ensure members have access to quality healthcare and benefit options that provide the best care they can afford, giving them peace of mind.

## AFFORDABILITY

Providing members with tailor-made cost-effective medical cover, suitable for every pocket.

## EASE

We prioritise excellent service and clear communication, by regularly reviewing benefits to help members and their families make informed healthcare decisions.



# PRIMARY HEALTHCARE BENEFIT OPTIONS

BLUE DIAMOND - LITUNGA





### **TWO BENEFIT OPTIONS**

Our Primary healthcare benefit options are Blue Diamond and Litunga.



### **PEACE OF MIND**

Ideal for individuals who cannot afford full medical cover but still want peace of mind concerning primary healthcare services.



### **DESIGNATED SERVICE PROVIDERS**

Provides members and families with basic Day-to-Day benefits at affordable prices through a network of contracted designated service providers.



### **DAY-TO-DAY EXPENSES**

Comprehensive cover for Day-to-Day primary healthcare services subject to the use of contracted designated service providers.



### **MAJOR MEDICAL EXPENSES**

Only Blue Diamond members are covered for certain Major Medical Expenses.

- 1 COVID-19 vaccine regimen per year are covered as part of the preventative care benefit for all beneficiaries older than 16 years.
- Travel assistance for specialist visits in Namibia only, limited to 2 per family per year.
- International travel benefit.
- NHP pays for contraceptives (oral and injections) limited to N\$ 283 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.



# BLUE DIAMOND

## MAJOR MEDICAL

Major Medical Benefits		NAMAF tariff %	Overall Annual Limit (OAL): Unlimited
<b>1 HOSPITAL SERVICES - SPA</b>			
1.1	Consultations: In-hospital	100%	
1.2	Procedures: In-hospital		
1.3	Admission into the state hospital facility (private wing). Subject to pre-authorisation		
1.4	Selected private hospitals: Limited access benefit for treatment		
1.4.1	Ward fees	60%	
1.5	Routine and scheduled surgical and hospitalisation events	100%	
<b>2 MATERNITY &amp; INFANT</b>			
2.1	Antenatal consultations: Gynae / obstetrician / GP or midwife	100%	12 per family
2.2	Sonar scans		2-2D per pregnancy
2.3	Pathology tests - standard antenatal blood & urine tests		
<b>3 PREVENTATIVE CARE</b>			
3.1	Vaccinations: Covid-19	100%	
<b>4 AMBULANCE SERVICES: MEDICAL OR TRAUMA EMERGENCIES - SPA</b>			
4.1	Emergency air evacuation	100%	
4.2	Ambulance services (only in Namibia)		
4.3	Ambulance services: Inter-hospital transfer		
4.4	Other transportation	No Benefit	N\$ 5,597 per beneficiary
<b>5</b>	<b>BACK AND NECK REHABILITATION PROGRAMME</b>	100%	<b>SUBJECT TO DBC PROTOCOL</b>





# BLUE DIAMOND

## DAY-TO-DAY

Day-to-Day / Out-of-hospital Benefits		NAMAF tariff %	Sub-limits
<b>1 HEALTHCARE PROVIDERS &amp; MEDICAL SPECIALISTS</b>			
1.1	Consultations and visits: Obtained from network doctors, during normal working hours - N\$15 per visit, including 5 VC per beneficiary	100%	Main Member N\$ 5,887 or Total Family benefit N\$ 14,718 N\$ 491 per visit
1.1.1	Nurse: N\$15 per visit: New conditions		
1.1.2	General practitioner: N\$15 per visit: New conditions		
1.1.3	Medical specialist - Upon referral from doctor: N\$15 per visit		
1.1.4	Medical specialist: Travel assistance benefit		N\$ 883 per visit
1.2	Out-of-hospital services	100%	
1.3	Limited to 2 after-hour consultations at network doctors: Per family per year		
<b>2 MEDICINE AND INJECTIONS</b>			
2.1	Acute medicines: reference pricing applies	100%	Main Member N\$ 3,326 or Total Family benefit N\$ 8,316 N\$ 277 per script max N\$ 993 per family N\$ 283 per script
2.1.1	As dispensed or prescribed by network doctors and pharmacies		
2.1.2	Self-medication: Over-the-counter		
2.2	Chronic medicine		
2.2.1	Chronic medicine: Dispensed - Subject to prior registration on chronic care programme		
2.2.1	Chronic medicine: Dispensed - Subject to prior registration on chronic care programme		
2.3	Antiretroviral therapy: Dispensed - Patient needs to enrol in the HIV Programme		Subject to Programme limits and protocols
<b>3 PRIMARY CARE DENTISTRY: N\$15 PER VISIT - NEW CONDITIONS</b>			<b>Main Member N\$ 2,003 or Total Family benefit N\$ 3,997</b>
3.1	Subject to the use of network 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 RADIOLOGY</b>			
4.1	Black and white x-rays as requested by network doctors: According to a list of approved radiology codes	100%	
<b>5 PATHOLOGY</b>			
5.1	Basic blood tests as requested by network doctors: According to a list of approved pathology codes	100%	

OAL = Overall Annual Limit

SPA = Subject to pre-authorisation

DBC = Document Based Care

VC = Virtual Consultations

Day-to-Day / Out-of-hospital Benefits		NAMAF tariff %	Sub-limits
<b>6</b>	<b>OPTICAL: N\$15 PER VISIT - NEW CONDITIONS</b>		<b>N\$ 1,176 per family</b>
6.1	Optical test		Claim limited to N\$ 119
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 N\$ 1,050
<b>7</b>	<b>MOTHER AND CHILD HEALTHCARE SERVICES</b>		
7.1	Family planning, immunisation, pre- and post- antenatal care. Subject to medicine, injections, maternity and consultation limits	100%	
<b>8</b>	<b>COUNSELLING AND HEALTH EDUCATION</b>		
8.1	Instruction of prevention of network illnesses, oral hygiene, poisons, HIV/ AIDS, etc. Subject to consultation limits	100%	
<b>9</b>	<b>SPECIFIED ILLNESS CONDITIONS</b>		
9.1	HIV/AIDS: Aids and HIV Positivity, Pathology, HIV counselling and testing, PrEP and PEP medicine for prevention of HIV virus, transmission in the case of needle-prick, rape or infection of mother (mother-to-child prevention). Subject to Programme limits and protocols	100%	
9.2	Sexually transmitted diseases		N\$ 1,720 per family
<b>10</b>	<b>REHABILITATION: ALCOHOL AND DRUG ADDICTION OR ABUSE</b>	100%	<b>N\$ 1,720 per family</b>

## CONTRIBUTIONS

Group Rates				Individual Rates			
Age	Principal	Adult/ spec dep	Child dep	Age	Principal	Adult/ spec dep	Child dep
0 - 25	710	594	284	0 - 25	801	665	324
26 - 30	741	611	284	26 - 30	830	700	324
31 - 35	789	634	284	31 - 35	898	722	324
36 - 40	823	680	284	36 - 40	932	758	324
41 - 45	854	703	284	41 - 45	977	807	324
46 - 50	885	712	284	46 - 50	1 019	840	324
51 - 55	914	746	284	51 - 55	1 063	885	324
56 - 60	932	805	284	56 - 60	1 074	948	324
61 - 65	1 002	854	284	61 - 65	1 165	1 002	324
66+	1 082	912	284	66+	1 248	1 106	324

Spec dep = Special dependant



# LITUNGA

## MAJOR MEDICAL

Major Medical Benefits		NAMAF tariff %	Overall Annual Limit (OAL): Unlimited
<b>1 HOSPITAL SERVICES - SPA</b>			
1.1	Consultations: In-hospital	No Benefit	
1.2	Procedures: In-hospital		
1.3	Admission into the state hospital facility (private wing). Subject to pre-authorisation		
1.4	Selected private hospitals: Limited access benefit for treatment		
1.4.1	Ward fees		
1.5	Routine and scheduled surgical and hospitalisation events		
<b>2 MATERNITY &amp; INFANT</b>			
2.1	Antenatal consultations: Gynae / obstetrician / GP or midwife	No Benefit	
2.2	Sonar scans		
<b>3 PREVENTATIVE CARE</b>			
3.1	Vaccinations: Covid-19	100%	
<b>4 AMBULANCE SERVICES: MEDICAL OR TRAUMA EMERGENCIES - SPA</b>			
4.1	Emergency air evacuation	No Benefit	
4.2	Ambulance services (only in Namibia)		
4.3	Ambulance services: Inter-hospital transfer		
4.4	Other transportation		
<b>5</b>	<b>BACK AND NECK REHABILITATION PROGRAMME</b>	100%	<b>SUBJECT TO DBC PROTOCOL</b>





# LITUNGA

## DAY-TO-DAY

Day-to-Day / Out-of-hospital Benefits		NAMAF tariff %	Sub-limits
<b>1 HEALTHCARE PROVIDERS &amp; MEDICAL SPECIALISTS</b>			
1.1	Consultations and visits: Obtained from network doctors, during normal working hours - N\$15 per visit, including 5 VC per beneficiary	100%	Main Member N\$ 5,550 or Total Family benefit N\$ 13,875 N\$ 463 per script
1.1.1	Nurse: N\$15 per visit: New conditions		
1.1.2	General practitioner: N\$15 per visit: New conditions		
1.1.3	Medical specialist - Upon referral from doctor: N\$15 per visit	No Benefit	
1.1.4	Medical specialist: Travel assistance benefit	No Benefit	
1.2	Out-of-hospital services	100%	
1.3	After-hour consultations at network doctors: Per family per year	No Benefit	
<b>2 MEDICINE AND INJECTIONS</b>			
2.1	Acute medicines: reference pricing applies	100%	Main Member N\$ 3,136 or Total Family benefit N\$ 7,840 N\$ 261 per script
2.1.1	As dispensed or prescribed by network doctors and pharmacies		
2.1.2	Self-medication: Over-the-counter	No Benefit	
2.2	Chronic medicine	100%	Total Family benefit: N\$ 3,441
2.2.1	Chronic medicine: Dispensed - Subject to prior registration on chronic care programme		
2.3	Antiretroviral therapy: Dispensed - Patient needs to enrol in the HIV Programme		
			Subject to Programme limits and protocols
<b>3 PRIMARY CARE DENTISTRY: N\$15 PER VISIT - NEW CONDITIONS</b>			<b>Main Member N\$ 2,003 or Total Family benefit N\$ 3,997</b>
3.1	Subject to the use of network 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 RADIOLOGY</b>			
4.1	Black and white x-rays as requested by network doctors: According to a list of approved radiology codes	100%	
<b>5 PATHOLOGY</b>			
5.1	Basic blood tests as requested by network doctors: According to a list of approved pathology codes	100%	

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Day-to-Day / Out-of-hospital Benefits		NAMAF tariff %	Sub-limits
<b>6</b>	<b>OPTICAL: N\$15 PER VISIT - NEW CONDITIONS</b>		<b>N\$ 1,176 per family</b>
6.1	Optical test		Claim limited to N\$ 119
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 N\$ 1,050
<b>7</b>	<b>MOTHER AND CHILD HEALTHCARE SERVICES</b>		
7.1	Family planning, immunisation, pre- and post- antenatal care. Subject to medicine, injections, maternity and consultation limits	100%	
<b>8</b>	<b>COUNSELLING AND HEALTH EDUCATION</b>		
8.1	Instruction of prevention of network illnesses, oral hygiene, poisons, HIV/ AIDS, etc. Subject to consultation limits	100%	
<b>9</b>	<b>SPECIFIED ILLNESS CONDITIONS</b>		
9.1	HIV/AIDS: Aids and HIV Positivity, Pathology, HIV counselling and testing, PrEP and PEP medicine for prevention of HIV virus, transmission in the case of needle-prick, rape or infection of mother (mother-to-child prevention). Subject to Programme limits and protocols	100%	
9.2	Sexually transmitted diseases		N\$ 1,720 per family
<b>10</b>	<b>REHABILITATION: ALCOHOL AND DRUG ADDICTION OR ABUSE</b>	<b>100%</b>	<b>N\$ 1,720 per family</b>

## CONTRIBUTIONS

Group Rates				Individual Rates			
Age	Principal	Adult/ spec dep	Child dep	Age	Principal	Adult/ spec dep	Child dep
0 - 25	305	259	125	0 - 25	352	294	143
26 - 30	324	268	125	26 - 30	360	307	143
31 - 35	343	278	125	31 - 35	390	315	143
36 - 40	358	297	125	36 - 40	409	330	143
41 - 45	373	302	125	41 - 45	426	352	143
46 - 50	390	313	125	46 - 50	448	367	143
51 - 55	402	326	125	51 - 55	464	387	143
56 - 60	408	352	125	56 - 60	470	413	143
61 - 65	438	373	125	61 - 65	508	436	143
66+	472	398	125	66+	541	480	143

Spec dep = Special dependant



# CHRONIC CARE PROGRAMME REGISTRATION

DO YOU HAVE A CHRONIC  
CONDITION?



ARE YOU ON CHRONIC  
MEDICATION?



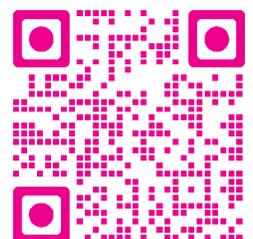
HAS YOUR DOSAGE OR  
MEDICATION CHANGED?

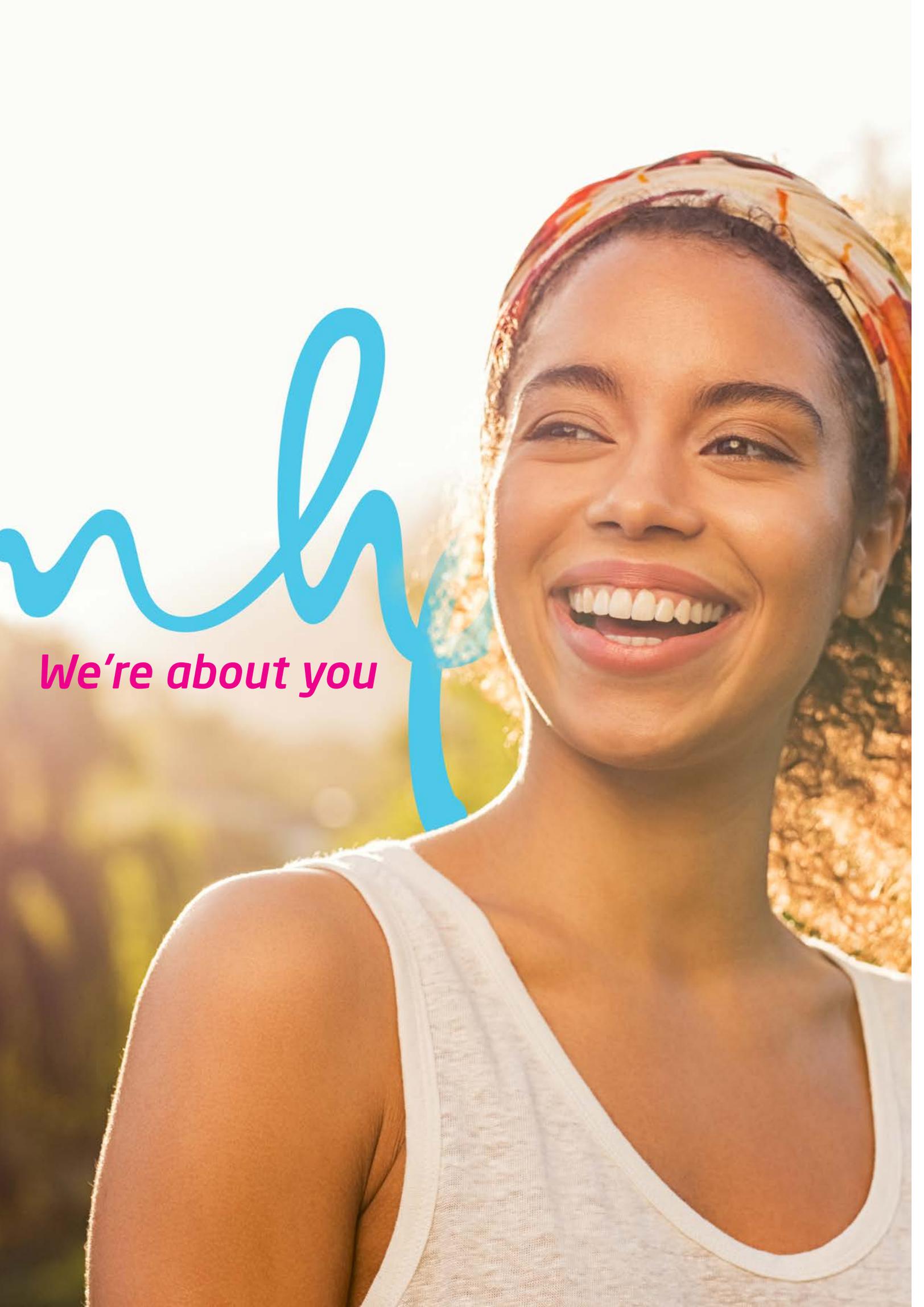


If your answer is **'YES'** on any of the above questions, complete the user friendly **Chronic Care Registration form** online (with your Doctor's assistance), and email the form to **chroniccare@nhp.com.na**.

- Submitting the form to NHP is mandatory. Members can find the **Chronic Care Registration form** on our website.
- You are required to complete and submit the form.
- Once you have successfully registered onto the Chronic Care Programme it will not be necessary to reregister on an annual basis unless there is a new chronic illness condition or a change in medicine dosages.

**SCAN THE QR CODE  
TO DOWNLOAD  
THE FORM**





*mlh*

*We're about you*

# EMERGENCY NUMBERS

MAIN AREA OF COVERAGE	EMERGENCY EVACUATION PROVIDER	CONTACT NUMBER/S
All major centres & air ambulance evacuation countrywide	Lifelink Emergency Services Medical Rescue Africa (MRA) Namibian Marshall Rangers Emergency Rescue Services CC	999 (from any landline) / 064 500 346 Nationally: 912 Internationally: +264 8333 900 33 / +264 81 129 4973 +264 (081) 2962297
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
Karasburg	Mosmed 24 Paramedic Services	081 263 9886
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	Toll Free 987
Okahandja and surrounding areas	Okahandja Paramedical Services	987
Ondangwa & countrywide	Ondangwa Ambulance Services	081 902 00 / 081 237 5437
Oranjemund	Namdeb Private Hospital Ambulance	063 238 046
Otjiwarongo	MR 24/7	085 956 / 061 255 676 / 081 257 1810
Outapi, Oshakati & surrounding areas	Outapi Ambulance MedCare 24 Ambulance	065 251 022 / 061 251 800 081 3916689
Outapi, Ongwediva, Ondangwa	Namibia Private Ambulance Services Northern Ambulance Services	081 9696 065 250688
Rehoboth	Elite Emergency Rescue Services	081 450 9333
Rosh Pinah	Roshcare Clinic Ambulance Services Life Employee Health Solution Namibia / Sidadi Clinic	063 274 918 / 081 161 8734 063 274 911
Rundu	Namibia Private Ambulance Services Medstar Ambulance Services cc Aqua Ambulance Services	081 9696 066 256 969 085 589 0000
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 Desert Ambulance Rescue Training Services CC	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 / 067 241 091 081 3816340
	Guardian Angels Emergency Services Medical Rescue 911 NEMC Delta Emergency Rescue Shili Ambulance and Med Evacuation cc	085 3008 911 085 668 2661 081 566 3635 081 295 2268 085 800 1832
	Emergency Medical Assistance Three Sixty Emergency Service	061 302 931 081 750 0001

# CONTACT DETAILS

## GET IN TOUCH

### Head office: Windhoek

Walk-in assistance: Erf 1319 Grove Street, Kleine Kuppe  
Tel: 061 285 5400  
Website: [www.nhp.com.na](http://www.nhp.com.na)  
Postal: PO Box 23064, Windhoek  
Operating hours: Monday to Friday 07:45 - 17:00

### Fraud hotline - Confidential

Tel: 0800 647 000  
Email: [medschemenamibia@whistleblowing.co.za](mailto:medschemenamibia@whistleblowing.co.za)

### 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

### 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: [chroniccare@nhp.com.na](mailto:chroniccare@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)