

## Confidentiality

In spite of efforts in recent years to educate the public about HIV and AIDS, misconceptions are still common, with fear and ignorance about the condition often obscuring the facts. So teaching and educating is a major focus of AfA.

Despite how common HIV/AIDS is, there is still a social stigma attached to admitting that you are HIV positive. Which is why AfA has the following in place to ensure confidentiality:

- The programme is administered by a team of healthcare professionals, completely separate from your medical scheme and employer.
- AfA has its own confidential telephone, fax and private mail bag facilities.
- Should you have HIV and decide to join the programme, every care is taken to maintain confidentiality.

## Additional benefits

Over the last few years, tremendous progress has been made in the treatment of HIV and AIDS. By joining AfA, members will get access to benefits for medicines to treat HIV and prevent opportunistic infections. But even before you need medicine, registering on the programme will be of great value to you and provide the following:

- Ongoing support via a treatment support counsellor.
- Regular monitoring of disease progression.
- Clinical guidelines and support for doctors.
- Assistance in finding a registered counsellor.

**AfA has a specially trained medical team who will review your details and in consultation with your doctor, ensure that you receive the most appropriate treatment for your condition.**

They will also remind you and your doctor to do regular check-ups and tests. The test results are used to monitor the state of your health and update your treatment where necessary.



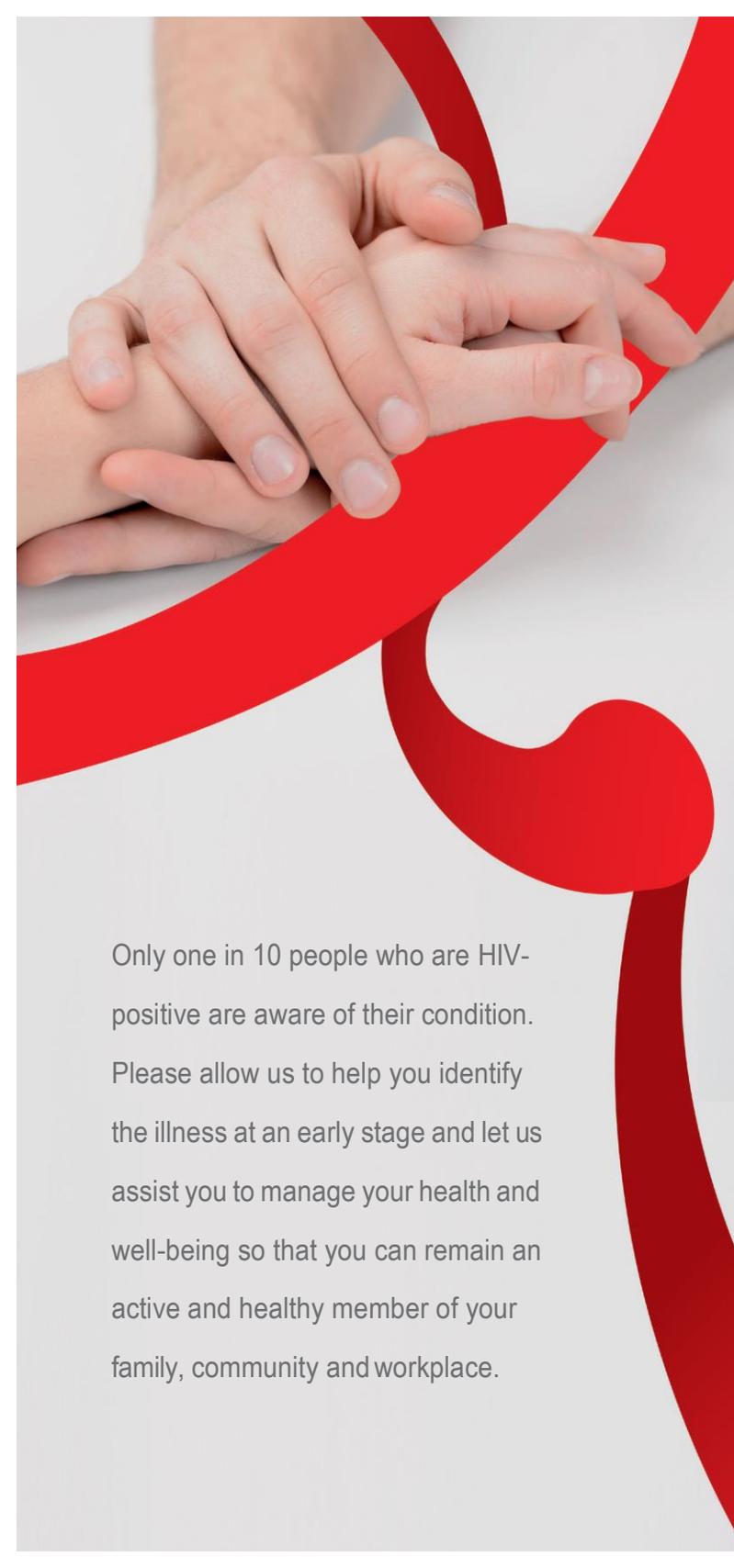
[www.aidforaids.co.za](http://www.aidforaids.co.za)

Tel +264 61 285 5423  
Fax +264 61 271 674  
Email [info@afa.com.na](mailto:info@afa.com.na)  
PO Box 23064, Windhoek

Join the  
Aid for Aids  
programme  
today



 **Aid for Aids**  
Your life. Our life.



Only one in 10 people who are HIV-positive are aware of their condition. Please allow us to help you identify the illness at an early stage and let us assist you to manage your health and well-being so that you can remain an active and healthy member of your family, community and workplace.

## How to join the Aid for Aids programme

### Step One

If you are worried that you might be infected with HIV ask your doctor or clinic to test you. This test will be paid for and only you and your doctor will be informed of the results.

### Step Two

If the results show that you are HIV-positive, call AfA on +264 61 285 5423 and ask for an application form.

### Step Three

Your doctor will examine you and help you complete the form.

### Step Four

Fax your completed form to AfA on the confidential fax: +261 61 271 674.

### Step Five

The AfA medical team is specially trained to review your medical details. They will contact your doctor if necessary, and agree on the most appropriate treatment for you.

### Step Six

You will need to visit your doctor for regular examinations and tests.

### Step Seven

Your doctor will contact AfA to keep us informed about your condition. If necessary, your treatment plan will be updated.

### Step Eight

If you are a medical aid member, submit your HIV claims in the same manner as you would do for all other claims.

## Your partner in HIV/AIDS care

Without proper help, the effects of HIV and AIDS go far beyond the disease itself. For those affected and their families it has two main impacts - the obvious one being their health and ability to work, and the second being the often considerable financial impact. This is the cost of being unable to work, of treating the disease and of living with it.

Aid for AIDS (AfA) was launched in 1998 as a groundbreaking benefit plan for those living with HIV and AIDS to not only help with the emotional load, but the financial one as well.