



Here, you will be able to access your digital membership card, tax certificate, find a service provider and more at your fingertips!

self-service WhatsApp functionality is coming soon.

Watch this space for more information!



Make sure we have your updated contact details!

We regularly communicate with you via SMS or e-mail so it's very important that you keep your personal details updated. Previously, only principal members were allowed to change contact details themselves or for their dependants. But we have changed the rule to allow dependants to change their own contact details too.

To find out how to update your contact details,

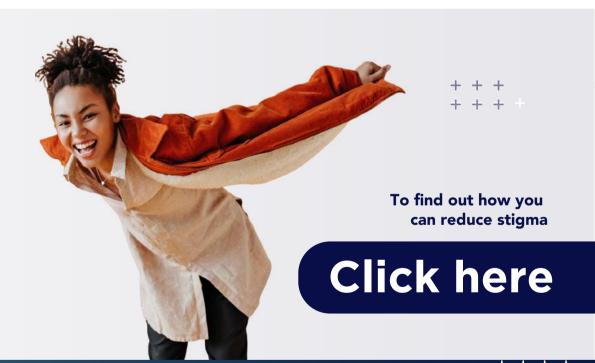
Click here



Mental illness is not a character defect!

There are many reasons why people develop mental illness. They could have inherited it, or it may be as a result of childhood trauma or overwhelming stress at school, work or home.

Regardless of the reasons, these are health problems just like cancer, arthritis or diabetes. So why does society look at people with mental illness differently? The answer is stigma.



Fraud, Waste and Abuse

Did you know that healthcare fraud is one of the fastest growing crimes in South Africa today. Healthcare fraud eats up huge amounts of money from the South African economy each year. To help us prevent fraud, waste and abuse (FWA), we have appointed Qhubeka Forensic Services to assist us with the detection of FWA.

Click here













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