



Mental Health Care Programme





What the Mental Health Care Programme is and how it works

We designed the Mental Health Care Programme for managing patients who present with episodic depression.

This Programme gives you and your patient access to tools and benefits to monitor and manage their condition, making sure that your patient has access to high-quality, coordinated healthcare.

The Mental Health Care Programme is available on all Discovery Health Medical Scheme plans, as well as the medical schemes we administer (excluding Libcare, Lonmin and Netcare Medical Scheme).

The Mental Health Care Programme allows you to track your patient's progress on a personalised dashboard on HealthID. This will help you to identify which areas need attention so that you can improve the management of your patient's condition.

How members get enrolled on the Mental Health Care Programme

The following healthcare professionals can enrol a patient on the Mental Health Care Programme through HealthID once the member has given them consent to do so:



KeyCare Plan members must be enrolled by a KeyCare Network GP who is also taking part in the Premier Plus GP Network.



Smart Plan members must be enrolled by a GP in the Smart Plan GP Network who is also taking part in the Premier Plus GP Network.

ALL OTHER MEMBERS MUST BE ENROLLED BY A:

GP in the Premier Plus GP Network

OR

Psychologist who takes part in the Mental Health Benefit Network.

The Programme runs over 6 months but, where clinically appropriate, you as the enrolling healthcare professional can extend it to 12 months. You must use HealthID if you want to extend the patient's enrolment on the Programme.

Benefits available on the Mental Health Care Programme

Once a psychologist or Premier Plus GP enrolls the patient on the Mental Health Care Programme, the patient has access to the following benefits – in addition to those covered by the Prescribed Minimum Benefits – while registered on the Programme.

CONSULTATIONS

- Up to 3 consultations (virtual or face-to-face) with the enrolling Premier Plus GP.
- Prescribed Minimum Benefits for psychotherapy will be depleted first. Thereafter, patients have access to individual psychotherapy sessions or group therapy sessions with their Mental Health Benefit Network psychologist, subject to the Discovery Health Rate. Psychotherapy sessions in the Mental Health Care Programme are limited to a total cover amount of R3339.

iCBT

- Up to one Internet-Based Cognitive Behavioural Therapy (iCBT) course, accessible 24/7 for 12-months. iCBT will be paid from the allocated psychotherapy consultation benefit at a once off value of R1850, subject to a health professional recommendation, scheme benefit criteria and available benefits.

MEDICINE

Once enrolled by or referred to a Premier Plus GP, the patient will also have access to extra scheme funding for antidepressant medicine:

- Patients on the Executive Plan and Comprehensive plans have access to any medicine in the selective serotonin reuptake inhibitor (SSRI) class, up to a monthly medicine amount of R130.
- Patients on the Priority, Saver, Smart, Core and KeyCare plans have access to any medicine in the SSRI class up to a monthly medicine amount of R110.

Referrals for patients who need medicine or psychotherapy

The Mental Health Care Programme offers referral pathways for patients who need medicine or psychotherapy:

- If a patient who was enrolled on the Mental Health Care Programme by a psychologist needs medicine, they must visit a GP in the Premier Plus GP Network to get funding for medicine.
- If a patient who was enrolled on the Mental Health Care Programme by a Premier Plus GP needs psychotherapy, they must visit a network psychologist.



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