medihelp

Depression Support Programme



Depression is a fairly common yet serious mental health condition classified as a mood disorder. The symptoms can vary and are often paired with feelings of sadness, loss, or anger. This condition disrupts people's everyday functioning, but it can be treated effectively with medication or therapy.

Medihelp's Depression Support Programme

Medihelp has introduced this programme to support members who have been diagnosed with depression. The care programme assists you in managing your condition effectively out of the hospital. Upon registration, eligible members will receive:

- A monthly benefit amount for medication; and
- An additional rand value per year allocated to out-of-hospital consultations with a psychiatrist, clinical psychologist, social worker, occupational therapist, registered counsellor, and psychiatric nurse.

Treatment benefits per plan

MedMove!	MedVital / MedVital Elect	MedAdd / MedAdd Elect	MedSaver	MedReach	MedPrime / MedPrime Elect	MedElite	MedPlus
Out of hospital benefits, subject to registration on the Depression Support Programme **R2 000** per beneficiary per year for services rendered by psychiatrists, psychologists, social workers, occupational therapists, registered counsellors, and psychiatric nurses **R110** per beneficiary per month for medicine	**Out of hospital benefits**, subject to registration on the Depression Support Programme **R3 500** per beneficiary per year for services rendered by psychiatrists, psychologists, social workers, occupational therapists, registered counsellors, and psychiatric nurses **R130** per beneficiary per month for medicine	**Out of hospital benefits**, subject to registration on the Depression Support Programme **R3 500** per beneficiary per year for services rendered by psychiatrists, psychologists, social workers, occupational therapists, registered counsellors, and psychiatric nurses **R130** per beneficiary per month for medicine	**Out of hospital benefits**, subject to registration on the Depression Support Programme **R3 750** per beneficiary per year for services rendered by psychiatrists, psychologists, social workers, occupational therapists, registered counsellors, and psychiatric nurses **R130** per beneficiary per month for medicine	**Out of hospital benefits**, subject to registration on the Depression Support Programme **R4 000** per beneficiary per year for services rendered by psychiatrists, psychologists, social workers, occupational therapists, registered counsellors, and psychiatric nurses **R130** per beneficiary per month for medicine	**Out of hospital benefits**, subject to registration on the Depression Support Programme **R4 500** per beneficiary per year for services rendered by psychiatrists, psychologists, social workers, occupational therapists, registered counsellors, and psychiatric nurses **R150** per beneficiary per month for medicine	**Out of hospital benefits**, subject to registration on the Depression Support Programme **R5 500** per beneficiary per year for services rendered by psychiatrists, psychologists, social workers, occupational therapists, registered counsellors, and psychiatric nurses **R170** per beneficiary per month for medicine	**Out of hospital benefits**, subject to registration on the Depression Support Programme **R6 500** per beneficiary per year for services rendered by psychiatrists, psychologists, social workers, occupational therapists, registered counsellors, and psychiatric nurses **R200** per beneficiary per month for medicine

MHKF001SEPT 2026

How to access these benefits

You can only access the benefits on the **Member Zone** if you receive an invitation letter from Medihelp. We send this letter once we receive a claim with a depression diagnosis code (ICD-10) that qualifies for this programme.

- Log into the **Member Zone**.
- Click on **Register now** on the **Depression Support Programme** block.
- Complete a short questionnaire.
- Once registered, the programme benefits will be unlocked.