



Documentation Based Care treatment programme

medihelp

12⁺
YEARS

Medihelp's Documentation Based Care (DBC) treatment programme is for all members (except MedMove! members) who suffer from back and neck pain. It is a prerequisite for spinal column surgery.

The programme improves the general flexibility of the spinal column, strengthens targeted back muscles to relieve pain, and lets you regain normal back and neck function.

DBC uses an interdisciplinary team of medical practitioners, including general practitioners, physiotherapists, and biokineticists.

Use DBC's facilities and healthcare providers

You must receive treatment from DBC's doctors at DBC facilities and may not use your own doctors or medical facilities.

Medipost contact info

1 Phone DBC

Contact the nearest DBC facility to make an appointment.

2 Undergo an evaluation

Undergo a medical evaluation at DBC and if you qualify, DBC will notify you and Medihelp of the treatment plan.

3 Register

Complete the required forms at DBC and they will register the programme with Medihelp.

4 Receive treatment

Complete the prescribed treatment programme.



Available benefits

Back treatment at a DBC facility for patients who qualify for this benefit or as prerequisite for spinal column surgery

Additional consultation fees for service providers and X-rays (MRIs with limits or co-payments) are not included in the global fee

Occupational therapy is available at DBC's facilities, but does not form part of the treatment protocol

One treatment in a 12-month cycle per beneficiary, payable at a global fee from core benefits. The next treatment may only begin 12 months after the previous treatment's end date.

Available day-to-day benefits

Available day-to-day benefits

To find a DBC facility near you:

[CLICK HERE](#)

medihelp.co.za

Medihelp is an authorised financial services provider (FSP no 15738)

