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**FISHING INDUSTRY  
MEDICAL SCHEME**

**INCWADANA YAMALUNGU**

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## IINKCUKACHA ZOQHAGAMSHELWANO

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Le ncwadana ayilungiselelwanga ukuthatha indawo yemithetho ebhalisiweyo. Unakho ukufumana izibonelelo ezipheleleyo kunye nemithetho kwiSebe leNkqubo yaBathengi.

## WAMKELEKILE KULUNGISELELO LONYANGO LWESHISHINI LOKULOBA (FISHING INDUSTRY MEDICAL AID)

Ulungilelwano loNyango lweShishini lokuLoba (Fishmed) lulungiselelwe uku-bonelela ngololongo lwempilo olufikelekayo, ngokusetyenziswa koluhlu lwezi-bonelelo olubanzi kubantu abaqeshwe lushishino lokuloba loMzantsi Afrika.

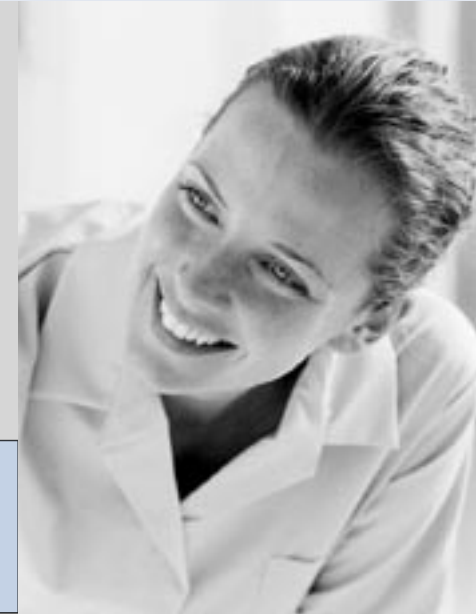
## UBULUNGU KUNYE NEMINIKELO

### NGUBANI ONELUNGELO LOKUJOYINA IFISHMED?

Bonke abasebenzi abaqeshwe luShishino lokuLoba loMzantsi Afrika abathi bafumane umvuzo banakho ukujoyina iFishmed.

### UNGABHALISA ABA BANTU BALANDELAYO NJENGABAXHOMEKEKE KUWE:

- ▶ Inkosikazi/Umyeni wakho;
- ▶ Iqabane lakho;
- ▶ Abantwana bakho, kunye
- ▶ Amalungu osapho asondeleyo kuwe (awelungu elingundoqo kuphela).



### NDINGAQALA NINI UKWENZA IBANGO KWIFISHMED?

Unakho ukuqalisa ngokwenza ibango lezibonelelo kuphela emva kokuba uhlawule iminikelo yakho okanye imirhumo yenyanga\* kangangeenyanga ezintathu.

### NDINGAYIJOYINA NJANI IFISHMED?

Onke amalungu amatsha kufuneka azalise ifomu yokwenza isicelo, efaneka kwiSebe leNkonzo yaBathengi (nceda ujonge iinkcukacha zoqhagamshelwano).

Yizalise ze uyisayine ifomu yesicelo ze uyithumele kwakhona kwiSebe leNkonzo yaBathengi. Qinisekisa ngento yokokuba unamathelisa amaxwebhu afanelekileyo afunekayo. Nceda uqwalasele into yokokuba akusayi kubhalisa bantu baxhomekeke

*\*Onke amalungu olungiselelo lonyango kufuneka ahlawule umrhumo okanye izixa-mali kwiNgxowa-mali ukulungiselela into yokokuba ibe nakho ukunceda ngokuhlawula iindleko zonyango. Le mirhumo ibizwa ngokuba yiminikelo.*

*Njengelungu loLungiselelo, iminikelo yakho ithi ihlawulwe qho ngenyanga esemva.*

kuwe kolu Lungiselelo ukuba ngaba amaxwebhu afunekayo, anjengisiqinisekiso somtshato, isiqinisekiso sokuzalwa njl. njl. akanikezelwanga.

Nceda uqinisekise ngento yokokuba la macandelo alandelayo azalisiwe nento yokokuba amaxwebhu anamathelisiwe xa uthumela ifomu yakho yesicelo kuthi:

- ▶ Icandelo “lobume bempilo yakho” kulungiselelwa wena kunye nabantu abaxhomekeke kuwe;
- ▶ Icandelo “loGunyaziso” elivumela iFishmed ukuba itsale iminikelo kumvuzo wakho okanye kwi-akhawunti yebhanki;
- ▶ Ikopi yoxwebhu lwakho lwesaziso;
- ▶ Ubungqina bobulungu bangaphambili kolunye ulungiselelo lonyango; kunye
- ▶ Nayiphi na enye ingcaciso enokuthi iBhodi yaBaphathiswa ibe nokuyicela.

## IINGUQU KWIWONGA LOBULUNGU

Nceda wazise iFishmed kwiintsuku nje ezima-30 nangayiphi na enye kwezi nguqu zilandelayo kwiwonga lakho lobulungu:

- ▶ Ukutshata;
- ▶ Ukuqhawulo umtshato;
- ▶ Ukuzala umntwana okanye ukuthatha umntwana womnye umntu njengowakho umondle;
- ▶ Ukutshintsha kwedilesi;
- ▶ Abantwana abafikelela kwiminyaka engama-21; kunye
- ▶ Nokuthabatha umhlalaphantsi.

### NCEDA QAPHELA:

Umnikelo wabantwana abaxhomekeke kuwe usebenza kubo bonke abantwana abangaphantsi kobudala obuyiminyaka engama-21. Umnikelo wabantu abadala abaxhomekeke kuwe kufuneka uhlawulwe ukulungiselela bonke abantwana abangaphezulu kobudala obuyiminyaka engama-21.

## IFUNEKA NINI IMINIKELO?

- ▶ Ukuba ngaba ingqesho yakho nenkampani iqala ngomhla okanye phambi komhla we-15 enyangeni, umnikelo ozeleyo wenyanga uya kuxhuzulwa kumvuzo wakho.
- ▶ Ukuba ngaba ingqesho yakho nenkampani iqala emva komhla we-15 enyangeni, ukuxhuzulwa komnikelo kuya kwenziwa xa kuqalwa inyanga entsha.

## KUYA KWENZEKA NTONI XA NDIRHOXA EMSEBENZINI?

- ▶ Ukuba ngaba ingqesho yakho nenkampani iphela phambi okanye ngomhla we-15 enyangeni, akuyi kubakho mnikelo uxhuzulwayo emvuzweni wakho.
- ▶ Ukuba ngaba ingqesho yakho nenkampani iphela emva komhla we-15 enyangeni, umnikelo wenyanga opheleleyo uya kuxhuzulwa emvuzweni wakho.

## KWENZEKA NTONI XA NDIRHOXA UMNTU OXHOMEKEKE KUM?

Ukuba ngaba ilungu lithe lenza isicelo sokubhalisa umntwana osandula ukuzalwa okanye umntwana osandula ukwamkelwa njengowalo ukuba limondle kwiintsuku ezingama-30 ukusuka kumhla wokuzalwa okanye wokwamkelwa komntwana njen-gowakho, umnikelo owongezelelweyo uya kuqala ukutsalwa ekuqaleni kwenyanga entsha. Izibonelelo zomntwana lowo uxhomekeke kuwe ziya kongezeleleka ukususela kumhla wokuzalwa okanye wokwamkelwa komntwana njengowakho.

Ukuba ngaba ilungu lenza isicelo sokubhalisa inkosikazi/umyeni kwiintsuku ezin-gama-30 ukususela kumhla womtshato, umnikelo owongezelelweyo uya kuqalisa ekuqalekeni kwenyanga entsha. Izibonelelo zenkosikazi/zomyeni ziya kongezelelwa ukususela kumhla womtshato.

### NCEDA QAPHELA:

Akuyi kubakho mntu uxhomekekileyo ufanele ukuxhamla kwizibonelelo de libe ilungu lifanelekile ukufumana izibonelelo.

## KUYA KWENZEKA NTONI XA NDIRHOXISE UMNTU OXHOMEKEKE KUM?

Ilungu malazise uLungiselelo (Scheme) kwiintsuku ezingama-30 ukuba ngaba likhetha ukurhoxisa umntu oxhomekeke kulo. Umahluko kumnikelo welungu uya kuqalisa ukubakho ekuqaleni kwenyanga entsha.



## UKUBANGA

UKUNGENISA UXWEBHU LOBANGO  
Nceda uwathumele onke amaxwebhu obango kule dilesi:  
Fishing Industry Medical Scheme  
PO BOX 15747  
VLAEBERG  
8018

### II-AKHAWUNTI EZIFEKSIWEYO

IFishmed iya kwamkela kuphela amaxwebhu obango okuqala (original) angakhutshelwanga; athunyelwe ngeposi okanye amaxwebhu obango athunyelwe ngekhompyutha ngababoneleli ngenkonzo, umz. Ugqirha wakho okanye ingcungela kagqirha yezifo ezithile.

Nceda uqaphele into yokokuba singanakho ngelishwa ukungazamkeli ii-akhawunti ezifeksiweyo ngeenjongo zokuba kuhlawulwe amabango akho. Iifeksi, kumaxesha amaninzi azicaci ze kubenzima ukuzifunda. Ukuba ngaba ufeksela kuthi i-akhawunti yomntu okubonelele ngenkonzo, oku kunokwenza ukulibaziseka kwintlawulo yamabango akho.

### UKUTHUNYELWA KWAMAXWEBHU AMABANGO NGETHUBA

Luxanduva lwakho ukuqinisekisa ngento yokokuba zonke ii-akhawunti zifika kwiFishmed ngethuba. Oku kuthetha into yokokuba amaxwebhu amabango kufuneka afikelele kuthi kwiinyanga ezine ukususela kumhla obutyebile ngawo ugqirha wakho. Ukuba ngaba i-akhawunti ifikelele kuthi emva kwalo mhla, kuya kufuneka ukuba uyihlawule i-akhawunti ngokwakho. Luxanduva lwakho ukuqinisekisa ngento yokokuba ii-akhawunti ziyahlawulwa. Nceda uqwalasele ingxelo yamaxwebhu amabango ngalo lonke ixesha.

### AHLAWULWA PHI AMABANGO?

Amabango ahlawulwa kube kanye ngenyanga kumalungu nakubaboneleli ngenkonzo. Ukuba ngaba ufuna ukwazi ngokuhlulwa kwamabango ukuba kuya kuba nini na, nceda uqhagamshelane neSebe leNkonzo yaBathengi.

### IINKCUKACHA EZIKWI-AKHAWUNTI

Ngalo lonke ixesha buza ugqirha wakho ukuba akunike ikopi yeakhawunti yakho ukwenzela ukuba ube nakho ukuyiqwalasela kakuhle ukuqinisekisa ukuba ezi nkcukacha zilandelayo ziyabonakala kuyo:

- ▶ Inombolo yakho yobulungu;
- ▶ Ifani yakho kunye noonobumba bokuqala bamagama akho;
- ▶ Igama lokuqala lesigulana, ifani kunye noonobumba bokuqala bamagama akho;

- ▶ Igama loLungiselelo (Scheme) umz. Fishmed;
- ▶ Igama kunye nenombolo yokusebenza yonikezela ngenkonzo;
- ▶ Umhla othe wafumana ngayo inkonzo;
- ▶ Uhlobo kunye neendleko zonyango;
- ▶ Inombolo yokusebenza yogqirha okuthumeleyo ibe kwii-akhawunti zogqirha oyingcungela yezifo ezithile;
- ▶ Inombolo yogqirha yokusebenza okuthumeleyo ibe kwi-akhawunti yengcali yogqirha kwinzululwazi yezifo kunye nezengcali yenzululwazi ngeX-rey neminye imitha esetyenziswa ekunyangeni; kunye
- ▶ Nekhowudi yexabiso lenkonzo othe wayifumana.

Nceda unamathelise naziphi na iirisithi othe wazifumana kulowo unikezela ngenkonzo kwi-akhawunti ukuba ngaba uhlawula ngokwakho.

### IINGXELO ZAMABANGO

Akuba uFishmed eqwalasele ibango lakho elithunyelwe mhlawumbi nguwe okanye ngobonelela ngenkonzo, siya kukuthumelela wena kunye nonikezela ngenkonzo ingxelo yamabango, ethi icwangcise izibonelelo ezihlawulweyo kunye/okanye isizathu sokokuba amabango angahlawulwa.

Kuya kuba semdleni wakho ukuqinisekisa ngento yokokuba yonke ingcaciso ekwingxelo mayibe yelungileyo. Nceda uqwalasele ingxelo ngakumbi oku kulandelayo:

- ▶ Ingaba onke amabango abonisiweyo ngawakho okanye ngawabanye kwabo baxhomekeke kuwe?
- ▶ Ingaba onke amabango angeniswe kwiFishmed ahlawuliwe?

### UKUSETYENZISWA KWABABONELELI NGEENKONZO ABANEZIVUMELWANO

Xa usiya kubona ugqirha, usiya ekhemisti, uyokubona ugqirha wamazinyo okanye obonelela ngeeglasi zamehlo othe wanesivumelwano neQualsa, uya kuthi ayithumele ngqo i-akhawunti yakho kwiFishmed.

Kufuneka unikezele ngekhadhi lakho lobulungu ngalo lonke ixesha othe waya kubona obonelela ngenkonzo.

Onikezela ngenkonzo unakho ukufuna incwadi yesazisi yaye, unakho ngamaxesha athile ukutsalela umnxeba iSebe leNkonzo yaBathengi ukuqinisekisa ngento yokokuba ulilungu leFishmed yaye unezibonelelo ezikhoyo ezaneleyo.

Ngokwemiqathango yeMithetho yeFishmed, amalungu kufuneka asebenzise ababoneleli ngenkonzo abanesivumelwano, ngaphandle kokuba kubekho inkonzo efanelekileyo ekufuneka inikezelwe ngokukhawuleza yaye kungekho onesivumel-

wano obonelela ngenkonzo ofumanekayo, okanye ukuba ngaba ilungu alikho eNtshona Koloni ngexesha ekufuneka le nkonzo ikhawulezileyo inikezelwe.

Abaphathiswa baya kufuna ukuba ilungu lichaze izizathu ezibangele ukuba lisebenzise obonelela ngenkonzo ongenaso isivumelwano ngaphambi kokuba i-akhawunti leyo yobonelela ngenkonzo ibe ihlawulwe.

Uluhlu loogqirha, iikhemesti, oogqirha bamazinyo kunye noogqirha abanikezela ngeeglasi zamehlo abanesivumelwano lunakho ukufunyanwa kwiSebe leNkonzo yaBathengi.



## IZIBONELELO ZAKHO

### INGABA KUKHONA NA UNYINO LONYAKA (QHO NGONYAKA) KWIZIBONELELO ZAM?

Ewe, lukhona unyino lonyaka. Olu nyino lubalwa ngokunxulumene nesibonelelo sonyaka seFishmed.

### YINTONI UNYAKA WESIBONELELO?

Esi sisithuba esilungiselelwe ukuba ufumane izibonelelo ngaso. Unyaka wesibonelelo uqala ngomhla wokuqala kuJanyuwari ukuya kuma-31 kuDisemba ngonyaka ngamnye. Into engumahluko kulo mthetho lunyino lwamazinyo, athi abonelelwe emva kwesithuba seminyaka emibini.

### INGABA KUKHO IINDLELA ZEZIBONELELO EZAHLUKENEYO EZIKHOYO KWIFISHMED?

Ewe, zimbini iindlela zezibonelelo ezikhoyo kumalungu eFishmed. Zezi:

#### 1. Indlela Engundoqo

Le ndlela ijongene nezibonelelo zakho “zangaphandle kwesibhedlele” o.k.t. ilungiselelwe iinkonzo ozifumana ngaphandle kwesibhedlele, kunye neenkonzo ezinikezelwa zizibhedlele zephondo.

#### 2. Indlela Esemgangathweni

Le ndlela ijongene nezibonelelo zakho “zangaphandle kwesibhedlele” kunye neendleko ezingephi zesibhedlele sangasese.

### UKUTSHINTSHA NGOKUZITHANDELA (UKUGUQUKELA KWINDLELA EYAHLUKILEYO)

Unakho ukukhetha iNdelela Esemgangathweni ngokuzithandela. Nangona kunjalo, unakho ukutshintsha kuphela okanye utshintshe indlela obe uyikhethele kube kanye ngonyaka.

### ABABONELELI BENKONZO ABANGAPHANDLE KWENGINQI

Esi sibonelelo sisebenza kuphela ukuba ngaba akukho gqirha, ugqirha wamazinyo okanye ugqirha onikezela ngeeglasi zamehlo onesivumelwano kwingingqi yakho, okanye inkonzo ekhawulezileyo “yangaphandle kwedolophu”.

#### NCEDA QAPHELA:

iFishmed ihlawula imilinganiselo yeSikali soMrhumo\* ngeenkonzo ezifunyenwe kumboneleli ngenkonzo ongaphandle kwingingqi.

*\*Imilinganiselo yeSikali soMrhumo yimilinganiselo oluthi uLungiselelo (Scheme) luyihlawule ngawo amabango omboneleli ngenkonzo wakho. Abanye ababoneleli ngeenkonzo babiza imilinganiselo yamashishini angasese. Le milinganiselo iba ngaphezulu kwemilinganiselo yeSikali soMrhumo.*

*Ukuba ngaba umboneleli ngenkonzo ukuhlawulisa umrhumo ongaphezulu komlinganiselo weSikali soMrhumo iFishmed iya kuhlawula umboneleli ngenkonzo umlinganiselo weSikali soMrhumo yaye kuya kufuneka uhlawule intsalela yale akhawunti.*



## INGCACISO EBALULEKILEYO

### ISIBONELELO SESIBHEDLELE

**UKUVUNYELWA KWANGAPHAMBILI (Indlela Esemgangathweni)**

**Bonke abalaliswe esibhedlele kufuneka babe bavunyelwe ngokuthi batsalele iQualsa umnxeba kule nombolo 0861 888 118.**

Ukuvunyelwa kwangaphambili kufuneka kufunyanwe malunga neeyure ezingama-48 phambi kokuba uye esibhedlele okanye, kwimeko yenkonzo ekhawulezileyo, kwiiyure ezingama-24 okanye kusuku olulandelayo lomsebenzi emva kokuba ungeniswe esibhedlele.

Nceda qaphela into yokokuba unokungayifumani imvume yokuba ungeniswe esibhedlele kwiSebe leNkonzo yaBathengi – kufuneka uqhagamshelane neQualsa kule nombolo ichazwe apha ngasentla. Xa kufuneka ufumane ukuvunyelwa kwangaphambili, nceda ubuze kugqirha wakho ukuba akuncede kangangoko anako. Iseluxanduva lwakho kwakhona ukuba ufumane inombolo yokuvunyelwa kwiQualsa. Ukuba le nto ayenzekanga, uya kuba noxanduva lokuhlawula zonke iindleko zale akhawunti.

IQualsa ifuna le ngcaciso ilandelayo kuwe xa uthe wayitsalela umnxeba:

- ▶ Igama, ifani kunye nomhla wokuzalwa wesigulana;
- ▶ Igama loLungiselelo (Scheme), o.k.t. Fishmed;
- ▶ Inombolo yobulungu bakho;
- ▶ Igama logqirha okunyangayo kunye, ukuba unakho inombolo yokusebenza;
- ▶ Isibhedlele oza kungena kuso;
- ▶ Ubude obucetywayo bokuhlala esibhedlele;
- ▶ Umhla kunye nexesha lokwamkelwa esibhedlele;
- ▶ Inkqubo (khumbula ukubuza kugqirha wakho ngekhawundi iCPT-4 ); kunye
- ▶ Nesiphumo (khumbula ukubuza ugqirha wakho ngekhawundi i ICD-10).

### IZIBONELELO ZAKHO NGELI THUBA USESIBHEDLELE (Indlela esemgangathweni kuphela)

Izigulane ezithe zangeniswa esibhedlele phantsi kololongo nenkathalo kagqirha kufuneka zithunyelwe kwingcali yogqirha oqwalasela izigulo ezizodwa kwiiyure ezingama-24 amkelwe esibhedlele.

IFishmed ihlawula oku kulandelayo, kuxhonyekeke kunyino lwezibonelelo zonyaka zesibhedlele:

- ▶ Zonke iindleko zesibhedlele, kubandakanywa ezewodi, ezonyango oluphezulu, imirhumo ye-ICU kunye nezegumbi loqhaqho, amayeza kunye nezityiwayo (nceda ujonge izithintelo kwizibonelelo apha ngasezantsi);
- ▶ Yonke imirhumo yemisebenzi yobuchule enxulumene ngqo nesigulane ngasinye (oogqirha boqhaqho, iincutshe yogqirha ofaka amayeza okubulala ungeva ntlungu ngexesha loqhaqho, ezenzululwazi yezifo, ezenzululwazi yeX-reyi njl. njl)
- ▶ Iinkonzo zokongiwa ekhaya endaweni yesibhedlele.



### NCEDA QAPHELA:

Ukuba ngaba iindleko zesibhedlele zikhangeleka ngathi zingangaphezulu konyino lwindleko zesibhedlele zonyaka, uya kuthunyelwa kwisibhedlele sephondo.

### Uluhlu lwezibhedlele zangasese ezinesivumelwano\*

IGAMA LESIBHEDLELE	INGINGQI	ESANGASESE/ ESIKARHULUMENTE
Isibhedlele iGatesville	eGatesville	Esangasese
Isibhedlele saNgasese saseUCT	eObservatory	Esangasese
Isibhedlele saNgasese saseWest Coast	eVredenburg	Esangasese
Isibhedlele iMitchell's Plain	eMitchell's Plain	Esangasese
IKenilworth Clinic	eKenilworth	Esangasese
IBellville Medical Centre	eBellville	Esangasese
Isibhedlele iBooth Memorial	eOranjezicht	EsikaRhulumente
Isibhedlele iGroote Schuur	eObservatory	EsikaRhulumente
Isibhedlele iKarl Bremer	eParow	EsikaRhulumente
Isibhedlele sokubelekisa iMowbray	eMowbray	EsikaRhulumente
Isibhedlele saBantwana iRed Cross	eRondebosch	EsikaRhulumente
Isibhedlele iSomerset	eGreenpoint	EsikaRhulumente
Isibhedlele iTygerberg	eParow	EsikaRhulumente

### Izithintelo kwizibonelelo

Nceda ukhumbule oku kulandelayo:

- ▶ Ukuba ngaba kufuneka ungeniswe esibhedlele, kufuneka ufumane imvume ngaphambili kwiQualsa malunga neeyure ezingama-48 phambi kokuba ungene esibhedlele ngokuthi utsalele umnxeba kule nombolo 0861 888 118.
- ▶ Ukuba ngaba ukhethe iNdlela Esemgangathweni, akusayi kuba nakho ukuya kwisibhedlele sangasese ukuba ngaba ukuhlala kwakho apho kuya kudla ngaphezulu konyino lwesibonelelo sakho esibhedlele sonyaka (qho ngonyaka)
- ▶ Uvunyelwe ukuba uhlale iintsuku ezintathu kwigumbi labagula kakhulu xa ukwiNdlela Esemgangathweni.
- ▶ Ukungeniswa esibhedlele okufuna ukuba ube esibhedlele ngaphantsi kosuku esibhedlele, umz. Iinkqubo zotyando ezenziwa ngoogqirha bezifo zonke kunye neekliniki zamazinyo, azibandakanywa kwizibonelelo zesibhedlele.

\* Nceda ujonge "Ukusetyenziswa kwababoneleli benkonzo abanesivumelwano" kwiphepha lesi-4.

- ▶ Ukungeniswa esibhedlele uze kwiinkqubo zophando, umz. igastroskopi, ikholonokopi kunye ne athroskopi, zenziwa ngababoneleli benkonzo abaty-unjiweyo.
- ▶ Uvunyelwe ukuba uchithe ukuya kutsho kwi-R1 500 kwinzululwazi yezifo ngethuba ngalinye lokungeniswa esibhedlele kwiNdlela Esemgangathweni.
- ▶ Uvunyelwe ukuba uchithe ukuya kutsho kwi-R1 500 kwinzululwazi yeX-rey ngexesha ngalinye lokungeniswa esibhedlele kwiNdlela Esemgangathweni.
- ▶ Uvunyelwe ukuba ube neMRI/CT scan ngonyaka olungadlulanga kuma-R3 500 kwiNdlela Esemgangathweni. Esi sibonelelo siya kwenziwa kwizibhedlele zikarhulumente kuphela.
- ▶ Uvunyelwe ukuba uchithe imali engadlulanga kuma-R500 kumoluli wezih-lunu kungeniso ngalunye lwasesibhedlele.

#### Ezi nkqubo zilandelayo zinezithintelo ezithile phantsi kwesibonelelo sesibhedlele:

- ▶ IMaxillo facial/utyando olusemlonyeni lubandakanywe kwizigulane zengazi kuphela.
- ▶ Ukongiwa kwangasese endaweni yesibhedlele kuvunyelwe kangangeentsuku ezili-14 ngonyaka kusapho ngalunye.
- ▶ Izigulane kunokufuneka ziguqule indlela yazo yokuphila, umz. ziyeke ukutshaya okanye zithobe ubunzima bomzimba, phambi kokuba imvume inikezelwe yotyando apho kungekho ubungozi obunokuthi bube nempem-belelo engalunganga kwisiphumo sotyando olo lukhethiweyo.
- ▶ Ukulolongwa kwabagula ngengqondo kubandakanywe kuphela kumaziko aneenkqubo ezizodwa zengqondo. Ulolongo lwabagula ngengqondo luya kulawulwa yiQualsa yaye alunakudlula kwiintsuku ezingama-21 ngomntu oxhamlayo ngamnye ngonyaka.
- ▶ Ungeniso kwizibhedlele zangasese lwezigulane zezifo ezinganyangekiyo luya kubandakanywa kuphela xa unyango luhambelana nengcebiso kwizigulane yonyango lwesifo esinganyangekiyo, umz. isigulane seswekile esithe sasilela ukuthatha inaliti ye insulinini asiyi kuvunyelwa ukuba angeniswe esibhedlele sangasese ukuba ngaba sinoukufa isiqaqqa ngenxa yoku.
- ▶ Amayeza onokuwathatha uphume nawo (TTO) unikwe iintsuku ezintathu zokuqakumbela amayeza okubulala iintsholongwane (antibiotics) ngeli xesha isigulane sisesibhedlele.
- ▶ Ukunyangwa ngamayeza abulala iintsholongwane yomhlaza (ikhimotheraphi), ukufakelwa kwelungu kususwa ebelingasebenzi kakuhle, utyando lwentliziyo, ineurosurgery okanye irenal dialysis kubandakanywa kwizibhedlele zikarhulumente kuphela.
- ▶ IMRI/CT scans zezigulane ezikwiNdlela Esemgangathweni zibandakanywe

- ▶ kuphela kwizibonelelo zezibhedlele zikarhulumente kuphela, kuxhonyekeke-we kwisixa-mali esingadlulanga kuma-R3 500.
- ▶ I-internal prosthesis, kungabandakanywa ukufakelwa ngokutsha kwelungu, akunakudlula kuma-R15 000 ngomntu ngamnye oxhamlayo ngonyaka.
- ▶ I-internal prosthesis yokufakelwa ngokutsha kwelungu akunakudlula kuma-R20 000 ngomntu ngamnye oxhamlayo ngonyaka.

#### Izibonelelo zokubeleka:

- ▶ Isigulane masibhalise kwiQualsa kwiiveki nje zokuqala zokumitha ezingadlulanga kwiiveki ezili-16.
- ▶ Umbelekisi kwiSibhedlele soKubelekisa iMowbray okanye iGatesville Medical Centre, okanye nasiphi na esinye isibhedlele esityunjwe yiQualsa, kufuneka siqhube ngobelekiso.
- ▶ Ugqirha obelekisayo unakho ukuqhuba ubelekiso lwesigulane esithunyelwe ngumbelekisi.
- ▶ Kwenziwe isibonelelo seklasi enye yaphambi kokuba ubeleke, oku kulungiselelwa usapho lonke ngethuba lobulungu.
- ▶ Esi sibonelelo sixhomekeke kwiintsuku ezingadlulanga kwisithathu xa isigulane sibeke ngendlela eqhelekileyo ze zibe neentsuku xa sibeke ngo-qhaqho.
- ▶ Ukuba ngaba isigulane sifuna ukusikhupha isisu, olu nyango kufuneka lwenziwe kwikliniki iMarie Stopes.
- ▶ Ukumitha abantwana abaninzi kwenziwa kuphela kwizibhedlele zikarhulumente okanye amanye amaziko avunyelwe yiQualsa.
- ▶ IQualsa iya kusibonelela isigulane ngenkxaso yemfonomfono.

#### IIKHEMESTI EZINEMVUME

Onke amayeza ezigulo ezinganyangekiyo akafumaneki kugqirha wakho kufuneka afunyanwe kwikhemesti enemvume. Uluhlu lweekhemisti luyafumaneka kwiSebe leNkonzo yaBathengi.

#### IINGCUNGELA ZOOGQIRHA BEZIFO EZITHILE

IFishmed ihlawula i100% yemilinganiselo yoncedo lonyango kwingcungela zezifo ezithile, kubandakanywa inzululwazi (x-reyi, njl. njl.) kunye nenzululwazi ngezifo (ukuhlolwa kwegazi, njl. njl.).

Ugqirha wezifo zonke ovunyelweyo kufuneka akuthumele kwingcungela yogqirha wezifo ezithile othe waqinisekiswa yiFishmed. Ugqirha wezigulo zonke kufuneka afumane inombolo yemvume kwiQualsa kule meko.

## AMAYEZA EZIGULO EZINGANYANGEKIYO

Ukuba ngaba ugula yimeko enganyangekiyo efana nesifo seswekile okanye uxinzelelo oluphezulu lwegazi, kufuneka wenze isicelo kwinkqubo yamayeza ezifo ezinganyangekiyo (Qualsa) ukuze ube selungelweni lesibonelelo samayeza ezifo ezinganyangekiyo.

IQualsa inikezela ngemvume ngoko nangoko yonyango lwesifuba, isifo seswekile kunye noxinzelelo lwegazi oluphezulu, kodwa ukuba ugula sesinye isigule esinganyangekiyo, ugqirha wakho kufuneka athumele ingxelo kunye nefomu yesicelo sakho ukuphembelela isicelo sakho.

Iifomu zezicelo zezifo ezinganyangekiyo zifumaneka xa uzifuna kwiSebe leNkonzo yaBathengi. Nceda ucele ugqirha wakho akuzalisele le fomu.

## EZINGABANDAKANYWANGA (IIMEKO, IIMVELISO KUNYE NEENKQUBO EZINGABANDAKANYWA YIFISHMED)

IFishmed ilawulwa yimithetho engqongqo ebhalisiweyo, ethi ithi thaca izibonelelo zayo, iminikeko kunye nezingabandakanywanga.

Ezingabandakanywanga ezilapha ngasezantsi zisebenza kuwo onke amalungu eFishmed:

- ▶ Utyando ngelaser;
- ▶ Laparoscopic appendicectomies;
- ▶ Laparoscopic hernia operations;
- ▶ Laparoscopic hysterectomies kunye nenye ilaparoscopic gynaecological surgery;
- ▶ Ukwenzakala okubangela ngokwakho nokuzibulala;
- ▶ Ukunyangelwa ukutyeba;
- ▶ Unyango lokukhangeleka kakuhle (cosmetic treatment);
- ▶ Unyango lokungazali;
- ▶ Uthintelo lokumitha;
- ▶ Amayeza ezityalo kunye namayeza awenziwa endaweni enye kuphela;
- ▶ Iivithamini kunye neeminerali ezilungiselelwe ukuthatha indawo yokutya okuthile xa uthoba ubunzima bomzimba;
- ▶ Ukwenzakala ngenxa yokuthabatha inxaxheba kwimidlalo yobuchule; kunye
- ▶ Nokurhoxisa idinga lokudibana nogqirha.