



THE NEXT GENERATION NETWORK

PAR FEEL BETTER FAST MEDICAL VOUCHERS

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Services	Per member per month fee (Excluding VAT)
Discounted Travel	R5.00
Grocery Coupons	R6.20
Soccer and Rugby Tickets	R4.00
FeelBetterFast Medical Vouchers	R16.50
Telephonic Legal Advice	R4.00

FEEL BETTER FAST MEDICAL VOUCHERS

WHAT IS A MINOR AILMENT?

“A common self-limiting or uncomplicated condition that may be diagnosed and managed without medical (GP) intervention. This could include but is not limited to colds and flu, backache or a skin rash.

WHAT IS FEELBETTERFAST?

Feel Better Fast is a minor ailment service which utilises pharmacy based healthcare professionals to provide a quick and accessible treatment option for the management of many minor health conditions using a pre-paid voucher system.

WHAT TYPE OF TREATMENT WOULD BE OFFERED?

A face to face consultation between a nurse and/or pharmacist and the Client would take place in the pharmacy.

New minor ailment conditions are continually added to the FeelBetterFast service as well as other healthcare interventions such as Flu Vaccination and a Health Check service (BP, Glucose, Cholesterol, Weight, Smoking status together with a report for the Client).

PARTICIPATING PHARMACIES

The service is supported by a national network of contracted pharmacies.

REFERRAL TO A PHARMACY

- Clients with minor ailments (or in need of a Flu Vaccine or Health Check) will contact the dedicated call centre number.
- The Client will be validated to confirm that they are an active Client in terms of the CLIENT programme.
- If eligible, the nearest participating pharmacy will be identified and the CLIENT will receive a voucher via SMS, to be presented to the pharmacy upon arrival.
- The Client may be required to present proof of ID.

THE CONSULTATION

The pharmacist/nurse will consult with the Client, identify the ailment and follow Standard Treatment Guidelines in order to dispense the appropriate medication. Should medication not be required, the nurse/pharmacist may give the appropriate self-help

advice. If the ailment requires any medical procedure, such as the application of a dressing, this will be performed at the clinic before medicine is dispensed.

If the nurse/pharmacist finds that the ailment cannot be treated within the service (because the ailment is not covered by the service or there are signs of more serious disease) a Referral Letter will be generated to take to a doctor or other healthcare professional. Please note that these services are not included in the FeelBetterFast services.

MEDICINE SUPPLY

The Client will take the Dispensary Referral Note to the pharmacist at the dispensary counter where the necessary formulary medicine will be dispensed. Supply of medication will be in accordance with the relevant legislation.

MEDICINE FORMULARY

The table below contains a list of common minor ailments and the medication that would be dispensed. Please note that the list of medicines is continuously being updated.

Benefit Overview:

FeelBetterFast is a digital voucher service for minor ailments which utilises pharmacy-based healthcare professionals to provide a quick and accessible treatment option for the management of many minor health conditions. The FeelBetterFast product is delivered through an innovative vouchering system which can be redeemed by members at one of our network pharmacies. The service is based on the Standard Treatment Guidelines (STG) and the Essential Medicine List (EML), which ties the ailment to an evidence-based medicine choice.

Medicine/Treatment	Condition
Acetylcysteine 200mg	Influenza
Acetylcysteine 200mg	Common Cold
Acyclovir 50mg/g cream	Cold Sores (Fever blisters)
Beclomethasone 50mcg aq nasal spray	Hay Fever (Allergic Rhinitis)
Benzyl benzoate 25% lotion	Scabies
Bismuth Subgallate Ointment	Haemorrhoids
Bismuth Subgallate Suppositories	Haemorrhoids
Calamine Lotion	Insect Bites & Stings
Calamine Lotion	Allergic contact dermatitis, unspecified cause
Carbocisteine 250mg/5ml syrup	Cough (wet)
Cerumol	Ear Irrigation
Cetirizine 10mg tabs	Hay Fever (Allergic Rhinitis)
Cetirizine 10mg tabs	Conjunctivitis / Red Eye (Allergic)
Chlorphenamine Cold/Flu Preparations	Common Cold

Medicine/Treatment	Condition
Chlorphenamine Cold/Flu Preparations	Influenza
Chlorpheniramine 2mg/5ml Syrup	Hay Fever (Allergic Rhinitis)
Chlorpheniramine 2mg/5ml Syrup	Insect Bites & Stings
Chlorpheniramine 2mg/5ml Syrup	Allergic contact dermatitis, unspecified cause
Chlorpheniramine 4mg tablets	Allergic contact dermatitis, unspecified cause
Chlorpheniramine 4mg tablets	Hay Fever (Allergic Rhinitis)
Chlorpheniramine 4mg tablets	Insect Bites & Stings
Clotrimazole 2% cream	Athletes Foot
Clotrimazole 2% cream	Ringworm
Clotrimazole 2% cream	Fungal Skin Infection
Clotrimazole Pessary	Vaginal Thrush
Clotrimazole Vaginal Cream	Vaginal Thrush
Clotrimazole Vaginal Tablet	Vaginal Thrush
Cyclizine 100mg suppositories	Nausea and Vomiting
Cyclizine 12,5ml/5ml Syrup	Nausea and Vomiting
Cyclizine 50mg suppositories	Nausea and Vomiting
Cyclizine 50mg tablets	Nausea and Vomiting
Diphenhydramine Cough Syrup	Common Cold
Diphenhydramine Cough Syrup	Influenza
Dressings	Burns and scalds
Dressings	Early complications of trauma
Dressings	Injury of unspecified body region
Dressings	Injury of unspecified body region
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Dressings	Injury of unspecified body region
Dressings	Injury of unspecified body region
Dressings	Early complications of trauma
Dressings	Burns and scalds
Fluarix Tetra 0,5ml	Flu Vaccination
HIV Pre Test Counselling	HIV Pre Test Counselling
HIV Test	HIV Test and Post Test Counselling
Hyoscine butylbromide 10mg tablets	Abdominal cramps / Stomach cramps
Hyoscine Butylbromide 5mg/5ml Syrup	Abdominal cramps / Stomach cramps
Ibuprofen 100mg/5ml Syrup	Muscle Sprain or Strain
Ibuprofen 100mg/5ml Syrup	Backache

Ibuprofen 100mg/5ml Syrup	Toothache
Ibuprofen 200mg tablets	Backache
Ibuprofen 200mg tablets	Toothache
Ibuprofen 200mg tablets	Muscle Sprain or Strain
Ibuprofen 200mg tablets	Migraine Headache
Ibuprofen 400mg tablets	Migraine Headache
Ibuprofen 400mg tablets	Backache
Ibuprofen 400mg tablets	Period Pain (Dysmenorrhoea)
Immune Booster (any) Effervescent	Immune Support
Immune Booster Syrup	Immune Support
Influvac 0.5ml	Flu Vaccination
Lactulose syrup	Constipation
Lactulose syrup	Haemorrhoids
Lansoprazole 15mg capsules	Heartburn
Levonorgestrel 1,5mg single dose tablet	Emergency oral contraception
Lice, fine toothed comb	Head Lice
Lidocaine 2% Cream	Haemorrhoids
Loperamide 2mg tablets	Diarrhoea
Mebendazole 100mg tablets	Deworming
Mebendazole 100mg/5ml Suspension	Deworming

Mebendazole 500mg single dose tablet	Deworming
Mebendazole 50mg/ml single dose Suspension	Deworming
Medicated Lozenges	Sore Throat
Migrex OTC	Migraine Headache
Migril Tablets	Migraine Headache
Multivitamins and Minerals	Immune Support
Multivitamins and Minerals	Health Maintenance/Recuperation
No medication supplied	Consultation and Referral
Nystatin oral suspension 100 000IU/ mL	Oral Thrush
Oral rehydration solution	Diarrhoea
Oxymetazoline 0.025% eye drops	Conjunctivitis / Red Eye (Allergic)
Oxymetazoline 0.05% nasal drops	Hay Fever (Allergic Rhinitis)
Oxymetazoline 0.05% nasal drops	Sinusitis
Paracetamol 120mg/5ml Syrup	Injury of unspecified body region
Paracetamol 120mg/5ml Syrup	Early complications of trauma
Paracetamol 120mg/5ml Syrup	Earache (Otitis Media)
Paracetamol 120mg/5ml Syrup	Fever

Paracetamol 120mg/5ml Syrup	Headache
Paracetamol 120mg/5ml Syrup	Insect Bites & Stings
Paracetamol 120mg/5ml Syrup	Muscle Sprain or Strain
Paracetamol 120mg/5ml Syrup	Sinusitis
Paracetamol 120mg/5ml Syrup	Sore Throat
Paracetamol 120mg/5ml Syrup	Toothache
Paracetamol 120mg/5ml Syrup	Influenza
Paracetamol 120mg/5ml Syrup	Common Cold
Paracetamol 120mg/5ml Syrup	Burns and scalds
Paracetamol 120mg/5ml Syrup	Backache
Paracetamol 500mg tablets	Influenza
Paracetamol 500mg tablets	Sore Throat
Paracetamol 500mg tablets	Muscle Sprain or Strain
Paracetamol 500mg tablets	Headache
Paracetamol 500mg tablets	Earache (Otitis Media)
Paracetamol 500mg tablets	Early complications of trauma
Paracetamol 500mg tablets	Common Cold
Paracetamol 500mg tablets	Backache
Paracetamol 500mg tablets	Toothache
Paracetamol 500mg tablets	Sinusitis
Paracetamol 500mg tablets	Insect Bites & Stings
Paracetamol 500mg tablets	Fever
Paracetamol 500mg tablets	Injury of unspecified body region
Paracetamol 500mg tablets	Burns and scalds
Paracetamol 500mg tablets	Migraine Headache
Paraffin gauze dressing	Burns and scalds
Povidone-Iodine 5% cream	Burns and scalds
Probiotic	Vaginal Thrush
Senosides 7.5mg tablets	Constipation
Sodium Chloride 0.7% nose drops	Sinusitis
Tetavax	Tetanus Vaccine
Tetracaine 0.5% oral ointment	Cold Sores (Fever blisters)
Tetracaine 0.5% oral ointment	Mouth Ulcers
Throat Lozenge	Dry Cough
Vaxigrip 0.5ml	Flu Vaccination
Virtual GP Consultation	Virtual GP Consultation
Vitamin C 250mg/500mg Tablets	Flu Vaccination
Vitamin C 250mg/500mg Tablets	Immune Support
Vitamin C Effervescent (any) 1000mg	Immune Support
Waxsol	Ear Irrigation
Zn Mineral Supplement	Immune Support