



Basic Option Guide 2025
Your Partner in Health

Contents

PG 03 | 01. | **WHY NAMMED?**

PG 03. How it Works?

PG 03. HIV/AIDS PROGRAMME

PG 04. Emergency Medical Evacuation

PG 06. Nammed App

PG 06 | 02. | **BENEFITS PER FAMILY**

PG 06. In-Hospital Benefits

PG 07. Out-Of-Hospital Benefits

PG 08. Contribution Tables

PG 08. Premium Waiver

PG 09 | 03. | **SERVICE PROVIDERS**

PG 09. General Practitioners

PG 11. Dental Practitioners

PG 12 | 04. | **CONTACT US**

HOW IT WORKS

YOU DESERVE QUALITY HEALTHCARE

- Access to private healthcare for medical treatment (as per DSP agreement)
- Choose from our list of private doctors (DSPs) to access quality healthcare services
- Make an appointment before visiting your preferred DSP doctor
- Pay the N\$15 co-payment per visit directly to the DSP doctor
- Refer to pages 9 to 11 for the list of Designated Service Providers (DSPs).

ADDITIONAL BENEFITS & SERVICES

1 FLU VACCINE

- per year
- per member

1 PRIMARY SCREENING

- per year
- per member

HIV/AIDS PROGRAMME

Managed with complete privacy and confidentiality



Benefits

Customised support and care to suit individual needs:

- Treatment tailored to your needs
- Full access to a medical facility during the period of related illness
 - Approval of all available HIV/AIDS medications
- Approval of all additional supporting medication such as vitamins and antibiotics
- Related pathology or blood tests paid from available day-to-day pathology benefit

Emergency Medical Evacuation

**Available on all Options
countrywide**

Nammed has partnered with LifeLink to give members 24/7 access to immediate emergency response via road or air – No upfront deposit needed in case of emergency evacuation

CALL 999
and provide your
membership
number for
immediate
assistance

YES, WE COVER OTHER MEDICAL EMERGENCY SERVICES AS WELL

COUNTRYWIDE

CRISIS RESPONSE: 061 303 395 / 083 3912

E-MED RESCUE 24: 924 (landline)

MR24/7: 956 / 061 255 676

WINDHOEK & SURROUNDING AREA

AEMS AMBULANCE SERVICES:

081 963

**CITY OF WINDHOEK
EMERGENCY SERVICES:** 061 211 111

OHANGWENA (LONG DISTANCE)

**OHANGWENA PRIVATE
AMBULANCE SERVICES:**

97970 / 081 647 1661

COASTAL AREAS

CODE RED MEDICAL SERVICES:

+264 85 9900 / +264 85 8940 /
+264 81 128 5502

WALVIS BAY & SWAKOPMUND

ST GABRIEL AMBULANCE:

+264 85 955 / +264 81 124 5999

WHEN TRAVELLING TO SOUTH AFRICA

T: +264 64 500 346 / 999

EENHANA (LONG DISTANCE)

**INTENSIVE THERAPY
UNIT AMBULANCE:**

082 444 7807

OUTAPI & SURROUNDING AREA

OUTAPI AMBULANCE:

+264 65 251 800

SOUTH (LONG DISTANCE)

**ROSHCARE CLINIC
AMBULANCE SERVICES:**

+264 63 274 918 / +264 85 785 0116

ELITE EMERGENCY RESCUE

+264 81 450 9333

OKAHANDJA

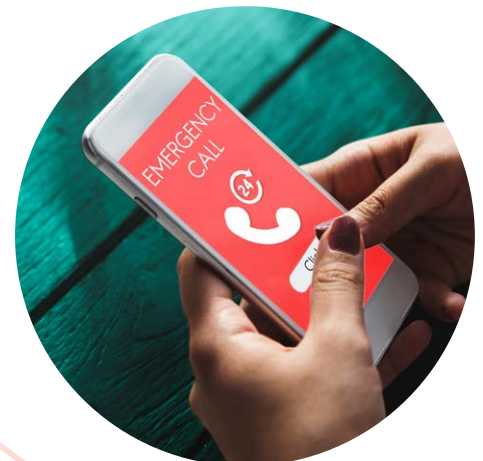
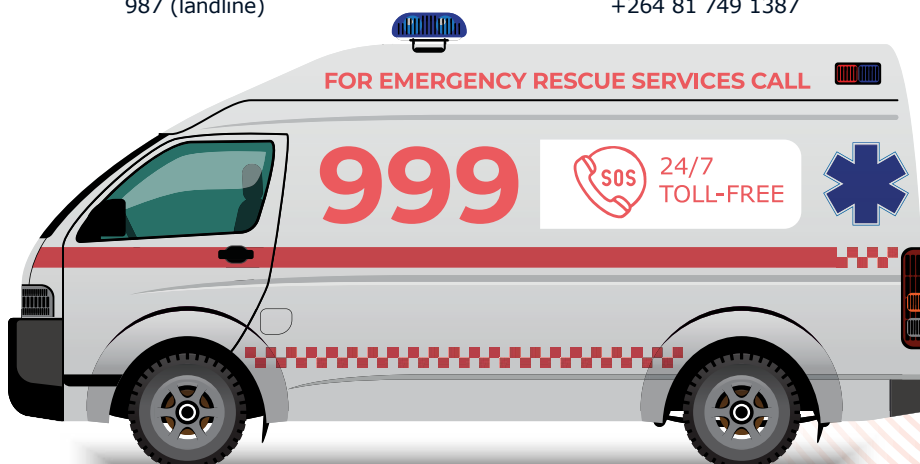
**OKAHANDJA PARAMEDICAL
SERVICES:**

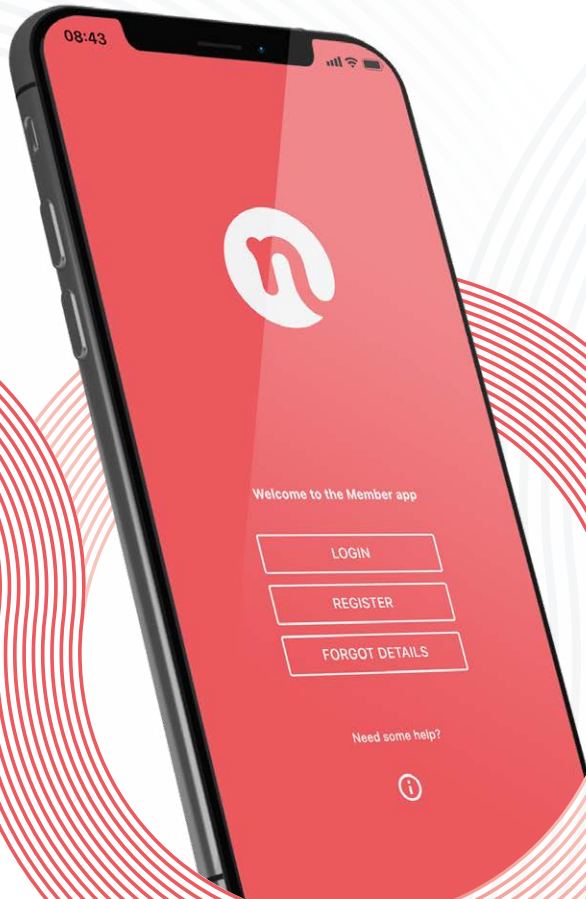
987 (landline)

NORTHERN NAMIBIA

**NAMIBIA PRIVATE AMBULANCE
SERVICES:**

+264 81 749 1387





Digital membership card



Emergency contact details



Confirm your available Benefits

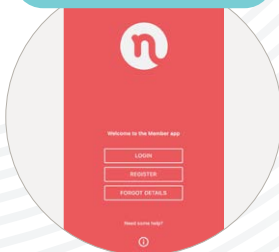


Track claims



Submit a claim

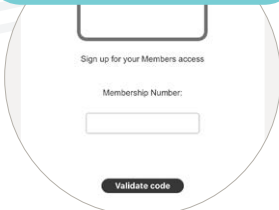
Register



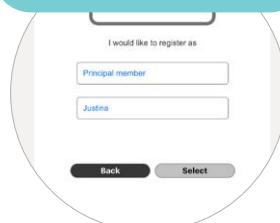
Create Account



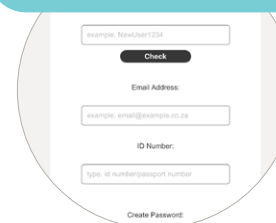
Enter your membership number and validate



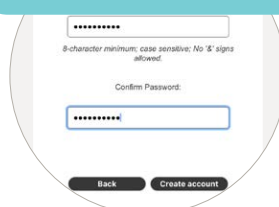
Register as Principal member or Beneficiary



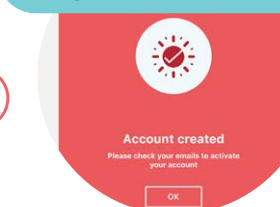
Create and Check your username



Enter information required and create account



Validation email will be sent to you, click on the link



GET IT ON
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App Store



BENEFITS PER FAMILY PER ANNUM

IN-HOSPITAL BENEFITS

DESCRIPTION	OVERALL ANNUAL BENEFIT	TARIFF	BASIC OPTION
HOSPITALISATION	Ward Fees - Hospital.	100% of State Tariff	Reimbursement as per DSP contract.
	Ward Fees - Subacute.	100% of State Tariff	Reimbursement as per DSP contract.
	Theatre fees, recovery rooms, Intensive Care & High Care.	100% of State Tariff	Reimbursement as per DSP contract.
	Medicine & Materials used in hospital (Subject to agreed reimbursement model) TTO medicine limited to a seven day supply.	100% of State Tariff	Reimbursement as per DSP contract.
	Radiology and Pathology while hospitalised.	100% of State Tariff	Reimbursement as per DSP contract.
	Doctor Visits.	As per DSP Agreement	Reimbursement as per DSP contract.
	Surgical Procedures in theatre.	100% of State Tariff	Reimbursement as per DSP contract.
	MATERNITY IN HOSPITAL: STATE FACILITY ONLY		
	Maternity in Hospital.	100% of State Tariff	Reimbursement as per DSP contract (state facility only).
	PSYCHIATRIC TREATMENT & SUBSTANCE ABUSE: : STATE FACILITY ONLY		
	Substance Abuse	As per Agreement	Limited to N\$ 4 310 per family per annum
	Psychiatric treatment	100% of State Tariff	Reimbursement as per DSP contract (state facility only).
	AMBULANCE BENEFIT		
	Non-emergency transport (doctor motivation required) (Subject to available limit).	100% of Cost	N\$ 4 100 per family per annum.

ACCESS TO PRIVATE HOSPITALS IN EMERGENCIES ONLY

Overall Annual Benefit N\$ 430 000

DEFINITION OF EMERGENCY

An emergency medical condition, also referred to as an emergency, is the sudden and, at the time, unexpected onset of a health condition that requires immediate medical and surgical treatment, where the failure to provide medical or surgical treatment would result in serious impairment to bodily functions or serious dysfunction of a bodily organ or part thereof or would place the person's life in serious jeopardy.

A Designated Service Provider (DSP) is a healthcare provider or group of providers designated by the Fund to provide services to our members for the diagnosis, treatment and care of medical conditions.

BENEFITS PER FAMILY PER ANNUM

OUT-OF-HOSPITAL BENEFITS

DESCRIPTION	OVERALL ANNUAL BENEFIT	TARIFF	BASIC OPTION
HOSPITALISATION	DOCTOR VISITS		
	Doctor Visits / Consultations.	As per DSP Agreement	Unlimited visits at a DSP (N\$ 15 co-payment)
	Procedures / Services.	100% of Namaf Tariff	Limited to available Private Hospital limit
	Radiology & Pathology.	100% of Namaf Tariff	Reimbursement as per Network contract.
	MEDICATION		
	Self Medication (including selected sunscreens and vitamins).	100% of Pricing Structure	N\$ 430 per family per quarter
	Acute/Prescribed Medication.	100% of Pricing Structure	N\$ 2 400 per Principal Member limited to N\$ 3 900 per family per annum. Limited to N\$ 325 per script. No co-payment.
	Chronic medication - Subject to Fund approval	100% of Pricing Structure	N\$ 4 200 per family per annum limited to N\$ 325 per script. No co-payment.
	Anti-retroviral Medication therapy.	100% of Pricing Structure	N\$ 12 180 per family per annum. No script levy.
	OPTICAL BENEFIT		
	Consultation by an Optometrist.	100% Cost	N\$ 1 370 per family per annum including frames at DSP (N\$ 15 co-payment) 6 month waiting period for private Members.
	Spectacles (frames and lenses), contact lenses Prescription sunglasses (only on specialist recommendation).		
	DENTAL BENEFIT		
	Additional Basic Conservative Dental Benefit (e.g. comprehensive consultation, root canal, oral hygiene counselling, refinement of restorations, treatment of hypersensitive dentine, partial & full dentures).	100% Namaf Tariff at DSP	N\$ 1 940 per Principal Member and limited to N\$3 680 per family per annum - Unlimited at State Facility.

CONTRIBUTION TABLES

- **PM:** Principal Member
- **ADEP:** Adult Dependand
- **CDEP:** Child Dependand under age 21
- Maximum age to join the Fund as a Principal member or Dependand is 60 years



BASIC INDIVIDUAL & GROUP			
AGE	PM	ADEP	CDEP
All Ages	795	592	244



PREMIUM WAIVER

Available on
ALL OPTIONS

3-month premium waiver
in the event of death of the Principal Member

No monthly medical aid contributions for three months
while medical cover continues for dependants

Member contributions must be up-to-date
at the time of death

DESIGNATED SERVICE PROVIDERS

GENERAL PRACTITIONERS

TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER
Eenhana	Ogundiran	065 263 890
Gobabis	Barnard	062 564 203
	Omaheke Medical Practice	062 563 084
	Opperman	062 564 203
Grootfontein	Botha	067 243 304
	Malan	067 243 304
	Van Wyk	067 240452
Henties Bay	Matthysen	064 500 423
	Healing Hands Medical Practice	085 769 9469
Karasburg	Burger	063 270 952
Karibib	Katoma	081 781409
	Namib Family Medical Centre	081 781409
	Dwomott	064 550 050
	Gariseb	064 550 050
Katima Mulilo	Mabhena	066 252 966/7
	Bwalya	081 245 3556
	Mvula	081 147 3387
Keetmanshoop	Coetzee	063 225 687
	Oberholzer	063 226 129
Lüderitz	John Medical Centre	081 468 5605
	Marais & Petzer	063 202 706
Mariental	Hardap Family Practice	063 247 792
Okahandja	Okahandja Medical Practice	062 501 078/079
	Kakukuru	081 609 7922
	Brinkman	081 128 8667
	De Beer	081 128 8667
	Kabanzi	081 128 8667
	Van Zyl	081 128 8667
Omaruru	Chinyoka	064 571 159
	Mangoya	064 571 159
	Omaruru Medical Practice	064 570 033
	Tagarira	081 477 5914
	Bertelsmann	081 285 5328
Omuthya	Iipinge	065 244 114
	Mdala	081 475 8078
Ondangwa	Outapi Medical Centre	065 240 206
	Avula	065 240 206
	Mweendeleli	081 147 3387
	Dafana	064 241 120
	David	081 147 3387
Opuwo	Shayo	081 640 3220
	Uirab	065 273 371
	Puleni	081 147 3387

TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER
Oshakati	Amwaama	065 226 622
	Bangabutu	065 253 731
	Kalangula	065 224 087
	Kashuupulwa	065 226 976
Otjiwarongo	Kukkiriza	067 303 313
	Tumba	081 274 6357
	Bulaya	067 303 277
	Laubscher	067 304 074
	Otjiwarongo Medical Practice	067 300 200
Outjo	Nderecha	067 222 012
	Kaura	067 313 600
Rehoboth	Witbooi	062 524 107
	Mpofu	062 525 375
	Olivier	062 522 814
	De Klerk	062 523 190
	Tune	062 525 039
	Rehoboth Medical Centre	062 523 600
	Tune	062 525 039
	Rehoboth Medical Centre	062 523 600
	Matinhure	062 522 184
Rosh Pinah	Rosh Pinah Health Care Clinic Sidadi Clinic	081 306 2182
Ruacana	Empire Medical Centre	081 399 4009
	Kanime	081 399 4009
Rundu	Komu	066 256 969
Stampriet	Dreyer	063 260 020
Swakopmund	Khomas Medical Centre Mondesa PHC	064 425 800
	Cottage Family Practice	064 465 000
	Shapumba	081 782 8964
	Gabriel	064 425 800
	De Villiers Schickerling	064 419 000
	Pieterse	064 419 000
	Van Wyk	064 461 613
	Jordaan	064 405 000
	Vineta Medical Practice	064 462 361
	Mondesa Medical Practice	064 400 186
Uis	Brandberg Medical Centre	081 875 1822
Tsumeb	Etosha Medi-Care	067 220 001
Walvis Bay	Rockview Medical Centre	064 204 288
	Zulu	064 204 288
	Executive Medical Services	064 207 166
	Nakale	081 646 4518
	Kamenye	081 646 4518

DESIGNATED SERVICE PROVIDERS

GENERAL PRACTITIONERS

TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER
Walvis Bay	Phoenix Medical Centre	081 646 4518
	St John Medical Centre	081 241 9336
	Express Healthcare	064 204 339
	Jinguri	064 204 339
	Tiwaringe	064 204 339
	Mudyenadzo	064 204 339
	Burlachenko	064 285 109
	Maslinda	064 204 705
	Welwitchia Medical Centre	064 206 456
	Docua Medical Practice	064 221 392
	Gonzalez	064 204 809
	Majangara	064 221 530
	Hamata	064 204 486
	Alpha Medical Consulting Room	081 544 4797
	Westend Family Practice	064 206 870
Windhoek	De Villiers	061 402 807
	Palm Valley Medical Centre	061 227 893
	Stockline Medivcal Practice Westlane	083 311 5430
	Kakololo	081 360 8281
	Sevenster	061 334 751
	Weder	061 263 315
	Mukwaso	061 239 111
	Zezai	061 226 385
	Jordaan	061 253 166
	Shamena	061 211 904
	Florek	061 303 737
	Nepunda	085 774 6550
	El-shewikhy	061 211 364
	Voronkov	061 232 206
	Pedro	061 226 084
	Solomon	061 211 097
	Parkview Medical	061 246 809
	Sunrise Medical Center	061 230 330
	Ellen Medical Services	081 328 7957
	Anyolo	061 210 326
	Nyanguridza	081 214 8836
	Jacobs	081 750 3506
	Macmed Medical Centre	061 255 180
	Du Plessis	061 302 888
	Weber	061 302 888
	Hochreiter	061 302 888
	Kisting	061 302 888
	Abram	061 302 888
	Azadeh	061 302 888

TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER
Windhoek	Kotze	061 302 888
	Mushininga	081 370 1794
	Madondo	061 226 632
	Nancy Gadalla	061 301 316
	Paramount Healthcare Centre	061 287 1103
	Venter	061 287 1103
	Coceicau	061 287 1103
	Macquarie Medical Centre	061 411 150
	Ofunne	061 271 700
	Best Medical Practice	061 217 791
	Erkana	061 223 872
	Verkhusha	061 222 247
	Shonshiwa	061 305 381
	Oyetweni Health Centre	061 227 173
	Mawire	061 304 349
	Burger	061 385 600
	Venter	061 385 600
	Nabot	061 385 600
	Nambuwa	061 385 600
	Mutomba	061 385 600
	Kanutula	061 385 600
	Nel	083 335 5040
	De Klerk	061 236 976
	Maritz	061 254 747
	Nyathi	061 305 773
	Weimann	061 223 714
	Jona	061 261 176
	Zarou	061 304 162
	Mannschatz	061 231 256
	Olivier	061 231 256
	Monye	061 222 541
	Kalonji	081 360 8281
	Jonas	081 757 2720
	Jona	081 416 4811
	Kalenga-Angula	061 278 900
	Northlands Medical Group(Dr Matare)	061 253 035
	Chidzoba	061 271 200
	Zimba	081 486 1440
	Chanyoka	061 210 157
	Health 4 you clinic	061 261 852
	Malinga	061 400 739
	Rusike	061 212 969
	Zimudzi	061 216 689
	Makemba	061 220 778

DESIGNATED SERVICE PROVIDERS

GENERAL PRACTITIONERS

DENTISTS

TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER
Windhoek	Kleophas	061 253 813
	Genis	061 385 601
	Family Wise Medical Practice	061 302 160
	Tembo	061 305 275
	Windhoek Family Practice	061 229 628
	Limon	061 229 428
	Dube	061 229 672
	Sanchez Vega	061 253 466
	Palm Valley Medical Centre	061 227 895
	Nhokwara-Matenda	061 222 259
	Mukumba	061 300 430
	Chinyoka	061 224 446
	Verkhusha	061 222 247
	Zimudzi	061 220 679
	Burger	061 385 600
	Le Grange	061 306 434
	Behr	081 279 8060
	Karamata	061 255 331
	Munatsi	061 246 117
	Mafumhe	061 308 249

TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER
Springbok	Burger	027 718 1440
Swakopmund	Prosmile Dental Practice	064 462 862
	Nambahu	081 214 5285
	Streits	064 462 202
	Jurgens	064 405 833
Walvis Bay	Gontes	064 206 396
	Shayamano	081 811 4982
	Kock	064 206 719
	Elite Dental Care	064 206 065
Windhoek	Tracy-Lee Gontes Dental Practice	081 206 339
	Chigova	085 313 8139
	Mary Dental Practice	081 650 7508
	Katutura Dental Practice	061 261 127
	Izaak	061 300 701
	Banda	061 227 173
	Scriba	061 235 805
	Jouch	061 228 979
	Wallenstein	061 257 301
	Kayone	061 223 777
	Edge Dental Practice cc LPPH	083 385 7818
	Scholtz	061 402 414
	Itula	061 400 675
	Timm	061 254 426
	Banda	061 227 173
	Bailey	061 300 942
	Mc Coney	061 300 942
	Mouton	061 300 942
	De Villiers	061 303 945
	Atlantic Dental Sugery	081 307 2829
	Swanepoel	061 142 409
	Olivier	061 254 426
	Moloi	061 254 999
	Slabber	061 228 775
	Bismarck Dental Practice	061 400 476
	Thomson	061 400 476
	Pack	061 226 125
	Chibaya	061 222 437
	Amalwa	081 375 7118
	Uusiku-Hangula	061 214 310
	Langenhoven	081 329 5859
	Rutabansibwa	061 271 727
	Mwaenga	061 229 510
	Sheepo	081 282 5088

DENTISTS

TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER
Gobabis	Louw	062 562 691
Karibib	Kakumai	081 483 1124
Keetmanshoop	Smith	063 226 155
Lüderitz	Chibaya	063 204 201
Mariental	Roelofse	063 242 783
Okahandja	Salama	081 560 9755
Oranjemund	Newaka	063 238 032
Otavi	Dauramanzi	067 220 667
Otjiwarongo	De Haast	067 303 131
	Atlantic Dental Sugery	081 307 2829
Outapi	Minga	065 202 805
	Mushava	081 362 9733
Rehoboth	Edge Dental Practice cc Rundu	081 897 9676
Rosh Pinah	Visser	063 274 911
Rundu	Chibaya	066 255 096
	Simwizye	081 716 6497

CONTACT US

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SWAKOPMUND

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Walvis Bay

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Email: info@nammed.org.na

