



Basic Benefit Guide 2026

Your Partner in Health

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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: 963 CITY OF WINDHOEK EMERGENCY SERVICES: 061 222 111	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



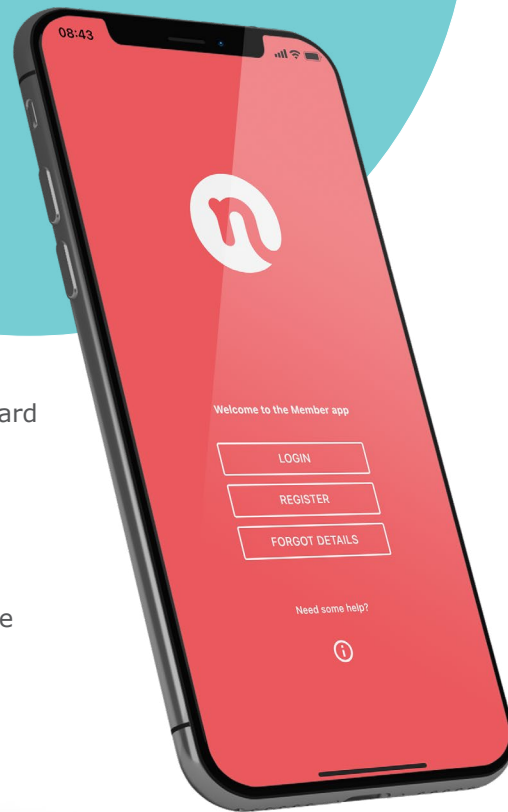
Emergency contact details



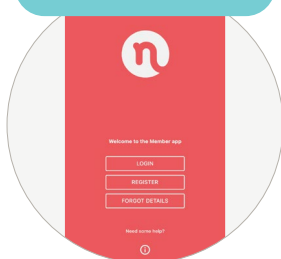
Confirm your available Benefits



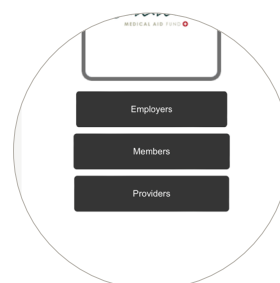
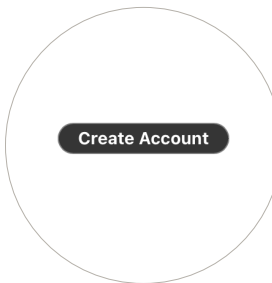
Track claims



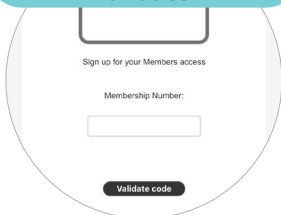
Register



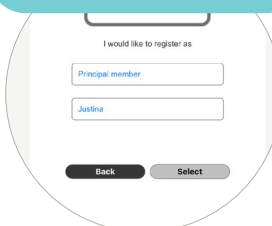
Create Account



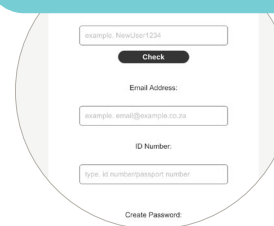
Enter your membership number and validate



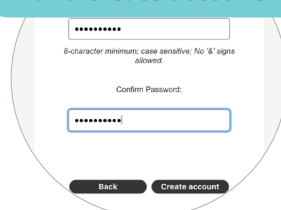
Register as Principal member or Beneficiary



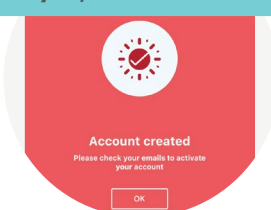
Create and Check your username



Enter information required and create account



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



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\$ 4 470 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\$ 4 250 per family per annum.

ACCESS TO PRIVATE HOSPITALS IN EMERGENCIES ONLY

Overall Annual Benefit N\$ 446 000

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\$ 445 per family per quarter
	Acute/Prescribed Medication.	100% of Pricing Structure	N\$ 2 490 per Principal Member limited to N\$ 4 040 per family per annum. Limited to N\$ 340 per script. No co-payment.
	Chronic medication - Subject to Fund approval	100% of Pricing Structure	N\$ 4 355 per family per annum limited to N\$ 340 per script. No co-payment.
	Antiretroviral Medication therapy.	100% of Pricing Structure	N\$ 12 630 per family per annum. No script levy.
	OPTICAL BENEFIT		
	Consultation by an Optometrist.	100% Cost	N\$ 1 420 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\$2 010 per Principal Member and limited to N\$3 820 per family per annum - Unlimited at State Facility.

CONTRIBUTION TABLES

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



BASIC INDIVIDUAL & GROUP			
AGE	PM	ADEP	CDEP
All Ages	825	614	253

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		TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER	
Arandis	Northlands Medical Practice	064	510 788	Omuthya	Alfine Medical Center	065	244 114
Eenhana	Ogundiran	065	263 890		Iipinga	065	244 114
Erongo	Gaomab	064	221 392		Northlands Medical Clinic - Omuthiya	065	244 120
Gobabis	Barnard	062	564 203		Mdala	081	475 8078
	GABI	062	565 717	Ondangwa	Avula	065	240 206
	Omaheke Medical Practice	062	563 084		Chiwira	065	240 198
	Opperman	062	564 203		Dafana	064	241 120
Grootfontein	Botha	067	243 304		David	081	147 3387
	Malan	067	243 304		Dr Kudada	081	872 8492
	van Wyk	067	240452		Dr L Simon	066	256 945
Henties Bay	Healing Hands Medical Practice	085	769 9469		Mpomedde D	081	450 8902
	Matthysen	064	500 423		Outapi Medical Centre	065	240 206
Karasburg	Von Schauroth	063	270 030	Ongwediva	Iithete	065	232 995
Karibib	Daco Medical Centre	081	781409		Kalangula	065	231 344
	Katoma	081	781409	Opuwo	Dr Puleni	081	346 7601
	Namib Family Medical Centre	064	550 050		Puleni	081	147 3387
Katima Mulilo	Bwalya	081	245 3556		Shayo	081	640 3220
	Dr Ward	066	252 420		Uirab	065	273 371
	Goodhealth El Rapha Medical Centre	066	253 321	Oshakati	Amwaama	065	226 622
	Mabhena	066	252 966/7		Bangabutu	065	253 731
Keetmanshoop	Dr Lungwisani	063	255 667		Kalangula	065	224 087
	Leon and Adri Coetzee Practice	063	225 687		Kashuupulwa	065	226 976
	Oberholzer	063	226 129	Oranjemund	Chigogwana-Ndudzo	063	238 011
Lüderitz	Atlichnaya Medical Centre	081	313 0444		Thompson	063	234 093
	John Medical Centre	081	468 5605	Oshakati	Amwaama	065	226 622
	Marais	063	202 515		Bangabutu	065	253 731
	Petzer	063	202 515		Carewell Medical Practice	081	404 8649
Mariental	Hardap Family Practice	063	247 792		Dr Bangabutu	065	253 731
Nkurenkunu	Henok	081	147 3387		Dr. Irene Thomas	081	633 6555
Okahandja	Afia Medical Practice	081	350 7290		Graphite Family Practice	065	226 976
	Kakukuru	081	609 7922		Kalangula	065	224 087
	Ngoy	081	308 0570		Kashuupulwa	081	806 1857
	Okahandja Medical Practice	062	501 078		Kashuupulwa	065	226 976
	Okahandja Medical Practice	062	501 079		Naango Caroline Shikundu	081	845 5931
	Rauch Medical Practice	062	500 417		Outapi Medical Centre 1	065	224 098
Okalongo	Namakalu	081	773 4991		Riteaid Medical Centre	065	226 207
Omaruru	Chinyoka	064	571 159		St John Medical Centre Oshakati	081	298 8014
	Mangoya	064	571 159	Oshikango	Kaonza	065	265 586
	Tagarira	081	477 5914	Oshikoto	Mukondomi	081	200 1003
				Oshikuku	Namila	081	218 0462

DESIGNATED SERVICE PROVIDERS

GENERAL PRACTITIONERS

TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER	TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER
Otjiwarongo	Ndeyapo Medicare	081 234 2344	Swakopmund	Basson M	064 402 000
	Otjimed Surgery	067 304 135		Cottage Family Practice	064 465 000
	Otjiwarongo Medical Practice	067 300 201		De Villiers Schickerling	064 419 000
	Tumba	081 274 6357		Doc-City Medical Centre Cc	064 404 901
	Maas	067 300 200		Dr Frans/ Anchor Medical Center	064 400 388
	Nderecha	067 222 012		Duneseven Medical Centre	081 782 8964
	Pretorius	067 300 200		Empathy Klinik Mondesa	064 400 019
Outapi	Chaka B	065 251 373	Swakopmund	Gabriel	064 425 800
	Dr Mweendeleli	081 687 0093		Jordaan	064 405 000
	Matayaya	065 251 223		Mabala Medical Services	064 400 300
	Outapi Medical Centre	065 251 223		Medicity Medical Practice	064 400 200
Outjo	Burger	067 313 020		Mondesa Family Clinic	064 400 330
	Dr Ndalimbililwa	081 229 1842		Mondesa Medical Practice	064 400 186
	Kaura	067 313 600		Mulobole	081 700 2571
Rehoboth	De Klerk	062 523 190		Omatjete Medical Practice	083 722 9700
	De Klerk Medical Centre	062 523 190		Ours Medical Centre T/A Vida Medical	085 744 5804
	Dr D.r.m.witbooi Practice	062 524 107		Pieterse	064 419 000
	Matinhure	062 522 184		Shikongo	064 400 200
	Matinhure	062 522 184		Van Wyk	064 461 613
	Mpofu	062 525 375		Vineta Medical Practice	064 462 361
	Ndolo B G	062 524 935	Tsumeb	Badenhorst	067 222 400
	Panmed Investment T/A Your Family Practice	062 523 001		Etosha Medi-Care	067 220 001
	T Kalipi Medical Practice	085 265 5014		Shikongo	067 222 883
	Tune	062 525 039	Uis	Brandberg Medical Centre	081 875 1822
	Van Wyk	062 523 600			
	Witbooi	062 524 107			
Rosh Pinah	Dausab	083 330 0491			
	Rosh Pinah Health Care (Pty) Ltd T/A Sidadi Clinic	063 274 911			
	Rosh Pinah Health Care Clinic Sidadi Clinic	081 306 2182			
	Rosh Pinah Medical Centre	081 415 3331			
Ruacana	Empire Medical Centre	081 399 4009			
	Outapi Medical Centre	065 270 022			
	R C Empire Medical Center	081 399 4009			
	Severa	065 270 022			
Rundu	Komu	066 256 969			
Stampriet	Dreyer	063 260 020			

DESIGNATED SERVICE PROVIDERS

GENERAL PRACTITIONERS

TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER		TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER	
Walvis Bay	Alpha Medical Consulting Room	081	5444797	Windhoek	Demi Michelle Resandt	081	234 2344
	Burlachenko	064	285109		Abram	061	302 888
	Doc 4 U Medical Practice	064	221392		Amunjela	061	304 410
	Executive Medical Services	064	207166		Angerselme Medical Practice	061	228 715
	Express Healthcare	064	204339		Anyolo	061	210 326
	Gonzalez	064	204809		Azadeh	061	302 888
	Gwanyanya	064	221530		Best Medical Practice	061	217 791
	Iithete	064	207902		Bezuidenhout L A & Van Rooyen	061	242 392
	Jinguri	064	204339		Bikinesi	083	342 3558
	Kamenye	081	6464518		Brimstone Medical Health Solutions	061	235 913
	Maslinda	064	204705		Chidzoba	061	271 200
	Mudyadadzo	064	204339		Cmc Private Hospital Out Patients	061	402 807
	Nakale	081	6261500		Conceicao	061	230 040
	Phoenix Medical Centre	081	6464518		De Klerk	061	236 976
	Rockview Medical Centre	064	204288		De Villiers	061	402 807
	Shapumba	064	220426		Dr Abraham	061	241 414
	St John Medical Centre Walvis Bay	081	2419336		Dr Beukes Family Practice	083	346 3506
	Tiwaringe	064	204339		Dr Bh Fawzy & Partner	083	783 7010
	Zulu	064	204288		Dr Burger (Khomas Medical B1)	061	385 600
	Brunna	064	221392		Dr Diergaardt	083	725 1400
	Dr Finos Gwanyanya	081	9538540		Dr J A Amushila	083	311 5430
	Dr Hamata	064	220760		Dr Mawire	081	554 9777
	Dr Mbadhi	064	204332		Dr Nenkama	083	724 4701
	Majangara	081	7316837		Dr. Kuhn	083	725 1400
	Mbadhi	064	204332		Dr. Uddin's Medical Practitioner	061	261 170
	Mirus Medical Clinic - Walvis Bay	081	2020810		Dr. Wolfgang Mannschatz Practice	061	231 256
	Oyeombiliyetu	081	6464518		Du Plessis	061	302 888
	Phoenix Medical Centre	081	3918025		Dube	061	229 672
	Queens Medical	081	2061386		Eastgate Medical Centre	061	229 210
	Tashinga Munjanga	064	285100		El Roi Medical Practice Cc	081	324 9956
	Vitality Medical Practice	064	221443		Ellen Medical Services	081	328 7957
	Walvisbay Family Practice	064	206456		El-Shewikhy	061	211 364
	Westend Family Practice	064	206870		Erkana	061	223 872
					Family Wise Medical Practice	061	302 160
					Fawzy	061	272 200
					Florek	061	303 737
					Genis	061	385 601

DESIGNATED SERVICE PROVIDERS

GENERAL PRACTITIONERS

TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER	TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER
Windhoek	Glorious Medical Centre	081 490 4229	Windhoek	Nambuwa	061 385 600
	Gouws R	061 302 888		Nancy Gadalla	061 301 316
	Health 4 You Clinic	061 261 852		Napoles Cabrera M N	081 326 4518
	Hochreiter	061 302 888		Nashitope	081 327 3911
	Hope- Link Investment Cc	081 184 3315		Nel	083 335 5040
	Jacobs	081 750 3506		Nepunda	085 774 6550
	Jona	061 261 176		Nhokwara-Matenda	061 222 259
	Jona	081 416 4811		Northlands Medical Group(Dr Matare)	061 253 035
	Jona	081 416 4811		Nyathi	061 305 773
	Jordaan	061 253 166		Oaks Medical Practice	085 200 7007
	Kakololo	081 360 8281		Ofunne	061 271 700
	Kaoko Medical Practice	061 400 739		Olivier	061 231 256
	Katumwa	061 211 917		Olympia Medical Centre	061 253 166
	Khomas Medical Centre - Lifestyle	061 385 600		Oyetweni Health Centre	061 227 173
	Khomas Medical Centre - Olympia	061 422 000		Palm Valley Medical Centre	061 227 893
	Khomas Medical Centre (C Van Wyk)	061 211 138		Paramount Healthcare Centre	061 287 1103
	Khomas Medical Centre Carl List	061 222 513		Parkview Medical	061 246 809
	Khomas Medical Centre Klein Windhoek	061 412 700		Pedro	061 226 084
	Kisting	061 302 888		Pioneerspark Medical Centre	061 242 392
	Kleophas	061 253 813		Platinum Medical Practice	061 216 689
	Kotze	061 302 888		Rizpah Medical Practice	061 302 888
	Macmed Medical Centre	061 255 180		Rusike	061 212 969
	Macquarie Medical Centre	061 411 150		Sanchez Vega	061 253 466
	Madondo	061 226 632		Sevenster	061 334 751
	Makemba	061 220 778		Shamena	061 211 904
	Malinga	061 400 739		Shonshiwa	061 305 381
	Mannschatz	061 231 256		Solomon	061 211 097
	Maritz	061 254 747		Stockline Medivcal Practice Westlane	083 311 5430
	Mawire	061 304 349		Sunrise Medical Center	061 230 330
	Monye	061 222 541		T Kalipi Medical Practice	085 265 5014
	Mukwaso	061 239 111		Tangawamira	061 278 903
	Mutomba	061 385 600		Teal Medical Practice	085 788 8869
	Nabot	061 385 600		Tembo	061 305 275

DESIGNATED SERVICE PROVIDERS

GENERAL PRACTITIONERS

DENTISTS

TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER		TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER	
Windhoek	U.n Plaza Medical Centre	061	232 766	Okongo	Quality Dental Centre (Dr Zulu)	065	6681760
	Uirab	061	269 972	Swakopmund	Pulmed Dental Swakopmund	081	12586558
	Ulticare Medical Practice	061	226 632	Gobabis	Louw	062	562691
	Undjizuva Katjiuongua	081	741 7281		Simiso Ndlovu	081	4670065
	Urban Family Practice	061	210 326	Karibib	Kakumai	081	4831124
	Venter	061	385 600	Keetmanshoop	Smith	063	226155
	Verkhusha	061	222 247		Chibaya	063	204201
	Viljoen B P	061	222 253	Mariental	Roelofse	063	242783
	Voronkov	061	232 206		Alpha Investment/Dr Kanjere	062	500915
	Weber	061	302 888	Okahandja	Dr Salama	081	3324976
	Weder	061	263 315		Gumbie	065	240198
	Weimann	061	223 714	Ondangwa	Phina Dental Clinic	081	2646107
	Wellness Medical Centre Cc - Katutura	081	452 5708		Shindongo Jns	085	5646107
	Windhoek Family Practice (Dr Limon)	061	229 628		Elago (Nusmile Dental Clinic)	065	238845
	Windhoek Professionals Medical Centre	081	549 2009	Ongwediva	Mare	081	4040985
	Zarou	061	304 162		Newaka	063	238032
	Zezai	061	226 385	Oranjemund	Kulewa	081	4747444
	Zimba	081	486 1440	Oshakati	Meduletu Dental Practice	081	4775557
	Behr	081	279 8060		Amanzi Dental Practice	067	2234517
	Chinyoka	061	224 446	Otavi	Dauramanzi	067	220662
	Karamata	061	255 331		Atlantic Dental Surgery Otjiwarongo	081	3072829
	Mafumhe	061	308 249	Otjiwarongo	De Haast	067	303131
	Mukumba	061	300 430		Jordaan	067	308732
	Munatsi	061	246 117		Minga	65	202805
	Zimudzi	061	220 679	Outapi	Edge Dental Practice Cc Rehoboth	081	8979676
	Kuzomunhu	081	296 0311	Rehoboth	Visser	063	274911
				Rosh Pinah	Chibaya	066	255096
				Rundu	Simwizye	081	7166497
					Burger	027	7181440
				Springbok	Jason N Shikoyeni	081	6580319
					Dr T Fox	064	204385
					Mabala Medical Services	064	400300
					Nambahu	081	214 5285
					Prosmile Dental Practice	064	462862
					Streits	064	462202
				Swakopmund	Tracy-Lee Gontes Dental Practice Swakopmund	064	461634
					Dauramanzi	067	220667
					Otjikoto Dental Practice Cc	081	4881400
				Tsumeb			

DESIGNATED SERVICE PROVIDERS

DENTISTS

TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER		TOWN	NAME OF PRACTICE/ DOCTOR	CONTACT NUMBER	
Walvis Bay	Atlantic Dental Sugery	064	463878	Windhoek	Kochoo Dental Practice	081	2852295
	Elite Dental Care	064	206065		Maletzky	061	300942
	Kock	064	206719		Mary Dental Practice	081	6507508
	Shayamano (Pulpmed Dental Practice)	081	8114982		Mc Coney	061	300942
	Tracy-Lee Gontes Dental Practice	081	206339		Mcgrath	061	236068
	Tracy-Lee Gontes Dental Practice Walvis	064	206396		Moloi	061	254999
	Dr T Fox	064	204385		Mouton	061	300942
	Dune7 Dental Practice	085	3608244		Mouton	085	6786985
	Kay Dental Practice - Kuisebmond	081	2337535		Oelofsen	061	247965
	Skyz Dental Centre Cc	081	3072829		Olivier	061	254426
Windhoek	Amalwa	081	3240764		Oyetwendi Dental Practice (Banda R)	061	227173
	Amalwa	081	3757118		Oyetweni Dental Practice	061	227173
	Atlantic Dental Sugery Windhoek	081	3072829		Pack	061	226125
	Bailey	061	300942		Scholtz	061	402414
	Banda	061	227173		Scriba	061	235805
	Chibaya	061	222437		Shongolo	061	214423
	Chigova	085	3138139		Skyz Dental Centre	081	3072829
	Crown Dental	061	400039		Skyz Dental Centre Cc Grove Mall	081	3072829
	De Villiers	061	303945		Slabber	061	228775
	Delpino	061	254139		Smile On Dental Services	081	3295859
	Digi Dental	061	303812		Swanepoel	061	142409
	Dr De Chavonnes	061	228775		T. Hope Dental Clinic	061	4448001
	Dr L Schickerling	061	228775		Thomson	061	400476
	Dr Natanael	061	400818		Timm	061	254426
	Dr Schier	061	228775		Two Six Four Dental Services	061	385636
	Edge Dental Practice Cc Lpph	083	3857818		Uusiku-Hangula	061	214310
	Gonye	061	222437		Wallenstein	061	257301
	Hartung	061	305254		Mwaenga	061	229510
	Itula	061	400675		Rutabansibwa	061	271727
	Izaak	061	300701		Sheepo	081	8342055
	Jauch's Practice	061	228979				
	Katutura Dental Practice	061	261127				
	Kayone	061	223777				



IMPORTANT: CHECK BEFORE YOU GO FOR TESTS

Your medical aid pays for certain X-rays and blood tests. These are called approved codes.

If you use these codes, you won't have to pay extra.

WHAT YOU NEED TO DO:

Before you go for any scan or test, ask your doctor or clinic to check the approved codes.

This helps you avoid surprise costs.

WHERE TO FIND THE LIST:

By calling our Client Service Centre

+264 61 374 600

By visiting our website

www.nammed.com.na

Checking first means you get the **care you need without extra bills.**

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