

WORLD AIDS DAY



Your Health. Your Power. Your Support.

Dear Member,
On **World AIDS Day**, we pause to honour lives lost, support those living with HIV, and celebrate the tremendous progress South Africa continues to make. The global theme, **“Overcoming disruption, transforming the AIDS response,”** reminds us of what is possible when communities, health systems, and individuals work together.

One of the biggest breakthroughs in the HIV response is the proven science of **U=U**:

U = U: Undetectable = Untransmittable

If a person living with HIV takes treatment consistently and reaches an **undetectable viral load**, they **cannot transmit** HIV to their sexual partners.

This is powerful.
This is life-changing.
This gives every person living with HIV a future filled with hope, dignity, and full participation in life.

But it depends on one critical thing:

Treatment Adherence Saves Lives

Taking antiretroviral therapy (ART) exactly as prescribed allows you to:



Achieve and maintain an undetectable viral load



Protect your health



Prevent HIV transmission (U=U)



Live a long, healthy, productive life

Alliance-Midmed is committed to supporting you on this journey.

What HIV support do we offer?

Through the **Alliance-Midmed HIV Wellness Programme**, you have access to:

- Antiretroviral treatment (ART)
- Regular viral load monitoring
- Clinical and counselling support
- Confidential case management
- Adherence guidance and wellness coaching
- Secure, discreet registration and communication

To register or learn more, contact our Clinical Care Team: **0860 002 101 (Option 2)**

All member information is treated with strict confidentiality.



Why Testing Still Matters?

South Africa has made incredible progress — but we can go further. Knowing your status means:



Early treatment



Better health outcomes



Access to support



Prevention of transmission



The opportunity to achieve U=U

If you haven't tested recently, we encourage you to speak to your healthcare provider.



Let's Stand Together

Stigma keeps people silent. Silence delays treatment.

This World AIDS Day, let's replace stigma with facts, compassion, and support.

HIV is manageable.
U=U is real.

Alliance-Midmed is here for you — every step of the way.

Kind regards,
Alliance-Midmed Medical Scheme