

Gold Star Network

The cost of HIV and AIDS is high enough - for individuals it means loss of well-being or a loved one and for the nation a loss of skilled and healthy workers. The **Gold Star Network** is a groundbreaking plan for those living with HIV and AIDS that not only lessens the effects of HIV disease, but also reduces the emotional and financial burden.

Traditionally in Kenya, medical schemes have generally provided inadequate benefits for the treatment of HIV or AIDS, giving their members no reason to disclose their condition. As a result, people have concealed their HIV positive status for fear of exclusion from company benefits.

The **Gold Star Network** changes all this and gives you three good reasons to break the silence:

- Confidentiality
- Additional Benefits
- Ongoing Support

Confidentiality

Despite efforts in recent years to educate the public about HIV and AIDS, misconceptions are still rife with fear and ignorance about the condition often obscuring the facts.



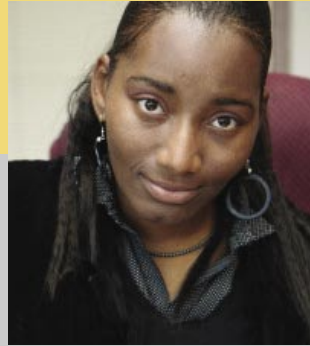
Being branded as HIV-positive in some cases has brought social stigma, so why would anyone want to disclose? If you involve the **Gold Star Network** as your partner in managing your condition, you will come to realize that:

1. The **Gold Star Network** program is administered by a team of healthcare professionals, completely separate from your employer
2. Should you have HIV and decide to join the program, every care has been taken to maintain confidentiality

Additional Benefits

Over the last few years, tremendous progress has been made in the treatment of HIV and AIDS. As a result, by joining the **Gold Star Network** you will be able to access:

- Regular monitoring for progression of HIV disease
- Drugs to prevent and/or treat opportunistic infections
- Nutrition supplementation, advice and counseling
- Drugs to treat HIV (Antiretroviral Therapy)
- Ongoing counseling for treatment adherence and psycho-social support
- Family-focused counseling and appropriate care/treatment



Appropriate family planning and fertility options

The **Gold Star Network** is comprised of specially trained doctors, who will ensure that you receive the most appropriate treatment for your condition. They will also remind you to do regular check-ups and tests. The test results are used to monitor the state of your health and update your treatment where necessary. In addition, those who are sexually active will access prevention commodities and will be supported to adopt safe options for contraception and fertility. Where conception takes place, both the mother and baby will be taken care of in such a way as to optimize the health of the mother and ensuring the baby does not acquire HIV.

Ongoing Support

The **Gold Star Network** aims to improve your quality of life and offers you individualized as well as family-focused support and care. Once you have been diagnosed, the program can help you take responsible action to avoid the condition affecting your partner or children. The trained doctors and counselors are able to assist you should you have any questions regarding your HIV status.

The program's highly trained clinical staff will also work to continually monitor your condition



and update your treatment whenever necessary. You may contact the **Gold Star Network** members for advice and information at any time they are open for service. Dedicated and qualified counselors based at the Support Centre will take your calls and respond to your enquiries on general as well as clinical issues. Your **Gold Star Network** provider similarly has access to colleagues with whom they may receive advice on further patient/client care, thereby ensuring you always access the best quality service.

Very few people who are HIV positive are aware of their condition. Please allow us to help you identify the illness at an early stage and let us assist you to manage your health and well-being so that you can remain an active and healthy member of your family, community and workplace.

How to enroll into the Gold Star Network and enjoy its benefits

Step one: Visit your nearest *Gold Star Network Clinic*

- If you are worried that you might be infected with HIV, visit any **Gold Star Network** clinic nearest to you for an HIV test. Only you and your doctor will know of the results.
- If you have tested HIV positive as a result of visiting a VCT site, attending a workplace VCT outreach, after a screening test for



You can identify a **Gold Star Network** Clinic easily. It will have the Gold Star Network logo as shown below



Visit your nearest **Gold Star Network** provider today

For more information contact:
Susan Kimani

The Gold Star Network Secretariat & Support Center
The Chancery, 3rd floor, Valley Road
P.O. Box 38835-00623 Nairobi
Tel. 254 20 2713913/4/5/6
Cell: 0721836557, 0733333279
Email: goldstarnetwork@fhi.or.ke
www.goldstar-network.org

or

Dr. Ephantus Njagi

Kenya Medical Association
Chyulu Road
P.O Box. 48502-00100 Nairobi
Tel: 254 20 2714991, 2716811, 2712010
Email: nec@kma.co.ke or enjagi@csrtkenya.org
www.kma.co.ke



insurance or travel purposes or following a diagnosis made when you fell sick, *visit your nearest Gold Star Network clinic*

Step Two: *Register with the Gold Star Network provider*

- Your **Gold Star Network** provider will ask that you register with the HIV care and treatment program. You will need to indicate how you will meet the costs of the services so that the provider can choose for you the most affordable options available.

Step Three: *Comply with the schedule for assessments and monitoring*

- In addition to clinical assessments and other laboratory tests, your **Gold Star Network** doctor will carry out CD4 tests to determine whether you need to start treatment sooner or later. All through the planned care, interventions are offered that are consistent with findings from monitoring and laboratory tests so that your health is maximally optimized.

Step Four: *Adhere to treatments and nutrients provided*

- The **Gold Star Network** doctor is specially trained to review your medical details and determine the most appropriate treatment for your HIV/AIDS condition. In addition nutritional

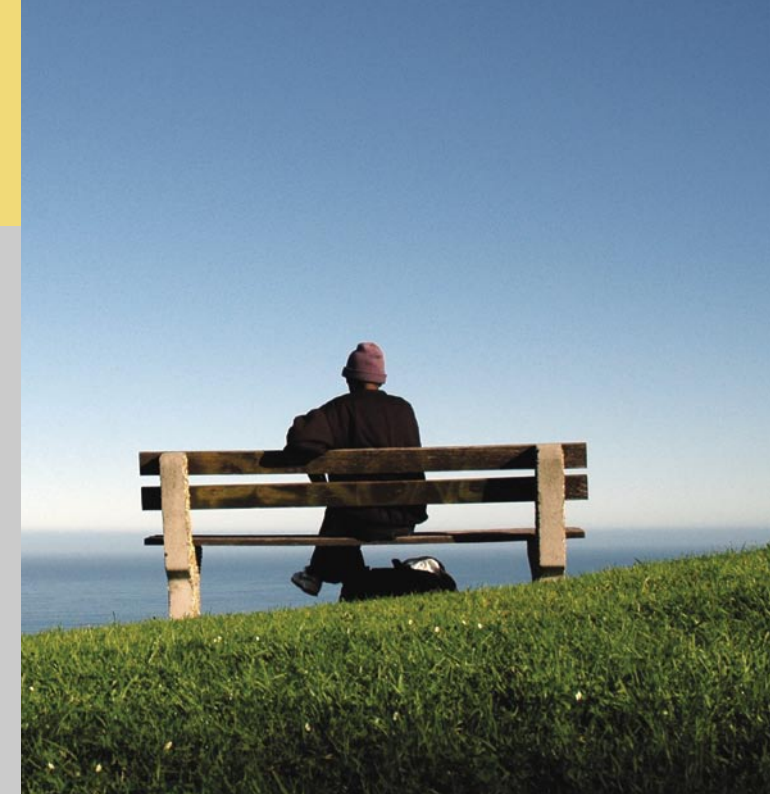


supplementation may be necessary.

- If you need to start ARV treatment as early as possible, your **Gold Star Network** doctor will prescribe quality affordable drugs. These drugs can be collected from specially prepared pharmacies, or delivered to your doctor depending on your preference.
- If your CD4 results show that you do not need to be on treatment soon, your **Gold Star Network** doctor will schedule follow up appointments to monitor your condition so as to determine when to start treatment. Your **Gold Star Network** doctor will also refer you for counseling support so that you can remain healthy for longer before you start ART

Step Five: *Ensure you have adequate financing and regularly review your financing options so as to continue to meet the costs of scheduled services*

- Payment for services will depend on what arrangement you have with your employer or health insurance provider. If you are paying for yourself, you will arrange this with your **Gold Star Network** doctor. If your financing situation changes, you need to inform your provider. Gold Star Network providers are able to refer you to the public sector treatment program where you will be able to access ARV drugs at no cost.



5 Steps to Access Care and Treatment Services



The Gold Star Network
Quality and Hope

Gold Star Network