



Disease Risk Management Programme

Why Register? Managing your chronic condition is key to staying healthy and avoiding complications. The Disease Risk Management (DRM) Programme gives you a personalised care plan consisting of regular check-ins, and access to the right medication and tests.

What's Covered?

- 27 Core Chronic Conditions: Full management plan (consultations, tests, medication).
- 19 Additional Chronic Conditions: Medication only (consultations/tests are paid from your available day-to-day benefits).

How to Register

1. Download the Form: Download the relevant form below or visit rfmcf.co.za/drm and choose:
 - Self-Registration (if already diagnosed)
 - Chronic Application (if newly diagnosed)
2. Submit: Email your completed form to chronicregistration@rfmcf.co.za for review.
3. Confirmation: You'll get confirmation once registered. Only the 27 core chronic conditions qualify for a chronic treatment plan, which will be emailed to you. Please share a copy with your treating provider.

Important Notes

- Register each condition only once - no backdating will be allowed.
- For the full list of covered medication, see the RFMCF Medicine Formulary (link below) - This is a list of medications available for RFMCF beneficiaries.
- Using generics is encouraged; if you prefer a brand, you'll pay the difference.
- SAMHS manages the medicine formulary and the Fund cannot override it. **Any special requests outside the formulary must be directed to a SAMHS pharmacy.**
- All chronic medication must be dispensed by SAMHS or, if a Buy-Out is issued, collected from a network pharmacy.

Click [HERE](#) to view the Chronic Conditions

Click [HERE](#) to view the Self-Registration Chronic Form for existing conditions

Click [HERE](#) to view the Chronic Form to register new chronic condition

Click [HERE](#) to view the Chronic Conditions Informative Flyers

Click [HERE](#) to view the Chronic Medicine Formulary

Click [HERE](#) to view the SAMHS contact details for courier services

Refer to the RFMCF Schedule of Benefits for a detailed overview of the benefit structure.

The South African Military Health Service remains the primary healthcare provider for medical, oral health, and hospital treatment to all beneficiaries of the Fund.