

# CARE



## Chronic Care

**Register Now**

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## What is Cimas Care

Cimas Care is an approach to healthcare that empowers you to better manage your chronic condition and to maintain and improve your quality of life, through learning how to avoid potential problems and exacerbation, or worsening of the chronic condition.

## How was I enrolled / who gets enrolled

Any active member on any Cimas package who has been diagnosed with a chronic condition or whose drug pick up history indicates the existence of one or more of the following diseases: Diabetes, Cancer, hypertension, heart diseases and stroke, psychiatric disorders, and chronic respiratory disease.





1. Access to the **Cimas Chronic Drug Benefit**.
2. **Linkage with Supportive Partners**: Facilitating connections with esteemed organizations like the Cancer Association of Zimbabwe and Cancer Care Network, offering complimentary counseling for patients and families, soothing massage sessions to alleviate chemotherapy fatigue, and assigning treatment buddies who have triumphed over similar conditions.
3. **Aid in Procuring Chronic Medications**: Assisting members in sourcing chronic medications from diverse pharmacies if they encounter challenges finding them at a pharmacy near them.
4. **Empowerment through Benefit Utilization Education**: Providing members with knowledge and tools to effectively utilize their benefits.
5. **Self-Management Techniques**: Equipping members with strategies to better manage chronic conditions independently.
6. **Support for Treatment Adherence**: Encouraging treatment compliance by aiding in tracking adherence of medication.
7. **Disease monitoring**: closely monitor your condition with assistance from your attending doctor so that you do not experience any unforeseen complication.
8. **Treatment plan**: assist you in coordination of your treatment plan with doctors who specialize in treating your disease.
9. **Enhanced Disease Awareness**: Hosting webinars in collaboration with partners to promote disease prevention and early detection of chronic conditions.
10. **Palliative Care Referral**: Guiding members facing life-threatening or terminal illnesses to specialized palliative care services for comprehensive support from diagnosis through bereavement, such as the Hospice and Palliative Care Association of Zimbabwe (HOSPAZ).
11. **Holistic Wellness Referral**: Referring members with chronic conditions like Diabetes Mellitus, Hypertension, and obesity to the IGO for general wellness coaching, nutrition counseling, fitness guidance, and mental health support.
12. **Convenient Medication Delivery**: Facilitating the delivery of chronic medications directly from pharmacies.
13. **Hospital Case Management**: Providing comprehensive management for patients admitted with chronic conditions.



## Common Brand vs Generic Medicine List

Brand Name	Strength	Generic Name	Strength	Disease
Amiodarone Tablets	200mg	Amiodarone Tablets	200mg	Class III Antiarrhythmic (Abnormal Heart Rhythms)
Aldactone Tablets	25mg	Spiroonolactone Tablets	25mg	Heart Failure And Hypertension
Exforge Tablets	10/160mg	Amlodipine/Valsartan Tablets	10/160mg	Hypertension
Exforge Tablets	10/160mg	Amlodipine/Valsartan Tablets	10/160mg	Hypertension
Exforge Tablets	5/80mg	Amlodipine/Valsartan Tablets	5/80mg	Hypertension
Exforge Tablets	5/160mg	Amlodipine/Valsartan Tablets	5/160mg	Hypertension
Lomanor Tablets	10mg	Amlodipin Tablets	10mg	Hypertension
Lomanor Tablets	5mg	Amlodipine Tablets	5mg	Hypertension
Norvasc Tablets	10mg	Amlodipine Tablets	10mg	Hypertension
Norvasc Tablets	5mg	Amlodipine Tablets	5mg	Hypertension
Co-Diovan Tablets	25/160mg	Hct/Valsartan Tablets	25/160mg	Hypertension
Diovan Tablets	160mg	Valsartan Tablets	160mg	Hypertension
Diovan Tablets	80mg	Valsartan Tablets	80mg	Hypertension
Zestril Tablets	10mg	Lisinopril Tablets	10mg	Hypertension
Zestril Tablets	5mg	Lisinopril Tablets	5mg	Hypertension
Betaloc Tablets	50mg	Metoprolol Succinate XI Tablets	50mg	Hypertension
Zytiga Tablets	250mg	Abiraterone Acetate Tablets	250mg	Advanced Prostate Cancer
Glivec Tablets	100mg	Imatinib Mesylate Tablets	100mg	Chemo (Chronic Myeloid Leukemia (Cml), Gastrointestinal Stromal Tumors (Gists))
Herceptin Injection	440mg	Trastuzumab Injection	440mg	Breast Cancer
Femara Tablets	2.5mg	Letrozole Tablets	2.5mg	Breast Cancer (Post Menopausal Women)
Perjeta Injection	420mg/14ml	Pertuzumab Tablets	420mg/14ml	Breast Cancer
Arimidex Tablets	1mg	Anastrozole Tablets	1mg	Breast Cancer (Post Menopausal Women)
Avastin ®100 Injection	25mg/MI	Bevacizumab Injection	100mg/4ml	Chemo (Various Types)
Avastin ®400 Injection	25mg/MI	Bevacizumab Injection	400mg/16ml	Chemo (Various Types)
Casodex Tablets	50mg	Bicalutamide Tablets	50mg	Chemo (Various Types)
Xeloda Tablets	150mg	Capecitabine Tablets	150mg	Chemo (Various Types)
Xeloda Tablets	500mg	Capecitabine Tablets	500mg	Chemo (Various Types)
Tegretol Cr Tablets	200mg	Carbamazepine Tablets	200mg	Anti-Convulsant (Antiepileptic)
Tegretol Tablets	200mg	Carbamazepine Tablets	200mg	Anti-Convulsant (Antiepileptic)
Nexium Tablets	20mg	Esomeprazole Tablets	20mg	Peptic Ulcers
Nexium Tablets	40mg	Esomeprazole Tablets	40mg	Peptic Ulcers
Xalatan Eye Drops	0.005%W/V	LatanopostEye Drops	0.005%W/V	Glaucoma
Xalacom Eye Drops	50mcg/5mg	Latanoprost/Timolol Eye Drops	0.05/6.8mg	Glaucoma
Ganfort Eye Drops	0.30/6.8mg	Bimatoprost/Timolol Eye Drops	0.1mg/MI	Glaucoma
Keppra Tablets	500mg	Levetiracetam Tablets	500mg	Anticonvulsant
Tivicay Tablets	10mg	Dolutegravir Sodium Tablets	10mg	Art
Tivicay Tablets	50mg	Dolutegravir Tablets	50mg	Art
Aluvia Tablets	100/25mg	Lopinavir/Ritonavir Tablets	100/25mg	Art
Aluvia Tablets	200/50mg	Lopinavir/Ritonavir Tablets	200/50mg	Art
Retrovir SSyrup	50mg/5ml	Zidovudine 240ml Syrup	50mg/5ml	Art
Ritalin Tablets	10mg	Methylphenidate Tablets	54mg	Narcolepsy
Methoblastin Tablets	2.5mg	Methotrexate Tablets	2.5mg	Arthritis And Psoriasis
Aropax Tablets	20mg	Paroxetine Tablets	20mg	Anti-Depressant
Epanutin Capsules	100mg	Phenytoin Sodium Capsules	100mg	Anti-Convulsant (Antiepileptic)
Lyrica Capsules	150mg	Pregabalin Capsules	150mg	Nerve Pain,Anxiety,Epilepsy



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Brand Name	Strength	Generic Name	Strength	Disease
Lyrice Capsules	25mg	Pregabalin Capsules	25mg	Nerve Pain, Anxiety, Epilepsy
Lyrice Capsules	75mg	Pregabalin Capsules	75mg	Nerve Pain, Anxiety, Epilepsy
Seroquel Xr Tablets	200mg	Quetiapine Tablets	200mg	Antidepressant, Schizophrenia
Xarelto Tablets	20mg	Rivaroxaban Tablets	20mg	Anticoagulant
Xarelto Tablets	10mg	Rivaroxaban Tablets	10mg	Anticoagulant
Xarelto Tablets	15mg	Rivaroxaban Tablets	15mg	Anticoagulant
Uperio Tablets	48.6/51.4mg	Sacubitril/Valsartan Tablets	49/51mg	Type 2 Diabetes
Uperio Tablets	97.2/ 102.8mg	Sacubitril/Valsartan Tablets	97/103mg	Type 2 Diabetes
Uperio Tablets	24.3/25.7mg	Sacubitril/Valsartan Tablets	24/26mg	Type 2 Diabetes
Forxiga Tablets	10mg	Dapagliflozin Tablets	10mg	Type 2 Diabetes
Forxiga Tablets	5mg	Dapagliflozin Tablets	5mg	Type 2 Diabetes
Amaryl Tablets	2mg	Glimepiride Tablets	2mg	Type 2 Diabetes
Eltroxin Tablets	100mcg	Levothyroxine Tablets	100mcg	Hypothyroidism
Eltroxin Tablets	50mcg	Levothyroxine Tablets	50mcg	Hypothyroidism
Zometa Injection	4mg/5ml	Zoledronic Acid Injection	4mg	Osteoporosis, High Blood Calcium Due To Cancer
Imovane Tablets	7.5mg	Zopiclone Tablets	7.5mg	Insomnia
Sereride Accuhaler	50/250mg	Salmeterol/Fluticasone Inhaler	50/250mg	Asthma
Aspavor Tablets	10mg	Atorvastatin Calcium Tablets	10mg	Anti-Cholesterol
Aspavor Tablets	20mg	Atorvastatin Calcium Tablets	20mg	Anti-Cholesterol
Aspavor Tablets	40mg	Atorvastatin Calcium Tablets	40mg	Anti-Cholesterol
Crestor Tablets	10mg	Rosuvastatin Tablets	10mg	Anti-Cholesterol
Crestor Tablets	20mg	Rosuvastatin Tablets	20mg	Anti-Cholesterol

# Track your benefit utilisation

## Download the Cimas App

The smartest medical assistance application is ready for you. Introducing the Cimas App for virtual medical aid assistance for every member, anywhere and anytime!

### To Access the App

1. Search Cimas on the App Store/Play Store
- 2.. Download and install the app
3. Sign Up or Login using membership and your chosen password

To register go to our portal ([www.cimas.co.zw](http://www.cimas.co.zw)) enter your new membership number, input your password and username of choice and then verify with either your email or cell phone.

You can view your dialysis, chronic medicine, acute medicine, consultation visit benefits, hospitalisation limit and many more in the app.

The app also contains an electronic format of your membership card that can be shared with our service



provider and dependants when they need proof of their membership

### For further Information:

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