# GOOD NEWS!

***You can now get 6 months of your ARVs called 6MMD at one visit from your local clinic!***

health

Department:
Health
REPUBLIC OF SOUTH AFRICA

2030 NDP

# What is 6MMD? What is changing?

The Department of Health is making it easier for patients who are doing well on their ARVs.
You may now qualify to collect a full 6-month supply at one visit. This is called **6MMD: 6-month dispensing.**

# Why 6MMD is helpful?

- Fewer clinic visits – only 2 visits per year
- No repeat collections required.
- Saves transport costs and time off work or school
- Helpful if you are travelling for work or family reasons

# Who qualifies for 6MMD?

You may qualify if:

- You are older than 5 years of age
- You are not pregnant and do not have an infant younger than 1 year old
- You are clinically stable with no TB or any other illness or condition that needs check-ups more frequently than every 6 months
- Your last two viral loads were both undetectable (less than 50 copies/mL)
- You have been on treatment for at least 12 months
- Your ARV regimen is TLD*.
- You want to receive 6-months supply all at once from the clinic

**Your nurse or doctor will check your file to confirm if you are eligible.**

*fixed-dose combination of T = Tenofovir disoproxil fumarate, L = Lamivudine, D = Dolutegravir (DTG)) and you do not have any other chronic condition

# Where do you collect your ARVs?

Your nurse or doctor will see you for your consultation and prescription. You will either be given your 6-month supply of ARVs by your nurse or doctor or immediately after your consultation, you will collect from the clinic pharmacy.

# What happens during your visit?

**Step 1: You see a nurse or doctor for your regular health check.**

**Step 2: If you qualify, you will be offered 6MMD as an option by your clinician.**

**Step 3: If you decide you do want 6MMD, your clinician will write a 6-month prescription.**

**Step 4: Then, you will collect all 6 months of ARVs at the same visit from the clinic.**

**Step 5: You will be given a return date in 6 months' time to return for your next check-up.**

# Do I qualify for 6MMD, if I also take chronic medicines?

At the moment, 6MMD is for people on TLD* only.

6MMD is not yet available for other chronic conditions. If you are on TLD and also on treatment for other chronic conditions like high blood pressure or diabetes which are controlled, **you can get a 6-month prescription but not 6 months of supply at each visit**. This means you will see your clinician every 6 months but you will get two 3-months supplies. The first 3-month supply is collected immediately at your clinic and the repeat collection of the remaining 3-months supply, you collect from your choice of a pick-up point (at or outside of your clinic) or from an adherence club.

# What if I miss my appointment?

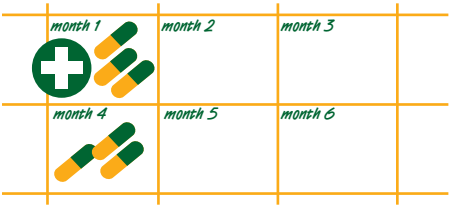
If you are unable to honour your appointment, contact the facility as soon as possible to reschedule and attend at the very earliest opportunity.

# When does 6MMD start?

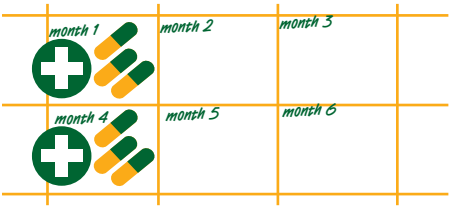
The Department of Health started offering 6MMD from 1 August 2025 at some facilities and will offer 6MMD from 1 April 2026 at all facilities. Ask your nurse or doctor if it is available at your clinic and if you qualify.

# Do I have other options?

**Yes! If 6MMD is not right for you...**




***And you also only want to see your clinician at the clinic every 6 months but prefer a shorter supply*** – You can choose to split the supply in two, collecting the first 3-month supply when you see your clinician and your repeat collection from your preferred pick-up point or adherence club



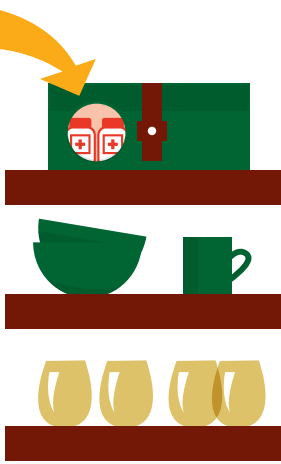

***You want to see your clinician more regularly than every 6 months*** – You can choose to see your clinician at the clinic every 3-months and get a 3-month supply each time you see your clinician.

# What if I become sick before my next visit?

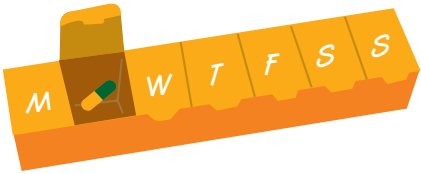
Even if you were given 6 months of ARVs, you should return to the clinic any time you feel sick or have any other concerns or challenges.

**You must not wait for your next appointment if you become unwell or need support. It's ok to come in for a sick visit if you are on 6MMD.**

# How do I take care of my ARVs?



- Store your ARV medicine in a cool, dry, safe place, away from sunlight and children.
- Do not transfer all the pills out of the original containers into other containers.
- You can transfer a few pills into a weekly pill box or other small container for the day or week.
- Do not remove the small packet inside the original pill container. This is called the desiccant and absorbs unwanted moisture so it keeps the pills dry.
- Close the lid tightly after taking medication.
- Do not share your medicine with anyone.
- Remember to take your ARVs every day so you can remain well and continue to qualify for 6MMD.




*Speak to your nurse or doctor today to find out if 6MMD is right for you!*