



FOR PSA MEMBERS: MPUMALANGA, NORTH-WEST AND NORTHERN CAPE

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GEMS Maternity Programme - Support for expectant members

The Public Servants Association (PSA) informs members about the GEMS Maternity Programme, designed for pregnant members and their dependants. It provides support, education, and guidance throughout pregnancy, childbirth, and postnatal care.

Who qualifies?

- Pregnant GEMS members.
- Dependants of members who are expecting.
- Members may nominate a workplace support colleague (HR practitioner or manager) to assist.

Programme objectives

- Provide comprehensive support to expectant parents.
- Educate and advise through pregnancy, confinement, and postnatal stages.
- Equip healthcare practitioners and workplace colleagues with tools to support members.

Programme support

- The Maternity Programme is headed by case managers who are experienced, registered nursing sisters with additional qualifications in midwifery.
- These case managers will help you register on the Maternity Programme and provide guidance throughout your pregnancy.
- Members can contact case managers directly on **0800 00 4367** for advice and information.
- The programme works with healthcare providers and workplaces to ensure coordinated care.

Key benefits

- Continuous education and guidance for members.
- Support for healthcare practitioners and workplace colleagues.
- Access to tools and resources enhancing pregnancy and postnatal experience.
- Integration with GEMS programmes such as chronic disease management, wellness, and preventative services.

PSA advice

- Register early for the programme.
- Use case managers and GEMS resources to ensure a safe, informed, and supported pregnancy journey.
- Contact the PSA for guidance on navigating GEMS benefits.

Key message

Pregnancy is life-changing. The GEMS Maternity Programme, supported by the PSA, ensures you have information, guidance, and professional support to navigate your journey safely and confidently.

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GENERAL MANAGER