



City/Town	Health Care Professional	Discipline	Practice Numbers	Contact Details
Arandis	Arandis Family Practice / Dr Meintjies / Dr Currie	GP	1535757 / 1428977 / 0474959 / 1429000 / 0474932	(064) 510 168
Aranos	Dr CC Grevelink	GP	1422510	(063) 272 085
Bethanie	Dr PG De Villiers	GP	1442856	(063) 283 069
Eenhana	Dr HL Musweu Gernerall Practice	GP	0182400	(065) 240 056
Eenhana	Eenhana Dental Therapist / Dr MS Nakambunda	Dentist	0300365	(065) 240 324
Gobabis	Dr DJ Louw	Dentist	5439159	(062) 562 691
Gobabis	Drs Opperman & Partners	GP	0133132 \ 1528599 \ 1554662 \ 0133124	(062) 563 111
Gobabis	Omaheke Medical Practice / Dr F Louw / Dr HR Smit	GP	1467271/1581082/1581090	(062) 562 084
Grootfontein	Grootfontein Medi-Health Centre / Dr NA Malan / Dr E Botha	GP	0245151 / 0045144 / 1562460 / 1562460	(067) 243 198
Grootfontein	Dr DN Mondo t/a Union Medical Centre	GP	0147249	(067) 242 967
Grootfontein	Dr B MUKUMBA T/A MEDI-CARE SURGERY	GP	0448109	(067) 240 304
Grootfontein	Dr H De Haast	Dentist	0324663	(067) 240 280
Henties Bay	BENGUELA MEDI - CENTRE \ Dr ML Hugo	GP / Nurse	0203335 / 1466968	(064) 500 423
Karasburg	Dr AP Vermeulen	GP	1430300	(063) 270 000
Karasburg	Dr T Von Schauroth	GP	0025925	(063) 270 030
Karibib	Dr L Van Zyl	GP	0249750	(064) 550 050
Katima Mulilo	Goodhealth Medical Centre \ Drs Cornelissen, Malan	GP	0208698 / 0431702	(066) 253 321
Katima Mulilo	RIVERSIDE MEDICAL PRACTICE \ Dr N MABHENA	GP	0395846	(066) 252 966
Keetmanshoop	Drs Coetzee & Groenewald	GP	0306436	(063) 223 254
Keetmanshoop	Dr Smith - Dentist	Dentist	5440475	(063) 226 155
Kombat	BF & T Clinic	GP	0191671	(067) 231 124
Lüderitz	Drs Marais & Petzer	GP	0008001	(063) 202 515
Lüderitz	Dr Smith - Dentist	Dentist	5440475	(063) 203 127
Mariental	Dr Grobler	GP	1483269	(063) 242 007
Mariental	Dr Nakasholo	GP	0073016	(063) 242 333
Mariental	Dr Roelofse - Dentist	Dentist	5434459	(063) 242 783
Ohangwena	Dr Alagba	GP	0256099 / 0418811	(065) 260 048
Ohangwena	Dr Galiwango	GP	0160105	(065) 260 098
Okahandja	Okahandja Medical Centre \ Dr De Beer	GP	1543830 / 0011770	(062) 501 078
Okahandja	Gee Dental Surgery	Dentist	0398101	(062) 500 183
Okahandja	Dr NhauT\A Oyeto Clinic	GP / Nurse	0479772 / 0336580	(062) 500 417
Okahao	Okahao Medical Clinic \ Dr Uirab	GP	0222259	(065) 252 188
Okongo	Okongo Medical Practice \ Dr Kaliba	GP	0462292	(065) 288 443
Omaruru	Drs Craven en Beutel	GP	0333964	(064) 570 033
Omuthiya	Northlands Medical Clinic \ Dr Matare	GP	0364827	(065) 244 120
Ondangwa	Dr Chiwira	GP	0451061	(065) 240206
Ondangwa	C CHIDZAMBGA T/A SMILE DENTAL PRACTICE	Dentist	0414719	(065) 241 073
Ondangwa	Dr E David T\A D&H Medical Clinic	GP	0503819	(065) 246 279
Ondangwa	Dr Musweu	GP	0182400	(065) 240 056
Ondangwa	Northlands Medical Polyclinic \ Dr Matare	GP	0399817	(065) 241 120
Ondangwa	Dr Nakambunda	Dentist	0199257 / 0186589	(065) 240 324
Ondangwa	Dr Serebe	GP	0396982 / 0425966	(065) 241 577
Ondangwa	Dr Zulu - Dentist	Dentist	0245518	(065) 246 224
Ondangwa	Dr's Aluteni, Moloi and Zulu dental Practice	Dentist	0506591	(065) 273 803
Ondangwa	Dr Ikeakanam	GP	0425923	(065) 241 290
Ondangwa	Outapi Medical Centre \ Dr Mataya	GP	0333166	(065) 251 224
Ondangwa	Northcote Medical Services - Ondangwa \ Dr Lwande	GP	0264415	(065) 256 266
Ongwediva	Maha Primary Health Clinic	Nurse	0437638	(065) 230 127
Ongwediva	Dr Moyo	GP	0456489	(065) 232 911
Ongwediva	Dr E Kalangula	GP	0012408	(065) 231 344
Ongwediva	FUENTES-CERVERA T/A UNICARE CLINIC CC	GP	0504246	(065) 222 099
Opuwo	Dr Uirab \ Sr Kauhulongo	GP \ Nurse	0518530 / 0457795 / 0457817	(065) 273 371
Opuwo	Northlands Medical Practice Opuwo \ Dr Matare	GP	0399817	(065) 273 648
Oranjemund	Dr Abigail Chigogwana-Ndudzo	GP	0464058	(063) 232 104
Oranjemund	Dr Chimfwembe T/a Dr Kennedy Chimfwembe Practice	GP	0433098	(063) 238 002
Oranjemund	Dr Groblaar	GP	1501933	(063) 238 000

Prime Care List / Vital Care as at 14.05.2014

Oranjemund	Dr Newaka - Dentist	Dentist	0182400	(063) 238 032
Oranjemund	Namdeb Hospital	GP	0044709	(063) 238 000
Oshakati	Omagano Medical Centre \ Dr Mashonganyika	GP	0353205 / 0292311	(065) 230 329
Oshakati	Beta Medical Centre \ Dr Mataya	GP	0333166	(065) 224 098
Oshakati	Dr E Kalangula	GP	0509264	(065) 222 238
Oshakati	Dr E Kalangula	GP	0012408	(065) 224 087
Oshakati	Ongwadiva Medi-Park Casualty \ Dr Moyo	GP	0456489	(065) 232 911
Oshakati	Uutoni T\A North West Dental Surgery	Dentist	0055182	(065) 222 133
Oshakati	Dr Ndakeva	Dentist	0198293	(065) 224 232
Oshakati	Dr Ndilenga	Dentist	0281506	(065) 222 112
Oshakati	Northern Medical Centre \ Dr Mashonganjuka	GP \ Nurse	0353205	(065) 224 369
Oshakati	Advanced Consulting Room \ Dr Mendes	GP \ Nurse	0459054	(065) 224 445
Oshikango	Dr Alagba	GP	0343986	(065) 264 693
Oshikango	Dr Everisto Madusise	Dentist	0452750	(065) 265 106
Otavi	Dr Boshoff	GP	1468928	(067) 234 272
Otjiwarongo	Dr Nkowane	GP	0398012	(067) 304 143
Otjiwarongo	Ensidano Medical Practice \ Dr Akuaake	GP	0308700 / 0011738	(067) 303 668
Otjiwarongo	Otjimed Surgery \ Dr Kandemiiri	GP	0269395	(067) 304 135
Otjiwarongo	Kathy's Dental Surgery \ Dr Ndyetabula - Dentist	Dentist	0043842	(067) 304 274
Outapi	Outapi Medical Centre \ Dr Mataya	GP	0333166	(065) 251 224
Outapi	Outapi Clinic \ Dr Mendes	GP \ Nurse	0459054	(065) 251 698
Outapi	Uutoni T\A North West Dental Surgery	Dentist	0055182	No Phone
Outapi	Northcote Medical Services - Outapi \ Dr Lwande	GP	0264415	(065) 246 366
Outjo	Dr Kesslau	GP	1585363 / 6048110	(067) 313 020
Outjo	Dr FG Burger - Cash only Practice	GP	1585460	(067) 313 020
Outjo	Dr Kesslau	GP	1585363 / 6048110	(067) 313 020
Rehoboth	Dr De Klerk	GP	0012319	(062) 523 190
Rehoboth	Dr Varghese - Dentist	Dentist	0142786	(062) 523 333
Rehoboth	Rehoboth Reho Clinic	GP	0228710	(062) 525 265
Rehoboth	Rehoboth Medical Practice Inc	GP	276316 / 0408107	(062) 524 436
Rehoboth	Bains Medical Centre \ Dr Matinhure	GP	0443492	(062) 522 184
Rosh Pinah	Rosh Care Dental	Dentist	0222224	(063) 274 911
Rosh Pinah	Tamar Health T\A Rosh Care Clinic \ Dr JP Van Der Walt \ Dr L Van Der Walt	GP	0127752 / 1484311 / 0481750	(063) 274 911
Ruacana	Outapi Medical Centre \ Dr Mataya \ Ruacana Medical Centre	GP	0333166	(065) 270 021
Rundu	Medical Practitioners Surgery \ Dr Adigwe	GP	0423335	(066) 256176
Rundu	Dr Ndoukve	GP	0302929	(066) 255 699
Rundu	Rundu Medical Complex \ Dr Shivute	GP	0441155 / 0007323	(066) 255 331
Rundu	Haita J Thimoteus T/A HZH Private Clinic	Nurse	0516309	(066) 256 768
Rundu	Tuyeni Home Nursing Care	Nurse	0439959	0816928092
Rundu	Lafrenz Dental Practice \ Dr L Matikiti	Dentist	0351881	(066) 255 096
Stampriet	Dr Dreyer	GP	0266019	(063) 260 020
Swakopmund	Dr Bierman	GP	1432761	(064) 405 000
Swakopmund	Dr Matheis, Dr Moisel Medical Practice	GP	1497391	(064) 405 050
Swakopmund	Dr Schickerling	GP	1486934	(064) 419 000
Swakopmund	Dr Suardi - Dentist	Dentist	5452015	(064) 402 828
Swakopmund	Dr van Wyk	GP	1463101	(064) 429 000
Swakopmund	Drs van der Linde & Partners - Dentist	Dentist	5416248	(064) 405 833
Swakopmund	Welwitchia Family Clinic	Nurse	0478466 / 0338370 / 0478474	(064) 406 985
Tsumeb	Alpha Clinic CC Tsumeb \ Dr Nderecha	GP	0387916 / 0492574	(067) 222 012
Tsumeb	Dr Bartholomae	GP	1510614	(067) 220 001
Tsumeb	Dr O'Kennedy Nel - Dentist	Dentist	5431425	(067) 221 530
Tsumeb	Tsumeb Dental \ Dr De Haast \ Dr Dauramanzi	Dentist	0511390	(067) 222 189
Tsumeb	Tsumeb Family practice \ Drs Badenhorst	GP	0301620 / 1508083	(067) 222 400
Usakos	Dr L Van Zyl	GP	0249750	(064) 530 020
Walvis Bay	Dr van Eyk - Dentist	Dentist	5441307	(064) 220 619
Walvis Bay	Dr TJ Sanyauke	GP	0395765	(064) 204 705
Walvis Bay	Dr Georgiev	GP	0477354 / 0369470	(064) 27 0210
Walvis Bay	Express Health Care \ Dr TA Mudyandzo	GP	0381624	(064) 204 339
Walvis Bay	Dr Kock - Dentist	Dentist	5437636	(064) 205 118
Walvis Bay	Erongo Health Care Clinic \ Sr Perez	Nurse	0483923	(064) 202 549
Walvis Bay	Dr Blazic	GP	1438964	(064) 204 809
Walvis Bay	Dr Masunda \ Hope Medical Centre	GP \ Nurse	0478458	(064) 204 705
Windhoek	Aneni Health Services \ Dr GD Rusike	GP	0266000 / 0519162	(061) 212 696
Windhoek	Dr LWKD BASILA T/A AGORA MEDICAL PRACTICE	GP	476986	(061) 309 654

Prime Care List / Vital Care as at 14.05.2014

Windhoek	Dr Agnew	GP	0007242	(061) 245 999
Windhoek	Betesda Medical Centre	GP	0186953	(061) 278 900
Windhoek	Dr Shepherd Ushe Shonhiwa T\A Baobab Medical Centre	GP	0511870	264812031029
Windhoek	City Medical Centre	GP	0470465	(061) 222 803
Windhoek	Central Clinic \ Sr Nujoma \ Dr Chanaka	GP \ Nurse	0299472 / 0299464	(061) 309 636
Windhoek	Dr Amuntela	GP	1484311	(061) 304 410
Windhoek	Dr Coetzee	GP	1442449	(061) 235 490
Windhoek	Dr Chinyoka	GP	0344729	(061) 210 157
Windhoek	Dr Abed T. Chidzoba	GP	0507350	(061) 271 200
Windhoek	Dr De Klerk	GP	0381780	(061) 236 976
Windhoek	Daab Occupational Health Clinic \ Dr Majoni	GP	0464473 / 0442488	(061) 402563
Windhoek	Dr Erkana	GP	1469460	(061) 227 173
Windhoek	Dr Florek	GP	0030236 / 0182621	(061) 254 787
Windhoek	Dr Gariseb	GP	0009997	(061) 269 965
Windhoek	Dr Gawachab	GP	0480975	(061) 229 482
Windhoek	Dr Uirab \ Sr. H.Uiras	GP \ Nurse	0017191 / 0222267	(061)269 971
Windhoek	Dr Harases-Kankondi	GP	0364843	(061) 260 660
Windhoek	Dr Katumwa Medical Centre	GP	0351946	(061) 211917
Windhoek	Dr Kakumai - Dentist	Dentist	0319139	(060) 801 7297
Windhoek	Dr F-U-Kaura Medical Practice CC	GP	0081663	(061) 258 045
Windhoek	Sr Nghitanwa T\A Namibia Health & Safety Solutions	Nurse	0479616	(061) 210 157
Windhoek	Dr Nwagboso	GP	0012416	(061) 272 388
Windhoek	Dr Maritz	GP	1451472	(061) 254 747
Windhoek	Dr Madjorov	GP	0399809	(061) 229 510
Windhoek	Dr Majoni	GP	0442488	(061) 227 893
Windhoek	Dr Scriba - Dentist	Dentist	0288829	(061) 235 805
Windhoek	Dr Shongolo - Dentist	Dentist	0351938	
Windhoek	Dr Tembo	GP	0142751	(061) 305 275
Windhoek	Dr Troskie	GP	1543237	(061) 224 586
Windhoek	Dr Turek	GP	0012262	(061) 247 257
Windhoek	Dr van Zyl - Dentist	Dentist	5433967	(061) 236 553
Windhoek	Dr Viljoen	GP	1519794	(061) 222 253
Windhoek	Dr Zimba	GP	0364088	(061) 308 626
Windhoek	Eros Family Practice	GP	1550330 / 0499153 / 1550349 / 1493914 / 0260371 / 1572628 / 0374105 / 0475580	(061) 234 926
Windhoek	Eros Primary Healthcare CC	Nurse \ GP	0360457	(061) 234 926
Windhoek	Forbes Medical Centre \ Dr Katumwa	GP	0449695	(061) 254 139
Windhoek	Health 4 You \ Sr Nuyoma	GP \ Nurse	0199532 / 0422797	(061) 256 114
Windhoek	Highlands Primary Health Clinic \ Sr Losper	GP \ Nurse	0344737 / 0271276	(061) 210 004
Windhoek	Kaoko Medical Practice \ Dr Mawire	GP	0333247 / 0354546	(061) 400 739
Windhoek	Khomas Medical Services, Saunders Branch	GP \ Nurse	0152064 / 0008222 / 0185612	(061) 211 138
Windhoek	Mobile Wellness Workplace Services	Nurse	0423297	(061) 240 053
Windhoek	Maerua Medical Centre \ Dr Nyathi	GP	0413240	(061) 305 772
Windhoek	Namib Medical Clinic \ Dr Klorphas-Abner	GP	0375500	(061) 402 009
Windhoek	Namibia Health Clinic's Park	GP \ Nurse	0208639 / 0462322	(061) 263 203
Windhoek	Omegacare Consultancy \ Sr Andima	Nurse	0450529	(061) 222 935
Windhoek	Ombili Central Clinic	GP \ Nurse	0379778	(061) 308 905
Windhoek	Palm Valley Medical Centre \ Dr Majoni	GP	0417513	(061) 227 893
Windhoek	Paramount Healthcare Centre	GP \ Nurse	0239429	(061) 287 1103
Windhoek	Windhoek Adventist Clinic	GP	0343560	(061) 229 510
Windhoek	Dr PJ Limon / Windhoek Family Practice	GP	0429449	(061) 229 628
Windhoek	Wanaheda Medical Centre \ Dr Tom	GP \ Nurse	0493589 / 0363154 / 0363146 / 0363219 / 0493619	(061) 210 255

**Please note:**

Accounts from Pathologist and Radiologists can be paid according to the codes.  
 Patients can get HIV medication at any pharmacy.  
 Scripts of N\$160.00 can be obtained at any pharmacy.  
 Please refer to product structure for limits and treatment exclusions.

Prime Care List / Vital Care as at 14.05.2014

**Network providers to can refer a patient to the following providers:**

City/Town	Health Care Professional	Discipline	Practice Numbers	Contact Details
Windhoek	Dr Fawzy & Fawzy	Ear, Nose and Throat/ Ophthalmologist	0012742 / 0012750	(061) 272 200

**Network providers to can refer a patient to the following specialists:**

City/Town	Health Care Professional	Discipline	Practice Numbers	Contact Details
Windhoek	Dr B Haillemariam	Gynecologist / Obstetrician	0315087	(061) 304 633
Windhoek	Dr Keiseb	Gynecologist / Obstetrician	0167630	(061) 249 663
Oshakati	Dr Muti	Gynecologist / Obstetrician	0320188	(065) 220 125
Windhoek	Dr Brandt	Ophthalmologist	0054658	(061) 226 736
Windhoek	Dr Petrick	Ophthalmologist	0141046	(061) 226 736
Oshakati	Dr Polishchuk	Anaesthetist	0513601	(065) 224 008
Windhoek	Dr Joffe	Ophthalmologist	2602865	(061) 372 600
Windhoek	Dr Jagiello	Surgeon	0349968	(061) 254 787
Windhoek	Dr Ogbonna	Surgeon	0008281	(061) 249 713
Windhoek	DR. Y SAAD	Surgeon	0392049	(061) 385 642
Windhoek	Dr Katjita	Physician Specialist	0003654	(061) 243 045
Windhoek	Dr Aziz	Paediatrician	0387479	(061) 214 518
Ondangwa	Dr UP Ikeakanam	Family Medicine	0425923	(065) 241 290
Grootfontein	Dr JF Gagiano t/a Med-Wize Medical Centre	Family Medicine	0008370	(067) 240 276
Ondangwa	Dr S Mtombeni	Paediatrician	0149640	(065) 248 366
Windhoek	Dr A Skinner	Orthopaedic Surgeon	0011991	(061) 247 545
Windhoek	Dr HP Myburg	Maxillo Facial & Oral Surgeon	0310417	(061) 309 980
Windhoek	Dr JH van Tonder	ENT Surgeon	3002101	(061) 23 4889

**Network Private Hospitals**

City/Town	Health Care Professional	Discipline	Practice Numbers	Contact Details
Windhoek	Rhino Park Private Hospital	Hospital	0012556	(061) 375 000
Windhoek	Paramount Healthcare Frailcare / Paramount Stepdown & Frailcare Centre	Hospital	0239453 / 0239445	(061) 287 1153
Walvis Bay	Welwitschia Hospital	Hospital	0324930	(064) 218 911
Gobabis	Gobabis Private Hospital	Hospital	0034924	(062) 566 200
Tsumeb	Tsumeb Private Hospital	Hospital	0049298 / 5707056	(067) 221 001
Grootfontein	Grootfontein Private Hospital	Hospital	0323691 / 0012475	(067) 248 150
Ongwediva	Ongwediva MediPark	Hospital	0245089	(065) 232 911
Rehoboth	St Mary's Hospital	Hospital	0012580	(062) 522 006