



GlobeMed  
Egypt

# Chronic Posting Guidelines



## What is a Chronic Condition?

A chronic condition is any medical disease that is persistent for three months or more and requires long-term medical treatment, mostly to improve symptoms and enhance the quality of life.

## How to obtain your monthly Chronic Treatment?

GlobeMed allows you to dispense your chronic medications on monthly basis by directly presenting your insurance ID to any pharmacy that you desire inside the Network. To do this, please visit the support link <https://support.globemedegypt.com> and choose "Medical Approval Request", fill in the form with all the required fields and once submitted you will receive an SMS with your ticket number. Please note that you will get the feedback on your request within 24 working hours.

Chronic diseases have different posting durations. Thus, to renew your treatment or extend your chronic post, further updated supporting documents might be needed.

To know more about the needed documents for each medical condition, please make sure to go through the below mentioned requirements:

### 1. Diabetes

Diabetes is classified as either a rise in blood glucose levels or drop in insulin levels. Typically, in most cases, diabetic patients have their chronic medications posted till renewal date. Below are the needed documents for first time posting & renewals.

Diabetes Mellitus		
First time Posting	Posting Period	Renewal/ Extension
<ul style="list-style-type: none"> <li>A recent medical prescription with the diagnosis and medical condition</li> <li>HBA1C test results</li> </ul>	Till contract renewal	A recent medical prescription

## 2. Cardiovascular Diseases

Cardiovascular disease (CVD) is a class of diseases that involve the heart or blood vessels. In most cases & diseases, CVD medications are posted till renewal except for Varicose Veins. The chronic prescription requires further documents in order to be renewed every 3 months.

Hypertension		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent Medical Report</li> </ul>	Till contract renewal	A recent medical prescription
Hyperlipidemia		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• Lipid profile test</li> </ul>	Till contract renewal	<ul style="list-style-type: none"> <li>• A recent medical prescription</li> <li>• Recent Lipid profile test</li> </ul>
Strokes		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• INR Test</li> <li>• Doppler report for thrombosis</li> </ul>	Till contract renewal	<ul style="list-style-type: none"> <li>• A recent medical prescription</li> <li>• A recent medical report</li> <li>• INR Test</li> </ul>
Varicose Veins		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• Doppler Ultrasound</li> </ul>	6 Months	<ul style="list-style-type: none"> <li>• A recent medical prescription</li> <li>• Recent doppler report</li> </ul>

### Coronary Insufficiency

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• ECG</li> </ul>	Till contract renewal	Medical report according to the case

### Angina Pectoris

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• ECHO</li> <li>• EKG</li> </ul>	Till contract renewal	Medical report according to the case

## 3. Ophthalmology Diseases

Ophthalmology diseases are a group of diseases that affect the eye health and sight. They mostly include Dry Eye, Glaucoma & Conjunctivitis. Chronic ophthalmology medications are usually posted & renewed according to the case and thus, it is important to provide the below documents to evaluate the condition and posting duration.

### Dry eye - Glaucoma - Conjunctivitis

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• OCT report depending on the case</li> </ul>	6 months / End of contract	A recent medical prescription

## 4. Respiratory Diseases

A respiratory disease is any disease that may affect the lungs, throat or nose. Usually, respiratory chronic posts are posted for 3 months and susceptible to renewal according to the provided documents as per each case.

Asthma - Sarcoidosis		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• CT Chest test (in case the requested medications exceed the allowed medical limit)</li> </ul>	6 Months	<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• CT Chest test (in case the requested medications exceed the allowed medical limit)</li> </ul>

Allergic Rhinitis		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report/ scan for rhinitis</li> </ul>	6 Months	<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> </ul>

## 5. Gastrointestinal & Liver Diseases

This is a broad spectrum of diseases involving the digestive tract, intestines as well as the liver. Accordingly, posting durations vary upon each disease and condition. To clarify the needed documents for each condition's posting alongside renewal, please recheck the below.

Irritable Bowel Disease		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• H-Pylori test</li> <li>• Gastroscopy and colonoscopy report</li> <li>• depending on the case</li> </ul>	6 Months	<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• Scan of sinuses (renewal same as the first time)</li> </ul>

## Fatty Liver

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription + Liver functions test</li> <li>• Lipid profile</li> <li>• Abdominal Ultrasound</li> </ul>	Till contract renewal	<ul style="list-style-type: none"> <li>• A recent medical prescription</li> <li>• Liver functions test</li> <li>• Pelvic Ultrasound</li> </ul>

## Ulcerative Colitis Disease

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• Endoscopy or sonogram</li> <li>• Immunological diagnostic tests</li> </ul>	Till contract renewal	A recent medical prescription

## Chronic Liver Disease

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• Liver functions test</li> <li>• Fibroscan</li> </ul>	Till contract renewal	A recent medical prescription

## Hemorrhoids & Anal Fissure

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> </ul>	6 Months	<ul style="list-style-type: none"> <li>• A recent medical prescription</li> <li>• A recent medical report</li> </ul>

## Cholecystitis

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• Abdominal Ultrasound</li> </ul>	6 Months	<ul style="list-style-type: none"> <li>• A recent medical prescription</li> <li>• Abdominal Ultrasound</li> </ul>

## Hepatitis B / C

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• Recent PCR</li> </ul>	3 - 6 Months	<ul style="list-style-type: none"> <li>• A recent medical prescription</li> <li>• Recent PCR</li> </ul>

## 6. Bone Diseases

Bone disease is a condition that damages the skeleton, makes bones weak and prone to fractures. Below are the various types of chronic diseases with their required documents & tests and their corresponding posting durations.

### Bone Pain - Degenerative disc disease - Osteoarthritis - Peripheral Neuropathy

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• MRI or x-ray depending on the case</li> <li>• Nerve Conduction Velocity Test NCV</li> </ul>	3-6 Months	<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> </ul>

### Rheumatoid Spondylitis

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• CT Scan on the infected area or MRI depending on the case</li> <li>• ESR</li> <li>• CRP</li> <li>• Anti-CCP</li> </ul>	6 Months	<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> </ul>

Rheumatoid Arthritis		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• CT Scan on the infected area / MRI</li> <li>• ANA</li> <li>• ESR</li> <li>• CRP</li> <li>• RF</li> <li>• Anti-CCP</li> </ul>	Till contract renewal	A recent medical prescription

Osteoporosis		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• DEXA scan report or MRI</li> <li>• Recent Vitamin D test</li> </ul>	Till contract renewal	<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• Medical report depending on the case</li> </ul>

## 7. Neurologic Diseases

Multiple Sclerosis		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• MRI</li> </ul>	Till contract renewal	A recent medical prescription



## 8. Anemia & Blood Diseases

Anemia is a medical condition that is mainly associated with red blood cells count or concentration of hemoglobin in the blood causing general weakness and fatigue. Please make sure to provide the needed documents within your request as below. Typically, the posting duration for anemia is 3 months, susceptible to extension according to the provided documents.

Iron Deficiency Anemia - Vitamin Deficiency Anemia - Aplastic Anemia - Hemolytic Anemia - Platelet Deficiency Anemia

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• Ferritin or CBC</li> </ul>	6 Months	<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent ferritin test or complete blood test</li> </ul>

## 9. Skin Diseases

Skin diseases may vary according to their type, complications & severity. Yet, the posting duration for mostly all skin diseases is quite standard which is 3 months, susceptible to renewal, and all require the same documents for first time posting & renewal.

Dermatitis - General skin irritation - Burns - Eczema

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• ANA-CCP (according to the case)</li> <li>• IGE (according to the case)</li> </ul>	3 Months	<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> </ul>

Psoriasis

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• ANA-CCP (according to the case)</li> <li>• IGE (according to the case)</li> </ul>	Till contract renewal	<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> </ul>

## 10. Thyroid Diseases

Thyroid disease is a medical condition that affects the function of the thyroid gland which is located at the front of the neck. Thyroid gland produces thyroid hormones that travel through the bloodstream to help regulate many other organs. Either for Hypothyroidism, hyperthyroidism or Thyrotoxicosis, the below documents have to be included within the chronic post initial request and renewal, respectively.

Hypothyroidism – Hyperthyroidism - Thyrotoxicosis		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• Thyroid tests (TSH T3 T4)</li> <li>• Sonogram in case of thyrotoxicosis</li> </ul>	Till contract renewal	A recent medical prescription

## 11. Kidney & Urinary Diseases

Similar to gastrointestinal diseases, kidney and urinary diseases have a broad spectrum of medical conditions, thus, the posting periods and required documents to be posted / renewed also vary. Below is the list of required documents for each.

Gout		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• Boric acid test</li> <li>• Urine sample analysis</li> </ul>	Till contract renewal	A recent medical prescription

Urinary Tract Stones - Renal Colic		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• Pelvic sonar</li> <li>• Complete Urine Analysis</li> </ul>	6 Months	<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• Pelvic sonar</li> <li>• Complete Urine Analysis</li> </ul>

## Kidney Failure

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• Pelvic sonar</li> <li>• Kidney Function Test</li> </ul>	Till contract renewal	A recent medical prescription

## Urinary Incontinence

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• Urodynamic test</li> </ul>	Till contract renewal	<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> </ul>

## 12. Prostate Diseases

Below are the required documents that shall be included within a chronic post request for Prostatitis – which is the inflammation of the prostate gland.

## Prostatitis

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• PSA test</li> <li>• Pelvic Sonar</li> </ul>	According to the case 6 months for prostatitis / till contract renewal for prostatic hypertrophy	A recent medical prescription

### 13. Brain Diseases

Brain diseases may vary in their complexity from dizziness & headaches to cerebral insufficiency. To differentiate between the disease's condition and complexity, the below documents shall be included when requesting a chronic post for brain disease.

Epilepsy - Migraine - Dizziness - Cerebral Insufficiency		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• EEG Report or MRI according to the case</li> </ul>	According to the case 6 months / till contract renewal	A recent medical prescription

### 14. Cancer Diseases

Cancer is the uncontrollable growth and duplication in the number of cells inside the body. Different cancer types in discrete stages may require different treatments. Thus, the below requirements have to be provided alongside cancer prescriptions to reassure convenient chronic posting.

Throat Cancer - Stomach Cancer - Lung Cancer - Breast Cancer - Ovarian Cancer - Kidney Cancer - Lymphoma		
First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• A recent medical report</li> <li>• Histopathology sample results</li> <li>• Tumor markers</li> <li>• Scan reports</li> </ul>	Till contract renewal	A recent medical prescription

## Leukemia

First time Posting	Posting Period	Renewal / Extension
<ul style="list-style-type: none"> <li>• A recent medical prescription with the diagnosis and medical condition</li> <li>• CT Scan / Sonogram / MRI</li> <li>• Histopathology sample results</li> <li>• Protein M</li> <li>• Blood Test (BUN + CREAT + PHOSPHATE + LDH + ALT + AST + URIC ACID)</li> </ul>	Till contract renewal	A recent medical prescription