

Health4Me 2019

Quality, affordable healthcare solutions

Health4Me Gold Benefits

GP visits	Unlimited GP visits at a Momentum CareCross Network GP per member per annum* No out of Network GP visits will be allowed
GP in room procedures	Minor medical procedures performed as part of a Momentum CareCross Network GP consult in rooms
Hello Doctor	Unlimited access to telephonic consultations and online/mobile health information via Hello Doctor
Specialist visits	A maximum of 2 visits per member/family per annum A maximum of R1 000 per visit and up to R2 000 per member/family per annum Members may consult any specialist, subject to a Momentum CareCross Network GP referral and pre-authorisation Members need to pay any shortfalls Waiting periods may apply
Acute medication	Unlimited when provided in accordance with the Momentum CareCross Network prescribed acute medication formulary
Chronic medication	Unlimited when provided in accordance with the Momentum CareCross Network prescribed chronic medication formulary 26 Chronic conditions are covered: Addison's Disease, Asthma, Bipolar Mood Disorder, Bronchiectasis, Cardiac Dysrhythmias, Cardiac Failure, Cardiomyopathy, Chronic Obstructive Pulmonary Disease, Chronic Renal Disease, Coronary Artery Disease, Crohn's Disease, Diabetes Insipidus, Diabetes Mellitus Type 1, Diabetes Mellitus Type 2, Epilepsy, Glaucoma, Haemophilia, Hyperlipidaemia, Hypertension, Hypothyroidism, Multiple Sclerosis, Parkinson's Disease, Rheumatoid Arthritis, Schizophrenia, Systemic Lupus Erythematosus and Ulcerative Colitis Waiting periods may apply
HIV benefit	Antiretroviral medication provided in accordance with the Momentum CareCross Network prescribed HIV medication formulary Post-exposure prophylaxis (PEP) medication provided in accordance with the Momentum CareCross Network prescribed HIV medication formulary, to prevent HIV infection in the event of accidental exposure to blood or fluids from an infected person, or by any other means Pathology related to condition monitoring according to the applicable Momentum Health4Me pathology list Waiting periods may apply
Basic pathology	Unlimited when linked to a Momentum CareCross Network GP visit and referred by a Momentum CareCross Network GP, according to the applicable Momentum Health4Me pathology list
Basic radiology	Unlimited cover for black and white x-rays, when linked to a Momentum CareCross Network GP visit and referred by a Momentum CareCross Network GP, according to the applicable Momentum Health4Me radiology list
Basic and emergency dentistry	Covered at any dentist on the Momentum CareCross Dental Network Basic dentistry such as fillings, extractions, infection control, cleaning and polishing of teeth Specialised dentistry such as bridges, crowns, surgical extractions, implants, root canals, gold fillings, dentures and braces are not covered Provided in accordance with the Momentum CareCross Dental Network protocols and approved Momentum Health4Me dentistry list Waiting periods may apply
Basic optometry	Covered at any optometrist on the Momentum CareCross Optical Network Benefit available every 2 years 1 Eye test and 1 pair of clear standard single vision lenses, or 1 pair of bi-focal lenses, with a standard frame Sunglasses, tinted lenses, hard coating and contact lenses are not covered Provided in accordance with the Momentum CareCross Optical Network protocols and approved Momentum Health4Me optometry list Waiting periods may apply
Maternity benefit	1 1st trimester growth scan per pregnancy

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Health4Me **Gold** Benefits (continued)

Flu vaccination	1 Flu vaccination per member per annum at any pharmacy clinic, preferably at a Dis-Chem, Clicks, MediRite or Pick n Pay pharmacy clinic
Health assessment	1 Health assessment (blood pressure test, cholesterol and blood sugar finger prick tests, height, weight and waist circumference) per member per annum at a pharmacy clinic, preferably at a Dis-Chem, Clicks, MediRite or Pick n Pay pharmacy clinic Employer groups with more than 50 employees can have onsite screening done via Multiply
EAP services	Psycho social counselling: Preventative and proactive interventions for early detection, identification and/or resolution of work, personal and health problems, that may adversely affect a member's wellbeing and ability to perform at work Trauma/critical incidence counselling: Members can access trauma support from experts and professionals 24 hours a day, 7 days a week. Assistance will be provided for members who have experienced physical and/or emotional trauma, such as: Rape, hijacking, child abuse, death or suicide of a close family member, armed robbery or assault, domestic violence, kidnapping or abduction Legal assist, credit health and debt management services: Members who require legal, debt or financial wellness advice can get assistance from fully qualified and experienced attorneys, financial consultants and debt rescue consultants
Multiply Starter	Discounts provided as per the Multiply Starter benefit rewards partners and applicable discounts list

* Authorisation is required after the 10th visit per member per annum

Health4Me **Gold** Benefits

To join Health4Me, contact your HR manager, who will provide you with a Health4Me application form



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Momentum Health4Me is not a medical scheme product, and is not a substitute for medical scheme membership.