<table>
<thead>
<tr>
<th>Day-to-day Benefits</th>
<th>Gold Benefits</th>
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| **GP visits** | Unlimited GP visits at a Momentum CareCross Network GP per member per year  
Authorisation is required after the 10th GP visit per member per year |
| **GP in room procedures** | Minor medical procedures performed as part of a Momentum CareCross Network GP consult in rooms, such as stitching of wounds and nebulisation |
| **Hello Doctor** | Unlimited access to telephonic consultations and online/mobile health information via Hello Doctor |
| **Specialist benefit** | Up to 2 visits, limited to R1 000 per visit and up to R2 000 per member/family per year  
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** | Provided in accordance with the Momentum CareCross Network prescribed acute medication formulary  
Rules and protocols apply |
| **Chronic benefit** | 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, Glaucma, Haemophilia, Hyperlipidaemia, Hypertension, Hypothyroidism, Multiple Sclerosis, Parkinson’s Disease, Rheumatoid Arthritis, Schizophrenia, Systemic Lupus Erythematosus and Ulcerative Colitis  
Pre-authorisation is required  
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 Health4Me pathology list  
Pre-authorisation is required  
Waiting periods may apply |
| **Basic pathology** | Unlimited when members visit their Momentum CareCross Network GP, and are referred by their Network GP, according to the Health4Me pathology list |
| **Basic radiology** | Unlimited cover for black and white x-rays when members visit their Momentum CareCross Network GP, and are referred by their Network GP, according to the Health4Me radiology list |
## Gold Benefits (continued)

<table>
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<tr>
<th>Benefit</th>
<th>Details</th>
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| **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 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 Health4Me optometry list  
Waiting periods may apply |
| **Maternity benefit** | Antenatal GP visits at a Momentum CareCross Network GP  
2 2D foetal growth scans per member per pregnancy  
Antenatal pathology tests when members visit their Momentum CareCross Network GP, and are referred by their Network GP, according to the Health4Me antenatal pathology list  
Antenatal vitamins provided in accordance with the Momentum CareCross Network prescribed acute medication formulary  
Antenatal support (access to credible, up to date information on all topics related to parenthood) via BabyYumYum  
Antenatal and post-partum support from a nurse or midwife via BabyYumYum  
Nurse home visit on day after returning home from hospital after childbirth, as well as 2 weeks later, via BabyYumYum  
Registration and pre-authorisation is required |
| **Flu vaccination** | 1 Flu vaccination per member per year at any pharmacy clinic, preferably 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 year at a pharmacy clinic, preferably a Dis-Chem, Clicks, MediRite or Pick n Pay pharmacy clinic  
Employer groups with more than 10 employees can have onsite screening done via Multiply |
| **EAP telephonic services** | Counselling and support services for adults, teenagers and children  
Trauma and critical incidence counselling services  
Legal assist, credit health and debt management services  
Managerial support services |
| **Road accident claims** | Assistance with road accident claims (via EAP services) |
| **Workman’s compensation claims** | Advice for injury on duty claims (via EAP services) |
| **Multiply Starter** | Multiply Starter is free and offers rewards from a range of partners  
Members get great discounts and cashbacks on big brands like Edcon (CNA, Edgars and Jet), Dis-Chem and more |

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

momentum.co.za  
health4me@momentum.co.za  
0860 10 29 03  
268 West Avenue, Centurion, 0157

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