



### Day-to-day Benefits

Gold Benefits	
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, Glaucoma, 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




### Gold Benefits (continued)

Basic and emergency dentistry	<p>Covered at any dentist on the Momentum CareCross Dental Network</p> <p>Basic dentistry such as fillings, extractions, infection control, cleaning and polishing of teeth</p> <p>Specialised dentistry such as bridges, crowns, surgical extractions, implants, root canals, gold fillings, dentures and braces are not covered</p> <p>Provided in accordance with the Momentum CareCross Dental Network protocols and approved Health4Me dentistry list</p> <p>Waiting periods may apply</p>
Basic optometry	<p>Covered at any optometrist on the Momentum CareCross Optical Network</p> <p>Benefit available every 2 years</p> <p>1 Eye test and 1 pair of clear standard single vision lenses, or 1 pair of bi-focal lenses, with a standard frame</p> <p>Sunglasses, tinted lenses, hard coating and contact lenses are not covered</p> <p>Provided in accordance with the Momentum CareCross Optical Network protocols and approved Health4Me optometry list</p> <p>Waiting periods may apply</p>
Maternity benefit	<p>Antenatal GP visits at a Momentum CareCross Network GP</p> <p>2 2D foetal growth scans per member per pregnancy</p> <p>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</p> <p>Antenatal vitamins provided in accordance with the Momentum CareCross Network prescribed acute medication formulary</p> <p>Antenatal support (access to credible, up to date information on all topics related to parenthood) via BabyYumYum</p> <p>Antenatal and post-partum support from a nurse or midwife via BabyYumYum</p> <p>Nurse home visit on day after returning home from hospital after childbirth, as well as 2 weeks later, via BabyYumYum</p> <p>Registration and pre-authorisation is required</p>
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	<p>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</p> <p>Employer groups with more than 10 employees can have onsite screening done via Multiply</p>
EAP telephonic services	<p>Counselling and support services for adults, teenagers and children</p> <p>Trauma and critical incidence counselling services</p> <p>Legal assist, credit health and debt management services</p> <p>Managerial support services</p>
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	<p>Multiply Starter is free and offers rewards from a range of partners</p> <p>Members get great discounts and cashbacks on big brands like Edcon (CNA, Edgars and Jet), Dis-Chem and more</p>

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

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