momentum

Health4Me

2021

Day-to-day Benefits

Gold Benefits

GP visits (with referral)



There is no overall limit on the number of GP visits at a Network GP per member per year. Hello Doctor pre-authorisation is required for every GP visit from the 4th GP visit onwards

Network GP visits can either be face-to-face or virtual consultations

3 GP visits at a Network GP per member per year

2 Additional GP visits at a Network GP per member per year for members registered on the Maternity Benefit, Chronic Benefit or HIV Benefit programme

Additional GP visits at a Network GP can be unlocked with pre-authorisation from Hello Doctor via a tele-consult

GP in room procedures



Minor medical procedures performed as part of a 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 Network GP referral and pre-authorisation

The specialist may refer the member for pathology and radiology according to the Health4Me pathology and radiology lists Members need to pay any shortfalls

Waiting periods may apply

Acute medication



Provided in accordance with the Network prescribed acute medication formulary

Rules and protocols apply

Chronic benefit



Unlimited when provided in accordance with the Network prescribed chronic medication formulary

Unlimited pathology and radiology related to the chronic condition monitoring, according to the Health4Me pathology and radiology lists

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 Network prescribed HIV medication formulary

Post-exposure prophylaxis (PEP) medication provided in accordance with the 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 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 Network GP, and are referred by their Network GP, according to the Health4Me radiology list





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Day-to-day Benefits

Gold Benefits (continued)

Basic and emergency dentistry



Covered at any dentist on the Dental Network

 $^\prime$ 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 Dental Network protocols and approved Health4Me dentistry list Waiting periods may apply

Basic optometry



Covered at any optometrist on the 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 Optical Network protocols and approved Health4Me optometry list

Waiting periods may apply

Maternity benefit



Antenatal GP visits at a Network GP

2 2D foetal growth scans per member per pregnancy

Antenatal vitamins provided in accordance with the Network prescribed acute medication formulary

Antenatal pathology tests when members visit their Network GP, and are referred by their Network GP, according to the Health4Me antenatal pathology list

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 measurements) per member per year at a pharmacy clinic, preferably a Dis-Chem, Clicks, MediRite or Pick n Pay pharmacy clinic

(EAP) Employee Assistance Programme



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

Telephonic services and onsite trauma support services

Road accident claims



Advice for 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 Dis-Chem, Makro, NuMetro, Intercape and Mango Airlines, as well as on the Multiply online shop

Momentum Health4Me members have access to benefits at Momentum CareCross Network GPs, dentists and optometrists - view the lists of these providers at momentum.co.za.

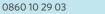
To join Health4Me, contact your HR manager, who will provide you with a Health4Me application form



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