

Day-to-day Benefits

Gold Benefits

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**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-authorization 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-authorization 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-authorization  
 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-authorization 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-authorization 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



### Gold Benefits (continued)

#### Basic and emergency dentistry



Covered at any dentist on the 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 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](http://momentum.co.za).

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

[momentum.co.za](http://momentum.co.za)

[health4me@momentum.co.za](mailto:health4me@momentum.co.za)

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