momentum

Health4Me

2022

Day-to-day Benefits

Gold Benefits

GP benefit Unlimited with a Hello Doctor pre-authorisation



3 GP visits at a Network GP per member per year, that do not require Hello Doctor pre-authorisation. Hello Doctor pre-authorisation is required for every GP visit from the 4th GP visit onwards

2 Additional GP visits at a Network GP per member per year, that do not require Hello Doctor pre-authorisation, for members who are registered on either the Chronic benefit, HIV benefit or Maternity benefit programme (2 additional Network GP visits per benefit programme) Network GP visits can either be face-to-face or video call (virtual) consultations

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



Hello Doctor consultations are unlimited

Hello Doctor consultations can either be chat, phone call or video call (virtual) consultations

Hello Doctor consultations include scripting of formulary-based medication (provided in accordance with the Network prescribed medication formularies, rules and protocols are applied)

Specialist benefit



A maximum of 2 visits, limited to R1 150 per visit and up to R2 300 per member/family per year is applied

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 applicable Health4Me pathology and radiology lists Shortfalls will be payable by the member

Waiting periods may apply

Acute medication



Provided in accordance with the Network prescribed acute medication formulary

Rules and protocols are applied

Chronic medication



Provided in accordance with the Network prescribed chronic medication formulary

Rules and protocols are applied

Chronic benefit



26 Chronic conditions are covered as follows:

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

Chronic medication is provided in accordance with the Network prescribed chronic medication formulary

Pathology and radiology related to condition monitoring is provided according to the applicable Health4Me pathology and radiology lists

Pre-authorisation is required

Waiting periods may apply

Basic pathology



Unlimited when linked to a Network GP visit and referred by a Network GP, according to the applicable Health4Me pathology list

Basic radiology



Unlimited cover for black and white x-rays, when linked to a Network GP visit and referred by a Network GP, according to the applicable Health4Me radiology list Covered at any dentist on the Dental Network

Basic and emergency dentistry



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

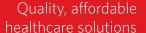
COVID-19 screening test



1 Positive COVID-19 screening test is covered per member per year, subject to a Network GP referral







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Day-to-day Benefits

Gold Benefits (continued)

HIV benefit



Post-exposure prophylaxis (PEP) medication is 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

Antiretroviral medication is provided in accordance with the Network prescribed HIV medication formulary

Pathology related to condition monitoring is provided according to the applicable Health4Me pathology list

Pre-authorisation is required

Waiting periods may apply

Maternity benefit



2 Foetal growth 2D scans per member per pregnancy

Antenatal pathology tests linked to a Network GP visit and referred by a Network GP, according to the applicable Health4Me pathology list

Antenatal vitamins provided in accordance with the Network prescribed acute medication formulary, rules and protocols are applied

Antenatal support (access to current and credible information on all topics related to parenthood) via BabyYumYum

Support post-partum from a nurse/midwife at home with bathing, swaddling, latching and feeding

Nurse/midwife home visits on day 2 and week 2 after the birth of the baby

Pre-authorisation is required

Flu vaccination



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

Employer groups with more than 10 employees per site can have an onsite wellness day, where members can do their annual health assessment

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 counselling services and onsite trauma and critical incidence support services

Road accident claims



Advice for road accident claims (via EAP services)

claims



Advice for injury on duty claims (via EAP services)

Multiply Starter

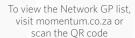


Multiply Starter is free and offers rewards from a range of partners

Members get great discounts and cashbacks on big brands like Dis-Chem, Makro, Nando's, Intercape and FlySafair, as well as on the Multiply online shop

Momentum Health4Me members have access to benefits at Momentum CareCross Network GPs, dentists and optometrists.







To view the Network Dental list, visit momentum.co.za or scan the OR code



To view the Network Optometrist list, visit momentum.co.za or scan the OR code





0860 10 29 03



health4me@momentum.co.za



268 West Avenue, Centurion, 0157