





















Gold Benefits

<p><b>GP benefit Unlimited with a Hello Doctor pre-authorisation</b></p>	 <p>Unlimited Network GP visits 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</p>
<p><b>GP in room procedures</b></p>	 <p>Minor medical procedures performed as part of a Network GP consult in rooms, such as stitching of wounds and nebulisation</p>
<p><b>Hello Doctor</b></p>	 <p>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)</p>
<p><b>Specialist benefit</b></p>	 <p>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</p>
<p><b>Acute medication</b></p>	 <p>Provided in accordance with the Network prescribed acute medication formulary                  Rules and protocols are applied</p>
<p><b>Chronic medication</b></p>	 <p>Provided in accordance with the Network prescribed chronic medication formulary                  Rules and protocols are applied</p>
<p><b>Chronic benefit</b></p>	 <p>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</p>
<p><b>Basic pathology</b></p>	 <p>Unlimited when linked to a Network GP visit and referred by a Network GP, according to the applicable Health4Me pathology list</p>
<p><b>Basic radiology</b></p>	 <p>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</p>
<p><b>Basic and emergency dentistry</b></p>	 <p>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</p>
<p><b>Basic optometry</b></p>	 <p>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</p>
<p><b>COVID-19 screening test</b></p>	 <p>1 Positive COVID-19 screening test is covered per member per year, subject to a Network GP referral</p>



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 clinic  
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)
- 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, Nando's, Intercape and FlySafair, as well as on the Multiply online shop

Gold Benefits

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



To view the Network GP list, visit [momentum.co.za](http://momentum.co.za) or scan the QR code



To view the Network Dental list, visit [momentum.co.za](http://momentum.co.za) or scan the QR code



To view the Network Optometrist list, visit [momentum.co.za](http://momentum.co.za) or scan the QR code