



MedMove!

MedMove! accompanies you when you take the first steps on your career path. The plan provides cover for health essentials such as private hospitalisation and emergency medical services through quality networks. You also have access to virtual and in-person doctors' consultations and medicine, and a selection of other medical services.

At R1 476 per month



medihelp
Medical Aid in Action

Reasons to choose Medihelp

Experienced

We've stood the test of time for over a century.

Involved

As a self-administered scheme, we are personally involved and manage your membership with great care.

Trusted

Just like more than 210 000 South Africans are entrusting their healthcare cover to us, so can you.



Day-to-day benefits

- Doctors' visits and virtual consultations
- Cover for medicine
- Dental check-ups and eye tests
- Physiotherapy consults
- Post-hospital benefit to help you recover after hospitalisation
- Contraceptive benefits

Added insured benefits

- Cover for health tests and screenings
- Flu vaccination

Core benefits

- Unlimited benefits for hospitalisation at private network hospitals
- Full trauma and emergency medical cover
- Full cover for 271 PMB conditions and PMB chronic medicine
- Specialised radiology benefit

Contributions

- Pay only R1 476 per month

Monthly contributions

Main member		R1 476
Dependant		R1 476
Child dependant <26 years		R1 476

Day-to-day benefits

Network virtual GP consultations during nurse visits	Unlimited Member pays the first R126 per virtual network GP consultation (no co-payment for nurse visits)
Network GP consultations	Member pays the first R126 per visit (visit 1-10 only) 11th visit onward - only listed conditions (R126 co-payment for visits not applicable) Authorisation required after the sixth visit
Specialist consultations (PMB only)	Unlimited at network specialists
Physiotherapy	Member pays the first R126 per visit Two visits per family
Self-medication	R100 per event, up to R490 per family
Acute medicine, standard radiology and pathology (Ampath, Lancet, and PathCare Vermaak)	R1 650 per family
Radiography	R1 200 per family
Eye test (PPN network)	One consultation per person per 24-month cycle Member pays the first R110 per consultation
Dental check-up (DRC network)	One routine check-up Member pays the first R110 per consultation
Post-hospital care for speech therapy, occupational therapy, and physiotherapy	R2 200 per member and R3 150 per family

Added insured benefits

These benefits are provided in addition to your insured day-to-day benefits. They are activated when you register on HealthPrint, Medihelp's free wellness programme for members, on the Member Zone. Your health screening results from Dis-Chem or Clicks will automatically upload to your health record on HealthPrint.

Health screening tests	<ul style="list-style-type: none"> One combo health screening (blood glucose, cholesterol, BMI, and blood pressure measurement) or an individual test (blood glucose or cholesterol) HIV testing, counselling, and support
Preventive care benefits	<ul style="list-style-type: none"> A flu vaccine A Pap smear every three years
Contraceptives	<ul style="list-style-type: none"> Oral/injectable/implantable contraceptives - R105 per month, up to R1 350 per year Intra-uterine device - R1 850 every 60 months
Supporting wellness	<ul style="list-style-type: none"> Cancer programme HIV/Aids programme

Core benefits

In-hospital treatment and life-essential services (insured benefits)	
Hospitalisation	No overall annual limit Network hospitals Day procedure network applies to all day procedures Member pays a R1 650 co-payment (PMB admission excluded)
Neonatal hospitalisation	R51 000 per family
Trauma that necessitates hospitalisation	Unlimited
Childbirth	PMB - unlimited
Specialised radiology	<ul style="list-style-type: none"> MRI and CT imaging R13 000 per family (co-payment applies) Angiography PMB - unlimited
Standard radiology, pathology (Ampath, Lancet, and PathCare Vermaak) and medical technologist services	Unlimited when admitted to a network hospital
Emergency transport (Netcare 911)	Unlimited (Country of residence: RSA, Lesotho, Eswatini, Mozambique, Zimbabwe, Namibia, and Botswana)
Treatment of life-threatening conditions	Unlimited Includes 271 PMB and 26 Chronic Diseases List (CDL) conditions
PMB medicine	Unlimited
Oxygen	PMB - unlimited
Mental health (psychiatric treatment)	PMB - unlimited
Cancer treatment	PMB - unlimited
Organ transplants	PMB - unlimited
Palliative care	R19 800 per family
Other core benefits	Including renal dialysis, hospice, subacute care, and private nursing services as an alternative to hospitalisation

Important

This is only a summary of the available benefits and co-payments that may apply to certain benefits. Please consult the registered Rules of Medihelp and your plan's brochure for more details. In case of a dispute, the Rules of Medihelp will apply (subject to approval by the Council for Medical Schemes). Certain added insured benefits are not available if the patient has registered the medical condition for PMB or chronic medicine benefits, as the treatment is no longer considered as preventive care.