Health4Me

momentum



Day-to-day benefits

Gold benefits

GP benefit



Unlimited GP visits at a Network GP can be unlocked via a consultation and pre-authorisation from Hello Doctor

- 3 GP visits at a Network GP per member per year, that do not require Hello Doctor pre-authorisation
- 2 Additional GP visits at a Network GP per member per year for members registered on either the Chronic benefit, HIV benefit or Maternity benefit programme (2 additional Network GP visits per benefit programme), that do not require Hello Doctor pre-authorisation
- Hello Doctor pre-authorisation is required for every GP visit from the 4th GP visit to unlock the rest of the unlimited visits

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

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 GP consultations with a Hello Doctor GP

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

Hello Doctor consultations include referral for pathology, according to the applicable Health4Me pathology list

Hello Doctor consultations include referral for radiology, according to the applicable Health4Me radiology list

Hello Doctor scripting



Hello Doctor consultations include unlimited scripting of Schedule 1 to Schedule 4, formulary-based medication, in accordance with the Network prescribed acute medication formulary. Rules and protocols are applied

Specialist benefit



A maximum of 2 visits, limited to R1 425 per visit and up to R2 850 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 applicable Health 4Me pathology and radiology lists

The specialist may prescribe medication which is subject to the per event limit

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 benefit and medication



27 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, HIV, 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. Rules and protocols are applied

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

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. Rules and protocols are applied

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 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 Parent Sense

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 $\mbox{Pre-authorisation}$ is required

Basic pathology

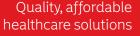


Unlimited cover for pathology, when linked to a Hello Doctor or Network GP visit and referred by a Hello Doctor or Network GP, according to the applicable Health4Me pathology list

Basic radiology



Unlimited cover for black and white x-rays, when linked to a Hello Doctor or Network GP visit and referred by a Hello Doctor or Network GP, according to the applicable Health4Me radiology list



Health4Me



Day-to-day benefits

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

Flu vaccination



1 Flu vaccination per member per year at any pharmacy clinic, preferably at a Dis-Chem, Clicks or MediRite pharmacy clinic

COVID-19 screening test



1 COVID-19 screening test is covered per member per year, subject to a Hello Doctor, Network GP or specialist referral

The COVID-19 screening test can also be performed as part of a Network GP consultation or as part of a specialist consultation in rooms

On-site wellness days



Basic health and wellness screening offered on site by qualified nurses

A minimum of 50 employees per site and a completed on-site wellness request form are required

Health assessment



1 Health assessment (blood pressure test, cholesterol and blood sugar finger-prick tests, height, weight and waist circumference screening) is provided per member per year on site at a Wellness day or at a pharmacy clinic, preferably at a Dis-Chem, Clicks or MediRite pharmacy clinic

Employer groups with more than 50 employees per site can have an on-site 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

Advice for road accident claims

Advice for injury on duty claims

Managerial support services

Telephonic counselling services and on-site trauma and critical incidence support services

Multiply Engage



Members have access to Multiply Engage for free. By doing the digital health and fitness assessment on the Momentum App, members gain immediate insights into their health and start earning rewards from day one. Multiply offers members rewards from a wide range of partners like Checkers, Nu Metro, Amazfit, Virgin Active, Zone Fitness and many more!

More4Me



More 4Me incentivises members through three rewards: R50 per year for digital engagement and completing a digital health assessment, a scratch card after completing their annual health assessment in person at a Momentum Wellness Day, and up to R80 per month based on their Healthy Heart Score, which they receive when doing an in-person health assessment at either a Momentum wellness day or a Dis-Chem, Clicks or MediRite pharmacy clinic.

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

Network provider lists







Members can choose to redeem their rewards as airtime, data, Shoprite and Checkers vouchers or Takealot vouchers

To view the Network Dental list. scan the OR code or click here



To view the Network Optometrist list. scan the OR code or click here



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Quality, affordable healthcare solutions