

# DISEASE PREVENTION PROGRAMME

DISCOVERY HEALTH MEDICAL SCHEME  
2026





## Overview

Certain health factors – such as high blood pressure, raised blood sugar, abnormal cholesterol, high triglycerides, a high Body Mass Index (BMI) and increased waist circumference – can increase your risk of developing cardiometabolic syndrome. Living with one or more of these risk factors may raise the likelihood of developing diabetes, cardiovascular disease, or experiencing serious events such as a heart attack or stroke.

To help safeguard your health, Discovery Health Medical Scheme offers the Disease Prevention Programme. This programme is designed to support members who are at risk, empowering you to take proactive steps to improve your health outcomes and enhance your quality of life.

## About some of the terms we use in this document

There may be some terms we refer to in the document that you may not be familiar with. Here are the meanings of these terms.

TERMINOLOGY	DESCRIPTION
Discovery Health Rate (DHR)	This is the rate that we pay for healthcare services from hospitals, pharmacies, healthcare professionals and other providers of relevant healthcare services.
Health Check for adults	A set of essential health screenings and preventive tests for adults 18 years and older. It includes certain tests such as blood glucose, blood pressure, cholesterol, body mass index and HIV (optional) screening at one of our Discovery Wellness Network providers.
Health Check for seniors	In addition to the Health Check, members aged 65 and older have cover for an age-appropriate falls-risk assessment at one of our Discovery Wellness Network providers.
Health Check for children	A Health Check specifically for children between the ages of two and 18 years. This benefit covers growth assessment tests, including height, weight, head circumference and health and milestone tracking at one of our Discovery Wellness Network providers.
Impaired glucose tolerance (IGT)	Impaired glucose tolerance is a raised glucose level result after an oral glucose tolerance test, and impaired fasting glucose is defined as glucose levels of 100 to 125 mg per dL (5.6 to 6.9 mmol per L) in fasting patients.
Impaired fasting glucose (IFG)	Impaired fasting glucose is a raised glucose level result after a fasting oral glucose tolerance test.
Premier Plus GP	A Premier Plus GP is a network GP who has contracted with us to provide you with coordinated care and enrolment on one of our Care programmes for defined chronic conditions.

## Disease Prevention Programme

Your health is at the heart of this programme. Together with your Premier Plus GP, supported by a health coach and a dietitian in our network, we'll help you take meaningful steps to reduce your risk of developing a chronic condition. This programme gives you access to benefits designed to help you stay on top of your health, while ensuring you receive coordinated, high-quality care for better long-term outcomes.

### Can anyone join the Disease Prevention Programme?

We use advanced predictive tools to identify members who may benefit most. Based on your Health Check results, if there's a sign that you could be at risk of developing diabetes or cardiovascular disease, your Premier Plus GP can enrol you in the programme.

### What is the goal of the programme?

The programme is focused on reducing your risk of developing diabetes. This may mean making positive changes such as following a personalised nutrition plan, increasing your activity levels, or starting medicines where necessary.

At the end of the programme, your Premier Plus GP will guide you on your next steps. This may include continuing with the lifestyle changes you've made, continuing with prescribed medicines, or, if needed, confirming a diagnosis of diabetes.



## How to join the Disease Prevention Programme

Your Health Check results, family history, claims data and other health information help us determine if you qualify. If you meet the criteria:

- A Discovery Health Coach will call you to explain how the programme works.
- With your consent, your Premier Plus GP can enrol you through HealthID.
- If you are on a KeyCare plan, you must be enrolled by your nominated Premier Plus GP in the KeyCare Network.
- If you are on a Smart or Smart Saver plan, you must be enrolled by a Premier Plus GP in the Smart GP Network.

Visit [www.discovery.co.za](http://www.discovery.co.za) under Medical Aid > Find a healthcare professional or click on Find a healthcare provider on the Discovery Health app to find a healthcare provider in the network to enrol you on the programme. [Give your Premier Plus GP consent to access your Electronic Health Record \(EHR\)](#).

## Your Premier Plus GP will work with you to manage your condition

The programme is guided by clinical and lifestyle best practices. Together with your health coach and your Premier Plus GP, you will agree on personal health goals and track your progress together.

This helps identify the areas that matter most for your health, ensuring you receive the support and care you need.

Members who join the Disease Prevention Programme will have access to the following additional benefits:

- One consultation with your Premier Plus GP
- Two consultations with a dietitian in our network, giving you expert guidance on nutrition tailored to your needs
- A defined set of blood tests
- Diabetes medicine (metformin) if prescribed by your Premier Plus GP
- 12 months of dedicated support from a Discovery Health Coach, who will guide and encourage you as you track, monitor, and improve your health and quality of life.

To ensure full cover for these services, please ask your healthcare provider to claim using the appropriate codes and ICD-10 diagnosis codes.

BASKET	PROCEDURE CODE	DESCRIPTION AND RATES
GP visits (up to two)	0190 0191 0192 0193	New and established patient: Consultation/visit of new or established patient of an average duration and/or complexity
Dietician visits (up to two)	84204 84203 84202 84201 84200	Nutritional assessment, counselling and/or treatment. Duration: 41-50 min Nutritional assessment, counselling and/or treatment. Duration: 31-40min Nutritional assessment, counselling and/or treatment. Duration: 21-30min Nutritional assessment, counselling and/or treatment. Duration: 11-20min Nutritional assessment, counselling and/or treatment. Duration: 1-10min
Fasting glucose (up to two)	4057 or 54057	Glucose - random/fasting
Cholesterol (one)	4026 or 54026, 4027 or 54027, 4028 or 54028, or 4147 or 54147	LDL cholesterol (chemical determination) Cholesterol Total HDL cholesterol Triglyceride
Serum creatinine (one)	4032 or 54032	Creatinine

## What happens if I am diagnosed with diabetes during the 12-month programme?

If you are diagnosed with diabetes, your Premier Plus GP will help you register on the Chronic Illness Benefit (CIB). This gives you access to benefits to manage your condition and the opportunity to enrol in the Diabetes Care Programme for ongoing support. You can learn more about these programmes on [www.discovery.co.za](http://www.discovery.co.za) > Medical Aid > Benefits and cover > Most Queried Benefits.



## How to contact us

	Members can call us on 0860 99 88 77 Health partners can call us on 0860 44 55 66
	Go to <a href="http://www.discovery.co.za">www.discovery.co.za</a> to get help from our chatbot, Ask Discovery.
	You can ask us a question by just saving the number 0860 75 67 56 on your phone and typing 'Hi' to start chatting with us 24/7.
	You can send us a letter to PO Box 784262, Sandton, 2146
	You can visit our offices at 1 Discovery Place, Sandton, 2196

## We welcome any feedback about our service

We would love to hear if there's anything we can improve on or if we have exceeded your expectations. Your feedback helps us serve you better. To give us feedback, you can complete our short *Complaints and compliments form* on the right side of the [Complaints, compliments or disputes page](#) under **Contact us**.

### What to do if you have a complaint

#### 1. To take your query further

If you have already contacted Discovery Health Medical Scheme and feel that your query has not been resolved, you can take the next step. Please complete our short online *Complaints and compliments form*. It's on the right side of the [Complaints, compliments and disputes page](#) under section 1, Contact us.

#### 2. To contact the principal officer

If you are still not satisfied with the outcome after following the process in Step 1, you can escalate your complaint to the principal officer of Discovery Health Medical Scheme by choosing one of these options:

- Complete our short online *Contact the principal officer form*. You'll find it on the right side of the [Complaints, compliments and disputes page](#) under section 2, Contact us.
- Send an email to [principalofficer@discovery.co.za](mailto:principalofficer@discovery.co.za).

#### 3. To lodge a dispute

If you have received a final decision from the principal officer of Discovery Health Medical Scheme and want to challenge it, you can lodge a formal dispute. You can find more information online about the [Scheme's dispute process](#).

#### 4. To contact the Council for Medical Schemes

Discovery Health Medical Scheme is regulated by the Council for Medical Schemes. You can contact the Council directly at any stage of the complaints process, but we encourage you to follow the steps above before doing so.

The contact details are:

	Council for Medical Schemes Complaints Unit, Block A, Eco Glades 2 Office Park, 420 Witch-Hazel Avenue, Eco Park, Centurion, 0157
	<a href="mailto:complaints@medicalschemes.co.za">complaints@medicalschemes.co.za</a>
	0861 12 32 67
	<a href="http://www.medicalschemes.co.za">www.medicalschemes.co.za</a>

### Your privacy matters to us

We take your privacy seriously. We're committed to protecting your personal information and keeping it safe and confidential. You can read our full privacy statement anytime at [www.discovery.co.za](http://www.discovery.co.za) > **MEDICAL AID** > **About Discovery Health Medical Scheme**.