

**BE BETTER
BENEFIT**

2026



Bonitas
Medical Aid for South Africa

WHAT IS THE BE BETTER BENEFIT?

This unique benefit provides access to a variety of health screenings, tests and vaccines for all life stages, helping with early detection of health issues, and allowing for timely intervention. It's funded entirely from risk, meaning your savings and day-to-day benefits last longer!

Women's Health

Covers tests and screenings to help detect and manage health conditions like breast cancer and cervical cancer, and also includes a contraceptives benefit.

Preventative Care

Access to tests, screenings and vaccines to help detect, prevent and manage health conditions like, hearing loss, heart disease, meningitis, pneumonia and HIV.

Children's Health

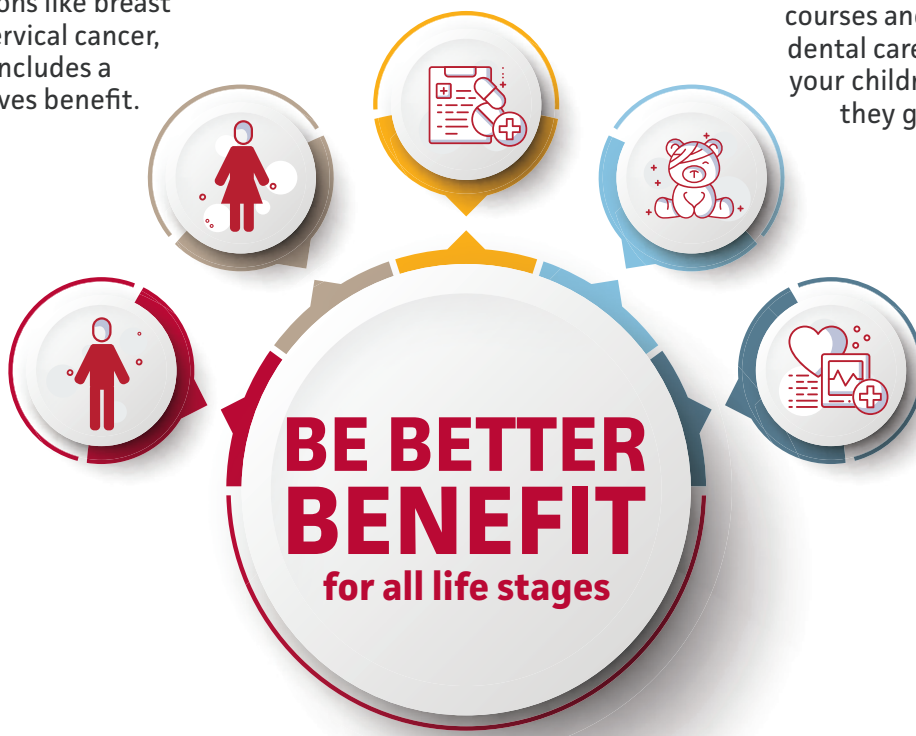
Access to vaccine courses and preventative dental care to help keep your children healthy as they grow older.

Men's Health

Covers tests and screenings to help detect and manage health conditions most common in men, like prostate cancer.

Wellness Screening

Covers health risk assessments to help detect health conditions like, high blood pressure, diabetes and cholesterol.



**BE BETTER
BENEFIT**
for all life stages

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	BONCOMPREHENSIVE	BONCLASSIC	BONCOMPLETE	BONSAVE	BONPRIME	BONFIT	STANDARD STANDARD SELECT	PRIMARY	HOSPITAL STANDARD	BON ESSENTIAL BON ESSENTIAL SELECT	BONCORE	BONSTART PLUS BONSTART	BONCAP
1 Wellness screening per beneficiary over the age of 21 at a participating pharmacy or a Bonitas wellness day	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Contraceptives benefit	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	✓	✓
1 HIV test and counselling per beneficiary	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1 Flu vaccine per beneficiary	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1 Full lipogram every 5 years, for members aged 20 and over	✓	✓	✓	X	X	X	✓	X	X	X	X	X	X
1 Mammogram every 2 years, for women over 40	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1 Pap smear every 3 years, or 1 HPV PCR test every 5 years, for women between ages 21 and 65	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1 Prostate screening antigen test for men between ages 55 and 69	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	X	✓
1 Pneumococcal vaccine every 5 years, for members aged 65 and over	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	X	✓
1 Stool test for colon cancer, for members between ages 45 and 75	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	✓	✓
1 Bone density screening every 5 years, for women aged 65 and over and men aged 70 and over	✓	✓	X	X	X	X	X	X	X	X	X	X	X
Dental fissure sealants: 1 per tooth, once every 3 years for beneficiaries under 16	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	✓	✓
1 Whooping cough booster vaccine every 10 years, for members between ages 7 and 64	✓	✓	✓	X	X	X	✓	X	X	X	X	X	X
2 Doses of the human papillomavirus (HPV) vaccine for female beneficiaries between ages 9 and 14 (limited to 1 course per lifetime)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3 Doses of the human papillomavirus (HPV) vaccine for female beneficiaries between ages 15 and 26 (limited to 1 course per lifetime)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Free online hearing screening for beneficiaries aged 18 and over (on the Bonitas website)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pap smear every year, HIV+ women between ages 21-65, registered on the HIV programme	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

