










Day-to-day benefits

Gold benefits

Gold benefits

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| <p>GP benefit</p> |  <p>Unlimited GP visits at a Network GP can be unlocked via a consultation and pre-authorisation from Hello Doctor</p> <ul style="list-style-type: none"> • 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 <p>Hello Doctor consultations can either be via chat, phone call or video (virtual) call</p> |
| <p>GP in room procedures</p> |  <p>Minor medical procedures performed as part of a Network GP consult in rooms, such as stitching of wounds and nebulisation</p> |
| <p>Hello Doctor</p> |  <p>Unlimited GP consultations with a Hello Doctor GP</p> <p>Hello Doctor consultations can either be via chat, phone call or video (virtual) call</p> <p>Hello Doctor consultations include referral for pathology, according to the applicable Health4Me pathology list</p> <p>Hello Doctor consultations include referral for radiology, according to the applicable Health4Me radiology list</p> |
| <p>Hello Doctor scripting</p> |  <p>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</p> |
| <p>Specialist benefit</p> |  <p>A maximum of 2 visits, limited to R1 350 per visit and up to R2 700 per member/family per year</p> <p>Members may consult any specialist, subject to a Network GP referral and pre-authorisation</p> <p>The specialist may refer the member for pathology and radiology according to the applicable Health4Me pathology and radiology lists</p> <p>The specialist may prescribe medication which is subject to the per event limit</p> <p>Shortfalls will be payable by the member</p> <p>Waiting periods may apply</p> |
| <p>Acute medication</p> |  <p>Provided in accordance with the Network prescribed acute medication formulary. Rules and protocols are applied</p> |
| <p>Chronic benefit and medication</p> |  <p>27 Chronic conditions are covered as follows:</p> <p>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</p> <p>Chronic medication is provided in accordance with the Network prescribed chronic medication formulary. Rules and protocols are applied</p> <p>Pathology and radiology related to condition monitoring is provided according to the applicable Health4Me pathology and radiology lists</p> <p>Pre-authorisation is required</p> <p>Waiting periods may apply</p> |
| <p>HIV benefit</p> |  <p>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</p> <p>Antiretroviral medication is provided in accordance with the Network prescribed HIV medication formulary. Rules and protocols are applied</p> <p>Pathology related to condition monitoring is provided according to the applicable Health4Me pathology list</p> <p>Pre-authorisation is required</p> <p>Waiting periods may apply</p> |
| <p>Maternity benefit</p> |  <p>2 Foetal growth 2D scans per member per pregnancy</p> <p>Antenatal pathology tests linked to a Network GP visit and referred by a Network GP, according to the applicable Health4Me pathology list</p> <p>Antenatal vitamins in accordance with the Network prescribed acute medication formulary. Rules and protocols are applied</p> <p>Antenatal support (access to current and credible information on all topics related to parenthood) via BabyYumYum</p> <p>Support post-partum from a nurse/midwife at home with bathing, swaddling, latching and feeding</p> <p>Nurse/midwife home visits on day 2 and week 2 after the birth of the baby</p> <p>Pre-authorisation is required</p> |
| <p>Basic pathology</p> |  <p>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</p> |
| <p>Basic radiology</p> |  <p>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</p> |



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- 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 20 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 20 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 can know their health immediately and get rewarded from day one. Multiply offers members rewards from a wide range of partners and they get great discounts and HealthReturns on big brands like Makro, Checkers, Dis-Chem, Nu Metro, Garmin and many more
- More4Me**  More4Me 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. Members can choose to redeem their rewards as airtime, data, Shoprite and Checkers vouchers or Takealot vouchers

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

Network provider lists



To view the Network GP list, visit momentum.co.za or scan the QR code



To view the Network Dental list, visit momentum.co.za or scan the QR code



To view the Network Optometrist list, visit momentum.co.za or scan the QR code