

Day-to-day benefits

Gold benefits

GP benefit		Unlimited GP visits at a Network GP per member per year
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		<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>
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		<p>A maximum of 2 visits, limited to R1 425 per visit and up to R2 850 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>
Acute medication		Provided in accordance with the Network prescribed acute medication formulary. Rules and protocols are applied
Chronic benefit and medication		<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>
HIV benefit		<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>
Maternity benefit		<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 Parent Sense</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>
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

Gold benefits

Day-to-day benefits

Gold benefits (continued)

Gold benefits

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

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

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



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**, scan the QR code or [click here](#)



To view the **Network Dental list**, scan the QR code or [click here](#)



To view the **Network Optometrist list**, scan the QR code or [click here](#)



www momentum.co.za
 0860 10 29 03

@ health4me@momentum.co.za
 268 West Avenue, Centurion, 0157

Momentum Health4Me is not a medical scheme product, and is not a substitute for medical scheme membership.

Momentum Health4Me is administered by Momentum Health, registration number 1969/016884/07, a Juristic Representative on the Momentum Healthcare Distribution Limited FSP license 27728 and the product is underwritten by Momentum Metropolitan Life Limited, registration number 1904/002186/06, an authorised insurer and financial services provider number 6406. The product terms and conditions apply.

Quality, affordable healthcare solutions