


Health4Me

Gold day-to-day benefit option and Base major medical event benefit option - Accident and emergency cover



Day-to-day benefits (50% employer subsidy for employee)		Gold
	GP benefit	✓
	GP in room procedures	✓
	Hello Doctor	✓
	Hello Doctor scripting	✓
	Specialist benefit	✓
	Acute medication	✓
	Chronic benefit and medication	✓
	HIV benefit	✓
	Maternity benefit	✓
	Basic pathology	✓
	Basic radiology	✓
	Basic and emergency dentistry	✓
	Basic optometry	✓
	Flu vaccination	✓
	COVID-19 screening test	✓
	Health assessment	✓
	Multiply Engage	✓
	More4Me	✓

Major medical event benefits (50% employer subsidy for employee)	
Benefit	Base
 Accident and emergency cover (there are 3 main benefits in accident and emergency cover)	1 Accident cover: Casualty benefit up to R30 000 per event In-hospital benefit up to R500 000 per event Covered at a private hospital for accidents that meet the qualifying criteria An accident shall mean a medical emergency that is an external, unexpected event that is not traceable, directly or indirectly, to a member's state of mental or physical health prior to the event
	2 Emergency (heart attack or stroke) cover: Casualty benefit up to R30 000 per event In-hospital benefit up to R250 000 per event Covered at a private hospital for emergency (heart attack or stroke) events that meet the qualifying criteria
	3 Emergency transportation cover: Emergency transportation, stabilisation and treatment cost paid in case of an accident or an emergency (heart attack or stroke) that requires immediate medical treatment If the benefit limit is exceeded, and further treatment is required, the member will be transported to a state facility for further care and treatment Accident and emergency cover includes emergency transportation, stabilisation and treatment cost, as well as the cost of diagnostic scans (like MRI and CT scans), take-home medication, internal and external prosthetics, orthotics and assistive devices, rehabilitation services (like step-down services, wound care, physiotherapy and occupational therapy), subject to both clinical approval and the respective per event limits A maximum of R5 000 000 is payable per member per year

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





PepsiCo contributes **R197** towards the main member’s premium for **Gold day-to-day benefits and Base accident and emergency cover**, so instead of members paying the full rate of **R394**, they will pay the following:

Health4Me premiums

Day-to-day benefit premiums for Gold

+

Major medical event benefit premiums for Base accident and emergency cover

50% Employer subsidy (main member only)

Unlimited GP visits (includes GP visit booster benefit)	Member type	Total contribution: Gold day-to-day and Base accident and emergency cover
	Employee (50% subsidy applied)	R197.00
	Spouse	R394.00
	Child	R230.00

Momentum Health4Me 2024 PepsiCo employee premiums

50% employer subsidy applied to main member/employee

Gold day-to-day benefits and Base accident and emergency cover										
Family size										
Total	R197.00	R427.00	R657.00	R887.00	R1117.00	R591.00	R821.00	R1051.00	R1281.00	R1511.00

Premiums increase annually on 1 June.



To join **Momentum Health4Me**, send a completed membership application form to **HR**.

[Click here](#) for a more detailed overview of your Health4Me benefits.

If you would like to find out more about your Health4Me benefits, contact your HR manager.

momentum.co.za

health4me@momentum.co.za

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Momentum Health4Me is not a medical scheme product, and is not a substitute for medical scheme membership. Momentum Health4Me is administered by Momentum Health Solutions, registration number 1969/016884/07, a Juristic Representative on the Momentum Metropolitan Life Limited FSP license 6406 and the product is underwritten by Momentum Metropolitan Life Limited, registration number 1904/002186/06, an authorised insurer and financial services provider. Terms and conditions apply.

More4Me

✓

Free monthly airtime, data, Shoprite and Checkers or Takealot vouchers

Step 1

Members register via USSD code *134*664*100# on their phone

Step 2

Scan the QR code to start a WhatsApp chat

To unlock their first reward, members must either:

- Download the Momentum app and register their user profile/Log in to the Momentum app at least once; or
- Initiate a WhatsApp chat

Only one of these actions is required, within every benefit year, to qualify for the digital engagement reward

Digital engagement reward: 500MB data or airtime, Shoprite and Checkers voucher or Takealot voucher to the value of R50

Step 3

Members get their Healthy Heart Score by going for their health assessment either:

- At a wellness day managed by Momentum, or
- At a Dis-Chem, Clicks or MediRite pharmacy clinic

Wellness day reward: 500MB data or airtime, Shoprite and Checkers voucher or Takealot voucher to the value of R50

This reward is only applicable to health assessments done at a wellness day managed by Momentum

Step 4

Based on their Healthy Heart Score, members will receive monthly rewards for a period of 12 months, until their next health assessment is due

SHOPRITE

Checkers

takealot.com

Download the Momentum app from Google Play, the App Store or AppGallery

1GB data or airtime, Shoprite and Checkers voucher or Takealot voucher to the value of R80

Green Healthy Heart Score

500MB data or airtime, Shoprite and Checkers voucher or Takealot voucher to the value of R50

Amber - Green
Amber
Amber - Red
Healthy Heart Score

250MB data or airtime, Shoprite and Checkers voucher or Takealot voucher to the value of R25

Red Healthy Heart Score

Members can save up their rewards and redeem even larger vouchers.

How to contact Hello Doctor

Via WhatsApp
Add +27 860 10 29 03 as a contact on your phone and send a "HM" on WhatsApp
+27 860 10 29 03

Via USSD
***120*394*120#**
No airtime needed!

Via the Momentum app
Download the Momentum app from Google Play, the App Store or AppGallery

Quality, affordable healthcare solutions