



Momentum

Health4Me Gold 2021

Summary of the Benefits

DOCTOR (GENERAL PRACTITIONER) CONSULTATIONS (with Hello Doctor referral)



- Unlimited doctor (GP) visits at a network GP. Hello Doctor pre-authorization is required from the 4th consultation. Consultations may be face-to-face or virtual. **No out of Network doctor consultation will be allowed.**
- 3 GP consultations at a network GP per member per year
- 2 Additional GP consultations at a network GP per member per year for members registered on the Maternity, Chronic or HIV Benefit programme
- **Additional GP consultations at a network GP can be unlocked with pre-authorization from Hello Doctor via a telephonic consultation**
- Minor medical procedures performed as part of the Momentum Health4Me Network doctor consult in rooms, such as stitching of wounds and nebulisation

HELLO DOCTOR



- Unlimited access to telephonic consultations and online/mobile health information via Hello Doctor
- Dial *120*1019# from your cell phone and choose the relevant option to “ask a doctor to call you. A registered doctor will call you back within an hour
- You can also download the free Hello Doctor app from the app store on your cellphone or go to www.hellodoctor.co.za. The app and website will allow you the option of messaging the doctor instead of talking over the phone.

How should you register for the Hello Doctor benefit?

Contact Health4Me on 0860 102 903 and provide them with your cell phone number, they will register you and send you your unique username and password.

SPECIALIST CONSULTATIONS (waiting periods may apply)



- UP to 2, limited to R1 000 per visit and up to R2 000 per member/family per year.
- Members may consult any specialist, subject to GP referral and pre-authorization
- The specialist may do referrals for pathology and radiology as per the Health4Me list
- Members need to pay any shortfalls

PRESCRIBED MEDICATION



- Unlimited prescribed medication when provided according to the Momentum Health4Me Network medicine list.
- Medication needs to be prescribed by your Momentum Health4Me Network doctor.
- Your doctor will either dispense the medicine after your consultation or give you a prescription that you can take to a pharmacy to collect your medicine
- You can go to any pharmacy, but we suggest you go to a Dis-Chem, Clicks, Shoprite Medirite or Pick ‘n Pay pharmacy, as other pharmacies might charge an extra levy which you will have to pay

CHRONIC MEDICATION (waiting periods may apply)



- 26 Chronic Conditions
- Unlimited when provided according to the Momentum Health4Me Network prescribed chronic medication formulary
- Pathology and radiology related to the chronic condition monitoring, according to the Health4Me list



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BASIC BLOOD TESTS AND BLACK AND WHITE X-RAYS



- Unlimited basic blood tests when referred by the Momentum Health4Me Network doctor. Blood tests must form part of the Momentum blood test list.
- Unlimited basic black and white x-rays, when referred by the Momentum Health4Me Network doctor. X-rays must form part of the Momentum x-ray list.

Radiology (X-Rays)

- Your Momentum Health4Me Network doctor may also send you for black-and-white x-rays.
- Your plan will pay these accounts if the doctor is on the Momentum Health4Me Network list and if the x-rays you have done are on the approved list of x-rays that they cover.

Pathology (Blood Tests)

- Your Momentum Health4Me Network doctor may also refer you for basic blood tests.
- Your plan will pay these accounts if the doctor is on the Momentum Health4Me Network list and if the blood tests you have done are on the approved list of x-rays that they cover.

BASIC DENTISTRY (waiting periods may apply)



- Basic and emergency dentistry at a Momentum Health4Me Network dentist.
- Basic dentistry such as fillings, extractions, infection control, cleaning and polishing of the teeth.
- **No benefit** for specialised dentistry such as bridges, crowns, surgical extractions, implants, gold fillings, dentures and braces
- Benefits are subject to case management

BASIC OPTOMETRY (GLASSES)



- You may visit any optometrist that is on the Momentum Health4Me optometry network
- 1 Eye test and 1 pair of single vision lenses, or 1 pair of bi-focal lenses, with a standard frame covered every 2 years at a Momentum optometrist
- If your eye test shows a reading of 0.75 or more, you will choose a frame as per the Momentum Health4Me protocols, the optometrist will send the account to Momentum Health4Me for payment
- If your eye test shows a reading of less than 0.75 the optometrist will need to send a motivation letter to Momentum Health4Me to let them know why the glasses are needed. If the optometrist does not send a motivation letter, only the consultation will be paid and not the glasses
- No benefit for sunglasses, tinted lenses, hard coating and contact lenses



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MATERNITY BENEFIT



- Registration and pre-authorization is required
- Antenatal GP visits at a Momentum Health4Me Network doctor
- Two 2D fetal growth scans per member per pregnancy
- Antenatal vitamins provided in accordance with the Network list
- Antenatal pathology test, referral by the Network GP . Test according to the Health4Me pathology list
- Antenatal support via BabyYumYum
- Antenatal and post-partum support from a nurse or midwife via BabyYumYum
- Nurse home visit on day after returning home from hospital after childbirth, as well as 2 weeks later via BabyYumYum.

FLU VACCINATION INJECTION AND HEALTH ASSESSMENT



- One Flu vaccination per member per year at any pharmacy clinic, preferably at a Dis-Chem, Shoprite MediRite or Pick n Pay pharmacy clinic.
- One Health assessment (blood pressure test, cholesterol and blood sugar finger prick tests, height, weight and waist circumference) per member per year, preferably at a Dis-Chem, Shoprite MediRite or Pick n Pay pharmacy clinic

HIV BENEFIT (waiting periods may apply)



- Antiretroviral medication provided in accordance with the Momentum CareCross Network prescribed HIV medication formulary.
- Post-exposure prophylaxis medication provided in accordance with the Momentum CareCross 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.
- Pathology related to condition monitoring according to the applicable Health4Me pathology list.
- Pre-authorization is required

HEALTH ASSESSMENT



- You may go for one health assessment per year, which includes a blood pressure test, cholesterol and blood sugar finger prick tests, as well as height, weight and waist circumference screening. These tests will show you the state of your health, and if you are at risk of developing a long-term condition.
- You can visit any pharmacy that has a clinic with a registered nurse to do your health assessment, but we suggest you go to a Dis-Chem, Clicks, Shoprite MediRite or Pick n Pay pharmacy clinic, as other pharmacies might charge an extra fee, which you will have to pay.



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EMPLOYEE ASSISTANT PROGRAMME

The Employee Assistance Programme provides you with access to professional counselling and wellness services. These services will help you to manage personal concerns that have an effect on your wellbeing, productivity and performance at work. Through the Employee Assistance Programme, you have access to confidential services, in a variety of languages, via a dedicated toll free contact centre, including the following telephonic counselling services:

- Counselling and support for adults, teenagers and children
- Trauma and critical incidence counselling services
- Legal assist, credit health and debt management services
- Managerial support services
- Telephonic services and onsite trauma support services
- For more information on the Employee Assistance Programme, download the Momentum Wellness App via the AppStore or contact 0800 229 355 and selection option 4 for Health4Me.

MAJOR MEDICAL EVENT BENEFITS (additional cost)

Accident and Emergency Cover

- Casualty benefit up to R30 000 per event
- In-hospital benefit up to R1 000 000 per event, covered a private institution for accidents that fit the qualifying criteria

Emergency Heart Attack or Stroke Cover

- Casualty benefit up to R30 000 per event
- In-hospital benefit up to R500 000 in-hospital per event at a private institution

Hospital Cash and Maternity Lump-sum Benefit

- R1 000 per day in hospital, paid from day 1, provided hospitalization is longer than 48 hours
- Maximum of R20 000 per member per year
- Maximum of 20 day per member per year
- R20 000 lump-sum benefit payable to a member if hospitalization is due to childbirth, irrespective of number of days member has been hospitalized
- Waiting periods may apply

Funeral Benefit (includes repatriation benefit)

- Death due to natural cause – R15 000
- Death due to Accident – R30 000
- Benefit amount are age dependent for children
- Waiting periods may apply



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2021 Contributions & Contact Details

2021 CONTRIBUTIONS

Member Type	Gold	Accident Cover	Total Contribution
Employee	R292.00	R65.00	R357.00
Spouse	R307.00	R65.00	R372.00
Child	R86.00	R38.00	R124.00



Contact Details

Should you need assistance regarding your benefits, GP networks and claims queries, please contact Momentum Health4Me at:

- Call Centre 0860 102 903
- Membership movement: health4membership@momentum.co.za
- Claim queries: Health4me@momentum.co.za
- Billing queries: health4mebilling@momentum.co.za

Escalated Member Enquiries

Please do not hesitate to contact your dedicated NMG consultants should you need assistance:

Claim Enquiries:

Charmaine Lesch

Tel: 021-943 1800

E-mail: clesch@nmg.co.za

Plan Advise:

Evile Maseko

Tel: 021-943 1800

E-mail: emaseko@nmg.co.za