

Dear Truworths Health4Me Gold Member

Momentum Health4Me announced their 2022 benefit changes and contribution increases on 27 September 2021.

## Contribution increase strategy for 2022

The Truworths Health4Me Gold Plan contributions increased by 2% for 2022. Contributions will therefore increase as follows:

	2021 Truworths Rate	2022 Truworths Rate
Main Member	R255.00	R260.00
Adult Dependant	R255.00	R260.00
Child Dependant	R128.00	R130.00

## Summary of 2022 Benefit Changes

- Members have access to 3 GP Network GP visits that do not require Hello Doctor pre-authorization. Hello Doctor pre-authorization is required for every GP visit from the 4<sup>th</sup> GP visit onwards. Members can now consult via Hello Doctor via video call (virtual consultation), in addition to chat and phone call. Members will not pay for these consultations and do not need airtime.
- Hello Doctor consultations will include scripting of formulary-based medication where required. The script will be sent directly to the member's nearest Dis-Chem, Clicks, MediRite or Pick n Pay pharmacy of choice for collection of their medication.
- The Specialist benefit limit has been increased to R1150 per visit, up to a maximum of R2 300 per member/family per year.
- The Momentum More Health app has been enhanced and members are able to request their membership certificates, register on the maternity and HIV programme, update their information and more.

## Summary of the 2022 Health4Me Gold Plan Benefits

- 3 GP visits at a Health4Me GP per member per year, that do not require Hello Doctor pre-authorization. **Hello Doctor pre-authorization is required for every GP visit from the 4<sup>th</sup> GP visit onwards. Dial \*120\*394\*120# from your cell phone and choose the relevant option and follow the prompts to "ask a doctor to call you back". No airtime required.**
- 2 Additional GP visits at a Health4Me GP for members registered on the Maternity, Chronic Benefit or HIV Benefit programme.
- Hello Doctor consultations are unlimited and can either be chat, phone call or video call (virtual consultations). Hello Doctor consultations include scripting of formulary-based medication (provided in accordance with the Network prescribed medication formularies, rules and protocols are applied).
- Benefit for minor medical procedures performed as part of a Network GP consult in the room, for example stitching of wounds or nebulization.
- Acute medication prescribed by your Health4Me GP and according to a Health4Me acute medicine list.
- Cover for up to 2 specialist visits, limited to R1 150 per visit and up to R2 300 per member/family per year. Members need to be referred by their Health4Me GP and obtain pre-authorization from Health4Me before they consult with any specialist. The specialist may refer the member for pathology and radiology according to the applicable Health4Me pathology and radiology lists.
- Cover for 26 chronic conditions through your Health4Me GP, for example Asthma, High Blood Pressure, Cholesterol, Diabetes etc.
- Basic blood tests and x-rays according to the Health4Me pathology and radiology lists when referred by your Health4Me GP.
- Basic dentistry at a Health4Me Dentist. Basic dentistry includes fillings, extractions, cleaning and polishing of the teeth. No benefit for crowns, dentures, root canals or any specialized dentistry.
- One pair of glasses every 2 years at a Health4Me Optometrist. The benefit includes 1 eye test and 1 pair of clear standard single vision lenses or 1 pair of bi-focal lenses with a standard frame.
- HIV benefit which includes antiretroviral medication according to the HIV medicine list, Post-exposure prophylaxis (PEP) medication and related blood test.
- Maternity benefit which includes antenatal GP visits at a Health4Me GP, 2 x 2D foetal growth scans, antenatal vitamins according to a medicine list and a list of antenatal blood tests. Members will have access to antenatal support via BabyYumYum, which includes a nurse home visit on day after returning home from hospital after childbirth, as well as 2 weeks later.
- 1 Positive COVID-19 screening test is covered per member per year.
- 1 Flu vaccination and 1 Health Assessment (blood pressure test, cholesterol and blood sugar finger prick test, height, weight and waist circumference measurements) per member per year at any pharmacy clinic, preferably a Dis-Chem, Clicks, MediRite or Pick n Pay.
- Access to the Employee Assistance Programme to provide trauma and counselling support. For more information on the Employee Assistance Programme, download the Momentum Wellness App via the AppStore or contact 0800 229 355 and select option 4 for Health4Me.

## Major Medical Event Benefits

Employees who have opted for the additional Major Medical Event Benefits at an additional cost, the contributions will increase as follows:

### Accident and Emergency Cover Contribution Increase:

	2021 Truworths Rate	2022 Truworths Rate
Main Member	R92.00	R93.00
Adult Dependand	R92.00	R93.00
Child Dependand	R52.00	R53.00

### **Benefit summary of the 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 up to R500 000 in-hospital per event at a private institution

### Hospital Cash and Maternity Lump-sum Cover Contribution Increase:

	2021 Truworths Rate	2022 Truworths Rate
Main Member	R88.00	R89.00
Adult Dependand	R88.00	R89.00
Child Dependand	R49.00	R49.00

### **Benefit summary of the Hospital Cash and Maternity Lump-sum cover**

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

## Contact Details

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

- Call Centre 0860 102 903
- [Health4me@momentum.co.za](mailto:Health4me@momentum.co.za)

For an escalated query that could not be resolved via the Momentum Health4Me Call Centre, please do not hesitate to contact your dedicated NMG Healthcare Consultant:

### **Le-Anne Mongie**

Tel: 021 943 1884

Email: [lmongie@nmg.co.za](mailto:lmongie@nmg.co.za)

**Kind Regards**

**Employee Benefits Department**