

Dear Truworths Health4Me Silver Member

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

## Contribution increase strategy for 2022

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

	2021 Truworths Rate	2022 Truworths Rate
Main Member	R215	R219

## 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 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 Silver 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 or Chronic Benefit.
- 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.
- 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.
- Maternity benefit which includes antenatal GP visits at a Health4Me GP, 1 x 2D foetal growth scans, antenatal vitamins according to a medicine list and a list of antenatal blood tests.
- 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.

## 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