

## Focus on the Maternity Programme

Momentum Medical Scheme's comprehensive maternity programme is aimed at providing members with the support and quality care they need during their pregnancy and after delivery. The focused, quality care benefits include antenatal visits, scans, nurse home visits, paediatric visits and baby immunisations.

### How to register

You can register from the eighth week of your pregnancy

- via the Momentum App;
- by logging on to [momentummedicalscheme.co.za](https://momentummedicalscheme.co.za); or
- by sending us a WhatsApp message or calling us on 0860 11 78 59.

When you register, we need you to provide us with the following information:

- Your email address;
- Your GP, gynaecologist, registered midwife or doula's name, surname and practice number;
- Your medical and surgical history (including obstetric history); and
- Your expected date of delivery.

### Understanding the maternity programme and benefits

Momentum Medical Scheme has partnered with BabyYumYum, South Africa's leading parenting portal, to provide comprehensive pre- and post-natal support to new parents on Momentum Medical Scheme. When you contact us to register for the maternity benefit, we will ask you to give consent to be a part of the MyMomentum BabyYumYum programme. BabyYumYum will send you a welcome message with details on how to make the most of your benefits.

The maternity programme provides the following benefits, depending on your benefit option:

### Benefits offered in partnership with Momentum Wellness and BabyYumYum

- Access to current and credible information on all topics relating to parenthood via the exclusive and personalised MyMomentum BabyYumYum portal.
- Support from a Momentum Wellness midwife at home to assist with bathing, swaddling, latching and feeding your baby. Members on all options have access to one nurse home visit on the day after returning home from hospital after childbirth.
  - If you are on the Evolve or Custom Option, you have an additional visit two weeks later.
  - If you are on the Incentive, Extender or Summit Option, you also enjoy a third visit six weeks later.



- Baby vaccinations at home, administered by a Momentum Wellness nurse, up to six weeks, as per the Department of Health schedule, depending on your benefit option.
- A designer nappy bag, packed with essentials for mum and baby if you're on the Incentive, Extender or Summit Option.
- A voucher for a family meal to be delivered on your first night home, allowing you to settle in and focus on your family, if you're on the Incentive, Extender or Summit Option.

### Antenatal visits

On the Ingwe Option, you have cover for up to seven antenatal visits, including urine dipstick tests (tariff code 4188) at your gynaecologist, GP or a registered midwife. You have unlimited GP visits at your Ingwe Network GP.

On the Evolve, Custom, Incentive, Extender and Summit Options, you have cover for up to 12 antenatal visits, including urine dipstick (tariff code 4188) tests at a GP, gynaecologist or a registered midwife.

### Scans

On all options, you have cover for two pregnancy scans. If you're on the Evolve, Custom, Incentive, Extender or Summit Option, you can ask your doctor to use tariff codes 3615 and 3617 so that you have access to a 3D or 4D scan up to the 2D scan rate.

### Pathology tests

On the Ingwe Options, we cover the following routine pathology tests if needed during your pregnancy:

Pathology test	Tariff code	How often?
Blood group	3764	1 of each test per pregnancy
Full blood count (FBC)	3755	
Haemoglobin estimation	3762	
Rhesus factor	3765	
Urinalysis	4188	7 tests per pregnancy
Urine tests:		Covered if requested by your treating doctor
Microscopic exams	3867	
Antibiotic susceptibility	3887	
Culture	3893	



On the Custom and Evolve Options, we cover the following routine pathology tests if needed during your pregnancy:

Pathology test	Tariff code	How often?
Blood group	3764	1 of each test per pregnancy
Creatinine	4032	
Full blood count (FBC)	3755	
Glucose strip	4050	
Haemoglobin estimation	3762	
Rhesus factor	3765	
Urinalysis	4188	12 tests per pregnancy
Urine tests:		Covered if requested by your treating doctor
Microscopic exams	3867	
Antibiotic susceptibility	3887	
Culture	3893	

On the Incentive, Extender and Summit Options we cover the following routine pathology tests that may be needed during your pregnancy:

Pathology test	Tariff code	How often?
Antiglobin	3709	1 of each test per pregnancy
Blood group	3764	
Creatinine	4032	
Full blood count	3755	
Platelet count	3797	
Rhesus factor	3765	
Rubella antibody	3948	
Glucose strip	4050	2 of each test per pregnancy
Haemoglobin estimation	3762	
Urinalysis	4188	12 tests per pregnancy
Urine tests:		Covered if requested by your treating doctor
Microscopic exams	3867	
Antibiotic susceptibility	3887	
Culture	3893	

### Maternity coaches

You have telephonic access to midwifery trained maternity coaches who are able to answer questions about your pregnancy, confinement, postnatal and newborn baby issues. If you have a high-risk pregnancy, your maternity coach will contact you on a regular basis to offer advice, support and encouragement.



### **Doula benefit**

On the Evolve, Custom, Incentive, Extender and Summit options, you have two doula visits per pregnancy, provided:

- you make use of a DOSA or WOMBS accredited doula;
- your gynaecologist is an Associated Specialist; and
- you are planning to have a natural birth.

You need to authorise the doula benefit as part of your maternity benefit registration.

### **Audiology, circumcision and physiotherapy**

Audiology, circumcision and physiotherapy are not routinely covered, even if performed in hospital. These services would be payable from your Day-to-day benefits or HealthSaver<sup>+</sup>, if available. Circumcision for medical reasons would be covered when pre-authorised.

### **Baby immunisations**

Baby immunisations, in accordance with the Department of Health schedule, are covered for children up to the age of six years. If you are on the Ingwe Option, the immunisations are covered at private facilities in the baby's first year only, up to R2 950 in total. Once the limit is reached, immunisations are available at the Department of Health baby clinics.

Once your baby is born, contact us via the web chat facility on [momentummedicalscheme.co.za](https://momentummedicalscheme.co.za), send us a WhatsApp message or call us on **0860 11 78 59** to obtain a separate pre-authorisation for the baby immunisations.

### **Paediatrician visits**

On the Ingwe Options, you have cover for one paediatrician visit in your baby's first year. On the Evolve, Custom, Incentive, Extender and Summit Options, you have cover for two paediatrician visits in your baby's first year.

### **BellyBabies benefit**

BellyBabies is an exciting offering which provides expecting parents with expert antenatal and postnatal support. BellyBabies offers access to an online antenatal course with 50 educational videos that you can watch at home, as well as video consultations with a lactation specialist to help you and your baby establish and maintain a happy breastfeeding routine.

You can access these benefits by logging on to [bellybabies.co.za](https://bellybabies.co.za). Momentum Medical Scheme members receive a discount from BellyBabies. If you have a HealthSaver<sup>+</sup> account, you can use available funds to pay for the service.



Members on the Incentive, Extender and Summit Options have cover for the following tariff codes:

Benefit	Incentive Option	Extender and Summit Options
Initial video consultation with lactation specialist	88001	88001
One follow-up video consultation with lactation specialist	No benefit	88006
Online antenatal and postnatal video classes - an 18-month subscription per family	88420	88420

### Hello Doctor

Talk to or text a doctor on your phone, anytime, anywhere, 24/7!

With Hello Doctor<sup>+</sup>, you can talk to, or text a doctor any time of the day or night, using your phone, tablet or computer. Log in to the Momentum App or [momentummedicalscheme.co.za](https://momentummedicalscheme.co.za) and request a call back from Hello Doctor. You can also download the Hello Doctor app and log in to access the suite of convenient and easy-to-use health services.

If you need any technical assistance, contact Hello Doctor via email at [info@hellodoctor.com](mailto:info@hellodoctor.com), send a WhatsApp message to 073 778 4632 or call them on 087 230 0002.

### Associated Specialists

Having a baby often involves additional expenses for the family. To help you save on out-of-pocket medical expenses, Momentum Medical Scheme has contracted with Associated Specialists, including gynaecologists, paediatricians and anaesthetists. These specialists charge at the rate negotiated by the Scheme with them, which means you won't have rate shortfalls on these in-hospital specialist accounts. To view the specialists in your area, log on to the Momentum App or [momentummedicalscheme.co.za](https://momentummedicalscheme.co.za), or chat to your maternity coach.

### Authorisation for your confinement

Please email us at [preauthorisation@momentumhealth.co.za](mailto:preauthorisation@momentumhealth.co.za), send us a WhatsApp message or call us on **0860 11 78 59** to obtain pre-authorisation for your confinement within 30 days of your delivery date. If your hospital admission date changes, you need to advise us within 48 hours of being admitted.

### Adding your baby to your Momentum Medical Scheme membership

We do not automatically add your baby to your Momentum Medical Scheme membership. If you would like your baby to be covered on the Scheme and have access to benefits, such as baby immunisations and paediatrician visits, you need to complete a newborn registration form. The remainder of the first month's contribution will be free for your baby if you register him or her within 30 days of birth, and the application form must be approved by your employer if your Momentum Medical Scheme contributions are paid by your employer.

### Summary of the maternity programme benefits per option

Ingwe Option	
<b>Antenatal visits</b>	7 visits at a gynae, GP or midwife
<b>Urine dipstick tests</b>	Included as part of antenatal visits
<b>Scans</b>	2 pregnancy scans
<b>Pathology tests</b>	List of pathology tests covered as indicated on page 2
<b>BellyBabies</b> Online antenatal and postnatal classes Online video consultations with lactation specialist	Subject to HealthSaver <sup>+</sup> , if available
<b>Baby immunisations</b>	Covered at private facilities in the baby's first year only, up to R2 950 in total. Once the limit is reached, immunisations are available at the Department of Health baby clinics
<b>Access to information</b>	Expert advice from our partners at BabyYumYum - your #1 Parenting portal
<b>Nurse home visits</b>	Nurse home visit on the day after returning home from hospital after childbirth
<b>Paediatrician visits</b>	1 visit in baby's first year
<b>Hello Doctor<sup>+</sup></b>	Talk to or text a doctor on your phone, anytime, anywhere, 24/7

Evolve and Custom Options	
<b>Antenatal visits</b>	12 visits at a gynae, GP or midwife
<b>Urine dipstick tests</b>	Included as part of antenatal visits
<b>Scans</b>	2 pregnancy scans. 3D and 4D scans covered up to the rate we pay for 2D scans
<b>Pathology tests</b>	List of pathology tests covered as indicated on page 3
<b>BellyBabies</b> Online antenatal and postnatal classes Online video consultations with lactation specialist	Subject to HealthSaver <sup>+</sup> , if available
<b>Doula benefit</b>	2 visits
<b>Baby immunisations</b>	Children up to six years, as required by the Department of Health
<b>Access to information</b>	Expert advice from our partners at BabyYumYum - your #1 Parenting portal
<b>Nurse home visits</b>	Nurse home visit on the day after returning home from hospital after childbirth and an additional visit two weeks later
<b>Paediatrician visits</b>	2 visits in baby's first year
<b>Hello Doctor<sup>+</sup></b>	Talk to or text a doctor on your phone, anytime, anywhere, 24/7



Incentive, Extender and Summit Options	
<b>Antenatal visits</b>	12 visits at a gynae, GP or midwife
<b>Urine dipstick tests</b>	Included as part of antenatal visits
<b>Scans</b>	2 pregnancy scans. 3D and 4D scans covered up to the rate we pay for 2D scans
<b>Pathology tests</b>	List of pathology tests covered as indicated on page 3
<b>BellyBabies</b>	
Online antenatal and postnatal classes	18-month subscription
Online video consultations with lactation specialist	Incentive Option: Initial consultation Extender and Summit Options: Initial and follow-up consultations
<b>Doula benefit</b>	2 visits
<b>Baby immunisations</b>	Children up to six years, as required by the Department of Health
<b>Access to information</b>	Expert advice from our partners at BabyYumYum - your #1 Parenting portal
<b>Nurse home visits</b>	First visit on day after return from hospital, second visit two weeks later and third visit six weeks after initial visit
<b>Family meal voucher</b>	Voucher for family meal to be delivered on your first night home
<b>Designer baby bag</b>	Baby bag with essentials for mom and baby
<b>Paediatrician visits</b>	2 visits in baby's first year
<b>Hello Doctor<sup>+</sup></b>	Talk to or text a doctor on your phone, anytime, anywhere, 24/7

### Contact us

If you need more information, you are welcome to contact us via the web chat facility on [momentummedicalscheme.co.za](https://momentummedicalscheme.co.za), email us at [member@momentumhealth.co.za](mailto:member@momentumhealth.co.za), send us a WhatsApp message or call us on **0860 11 78 59**.

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