

## Focus on the Health Platform Benefit

Health Platform Benefits are available to all Momentum Medical Scheme members and are paid for by the Scheme. These benefits encourage health awareness, enhance quality of life and give peace of mind through preventative care, early detection, a leading maternity programme and health education and advice.

You do not need to pre-notify before using Health Platform Benefits, except for preventative dental care, pap smears, general physical examinations and HIV tests. Where pre-notification is required, you can pre-notify quickly and easily on the Momentum App, via the web chat facility or by logging on to [momentummedicalscheme.co.za](http://momentummedicalscheme.co.za). You may also send us a WhatsApp or call us on 0860 11 78 59.

On the Ingwe Option, Health Platform Benefits are only available from your chosen Primary Care Network provider, except for health assessments, maternity programme benefits and baby immunisations, which are available at any healthcare provider. Members who selected the Ingwe Connect Network can access Health Platform benefits from Any provider.

### Benefit table

What is the benefit?	Who is eligible?	How often?	On which option?
<b>Preventative care</b>			
Baby immunisations (On Ingwe Option, baby immunisations are covered in private facilities for baby's first year, limited to R2 950. Once the limit is reached, immunisations are available at the Department of Health baby clinics). No limit applies on any other option	Children up to age 6	As required by the Department of Health	All options
Flu vaccines	Children between 6 months and 5 years Beneficiaries 60 and older High-risk beneficiaries	As required by the Department of Health	All options
Tetanus diphtheria injection	All beneficiaries	As needed	All options
Pneumococcal vaccine	Beneficiaries 60 and older High-risk beneficiaries	Once a year	Evolve, Custom, Incentive, Extender and Summit



<b>Early detection tests</b>			
Preventative dental care covered up to R380 per beneficiary at dentists, dental therapists and oral hygienists.	All beneficiaries	Once a year	All options
Pap smear consultation (Nurse or GP)	Women 15 and older	Once a year	Ingwe
Pap smear consultation (Nurse, GP* or Gynaecologist)	Women 15 and older	Once a year	Evolve, Custom, Incentive, Extender and Summit
Pap smear (pathologist): - Standard or LBC (Liquid based cytology), <b>or</b> - HPV PCR screening test (If result indicates high risk, then a follow-up LBC is also covered)	Women 15 and older  Women 21 to 65	Once a year  Once every 3 years	All options
Mammogram	Women 38 and older	Once every 2 years	Evolve, Custom, Incentive, Extender and Summit
DEXA bone density scan (radiologist, GP* or specialist)	Beneficiaries 50 and older	Once every 3 years	Evolve, Custom, Incentive, Extender and Summit
General physical examination (GP* consultation)	Beneficiaries 21 to 29 Beneficiaries 30 to 59 Beneficiaries 60 to 69 Beneficiaries 70 and older	Once every 5 years Once every 3 years Once every 2 years Once a year	All options
Prostate specific antigen (pathologist)	Men 40 to 49 Men 50 to 59 Men 60 to 69 Men 70 and older	Once every 5 years Once every 3 years Once every 2 years Once a year	All options
Health assessment: Blood pressure test, Cholesterol and Blood sugar (finger prick tests), height, weight and waist circumference	All principal members and adult beneficiaries	Once a year	All options
Cholesterol test (pathologist)**	Principal members and adult beneficiaries	Once a year	All options
Blood sugar test (pathologist)***	Principal members and adult beneficiaries	Once a year	All options
Glaucoma test	Beneficiaries 40 to 49 Beneficiaries 50 and older	Once every 2 years Once a year	Evolve, Custom, Incentive, Extender and Summit
HIV test (pathologist)	Beneficiaries 15 and older	Once every 5 years	All options

\* On the Custom, Incentive and Extender Options: if you choose Associated as your chronic provider, a 30% co-payment will apply if you do not use an Associated GP for the GP consultations

\*\* The cholesterol test is covered if health assessment results indicate a total cholesterol of 6 mmol/L and above

\*\*\* The blood sugar test is covered if health assessment results indicate blood sugar levels are 11 mmol/L and above



<b>Maternity programme (you need to register on the programme between 8 and 20 weeks of pregnancy)</b>				
Doula benefit		2 visits per pregnancy	Evolve, Custom, Incentive, Extender and Summit	
Antenatal visits (Midwives, GP* or gynaecologist)		7 visits	Ingwe	
		12 visits	Evolve, Custom, Incentive, Extender and Summit	
Online or face-to-face antenatal and postnatal classes		18-month online subscription with BellyBabies or face-to-face classes covered up to R430 per pregnancy at any provider	Incentive, Extender and Summit	
Online video consultation with lactation specialist, offered through BellyBabies		Initial consultation	Incentive	
		Initial consultation plus follow-up	Extender and Summit	
Nurse home visit		Day after return from hospital	All options	
		2 weeks after initial visit	Evolve, Custom, Incentive, Extender and Summit	
		6 weeks after initial visit	Incentive, Extender and Summit	
Urine tests (dipstick)		Included in antenatal visits	All options	
<b>Pathology tests</b>	Antiglobin, platelet count and Rubella antibody	Women registered on the programme	1 test	Incentive, Extender and Summit
	Blood group, full blood count and Rhesus factor		1 test	All options
	Creatinine		1 test	Evolve, Custom, Incentive, Extender and Summit
	Glucose strip		1 test	Evolve and Custom
	Haemaglobin estimation		1 test	Ingwe, Evolve and Custom
			2 tests	Incentive, Extender and Summit
	Urinalysis		7 tests	Ingwe
			12 tests	Evolve, Custom, Incentive, Extender and Summit
Scans		As indicated	All options	
		2 pregnancy scans	Ingwe	
		2 pregnancy scans. We cover 3D and 4D scans up to the rate that we pay for 2D scans	Evolve, Custom, Incentive, Extender and Summit	
Paediatrician visits	Babies up to 12 months registered on the programme	1 visit in baby's first year	Ingwe	
		2 visits in baby's first year	Evolve, Custom, Incentive, Extender and Summit	



Health line			
24-hour emergency health advice	All beneficiaries	As needed	All options