

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. 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? |
|---|--|---|--|
| Preventative care | | | |
| Baby immunisations (On Ingwe Option, baby immunisations are covered in private facilities for baby's first year, limited to R3 100. 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 |

| Early detection tests | | | |
|--|---|--------------------|--|
| Preventative dental care covered up to R500 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), or - HPV PCR screening test (If result indicates high risk, then a follow-up LBC is also covered) | Women 15 and older | Once a year | All options |
| | Women 21 to 65 | Once every 3 years | |
| Mammogram | Women 38 and older | Once every 2 years | Evolve, Custom, Incentive, Extender and Summit |
| FIT test (Faecal immunochemical testing) | Beneficiaries 45 to 80 | Once a year | 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 | Once every 5 years | All options |
| | Beneficiaries 30 to 59 | Once every 3 years | |
| | Beneficiaries 60 to 69 | Once every 2 years | |
| | Beneficiaries 70 and older | Once a year | |
| Prostate specific antigen (pathologist) | Men 40 to 49 | Once every 5 years | All options |
| | Men 50 to 59 | Once every 3 years | |
| | Men 60 to 69 | Once every 2 years | |
| | Men 70 and older | Once a year | |
| 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 | Once every 2 years | Evolve, Custom, Incentive, Extender and Summit |
| | Beneficiaries 50 and older | Once a year | |
| 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

| Maternity programme (you need to register on the programme between 8 and 20 weeks of pregnancy) | | | | |
|---|--|--|---|--|
| Doula benefit | | Women registered on the programme | 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 Parent Sense or face-to-face classes covered up to R450 per pregnancy at any provider | Incentive, Extender and Summit |
| Online video consultation with lactation specialist, offered through Parent Sense | | | 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 |
| Pathology tests | Antiglobin, platelet count and Rubella antibody | | 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 |
| | | | 2 tests | Incentive, Extender and Summit |
| | 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 |
| | Urine (microscopic exams, antibiotic susceptibility and culture) | | As indicated | All options |
| Scans | | | 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 |