

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; 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 Parent Sense to provide comprehensive pre- and post-natal support to parents of newborns on Momentum Medical Scheme via the Parent Sense App, an all-in-one baby development app designed to guide and support you through your pregnancy and every stage of your baby's early years. You can download the Parent Sense app from Google Play or the App Store.

When you contact us to register for the maternity benefit, we 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 and Parent Sense

- Premium access to expert-led antenatal and postnatal courses on the Parent Sense App.
- 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, Custom, Incentive, Extender or Summit 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 Mommy 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 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 Option, 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 Evolve and Custom 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 from Major Medical Benefits, even if performed in hospital. These services would be payable from your Day-to-day benefits or HealthSaver⁺, 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 R3 100 in total. Once the limit is reached, immunisations are available at the Department of Health baby clinics.

Paediatrician visits

On the Ingwe Option, 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.

Parent Sense

As part of your maternity benefits, you receive free Premium access to Parent Sense, an all-in-one baby development app designed to guide and support you through your pregnancy and every stage of your baby's early years.

The Parent Sense app offers:

- Expert-led courses that support you from pregnancy to toddlerhood, including antenatal preparation, baby care, feeding, sleep and a dedicated breastfeeding course, all presented by leading professionals in their fields that you can watch in the comfort of your home.
- Postnatal support for feeding, sleep routines, development milestones, playtime ideas and health tracking
- 24/7 access to Aiah, your intelligent parenting assistant, offering instant expert curated answers and personalised support whenever you need it.
- Monthly webinars on a wide range of parenting topics, featuring leading experts sharing practical advice and insights.



In addition:

- Incentive Option members qualify for one online consultation with a lactation specialist, while Extender and Summit Option members qualify for two.
- Incentive, Extender and Summit Option members can at around 24 weeks also order a Mommy bag filled with our favourite spoils directly through the Parent Sense app.

To access these benefits, download the Parent Sense app from Google Play or the App Store, select Momentum Medical Scheme, and enter your membership number for your free membership.

Hello Doctor

Talk to or text a doctor on your phone, anytime, anywhere, 24/7! With Hello Doctor⁺, 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 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@hellodocor.com, send a WhatsApp message to 073 778 4632 or call 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, or chat to your maternity coach.

Authorisation for your confinement

Please email us at 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	
Antenatal visits	7 visits at a gynae, GP or midwife
Urine dipstick tests	Included as part of antenatal visits
Scans	2 pregnancy scans
Pathology tests	List of pathology tests covered as indicated on page 2
Parent Sense Expert-led antenatal and postnatal courses 24/7 access to Aiah, your intelligent parenting assistant specialist Monthly webinars on a wide range of parenting topics	Free access
Baby immunisations	Covered at private facilities in the baby's first year only, up to R3 100 in total. Once the limit is reached, immunisations are available at the Department of Health baby clinics
Access to information	Expert advice from our partners at Parent Sense
Nurse home visits	Nurse home visit on the day after returning home from hospital after childbirth
Paediatrician visits	1 visit in baby's first year
Hello Doctor⁺	Talk to or text a doctor on your phone, anytime, anywhere, 24/7

Evolve and Custom Options	
Antenatal visits	12 visits at a gynae, GP or midwife
Urine dipstick tests	Included as part of antenatal visits
Scans	2 pregnancy scans. 3D and 4D scans covered up to the rate we pay for 2D scans
Pathology tests	List of pathology tests covered as indicated on page 3
Parent Sense Expert-led antenatal and postnatal courses 24/7 access to Aiah, your intelligent parenting assistant specialist Monthly webinars on a wide range of parenting topics	Free access
Doula benefit	2 visits
Baby immunisations	Children up to six years, as required by the Department of Health
Access to information	Expert advice from our partners at Parent Sense
Nurse home visits	Nurse home visit on the day after returning home from hospital after childbirth and an additional visit two weeks later
Paediatrician visits	2 visits in baby's first year
Hello Doctor⁺	Talk to or text a doctor on your phone, anytime, anywhere, 24/7

Incentive, Extender and Summit Options	
Antenatal visits	12 visits at a gynae, GP or midwife
Urine dipstick tests	Included as part of antenatal visits
Scans	2 pregnancy scans. 3D and 4D scans covered up to the rate we pay for 2D scans
Pathology tests	List of pathology tests covered as indicated on page 3
Parent Sense	
Expert-led antenatal and postnatal courses	Free Access
24/7 access to Aiah, your intelligent parenting assistant Monthly webinars on a wide range of parenting topics Mommy bag Online consultations with a lactation specialist	Incentive Option: One consultation Extender and Summit Options: Two consultations
Doula benefit	2 visits
Baby immunisations	Children up to six years, as required by the Department of Health
Access to information	Expert advice from our partners at Parent Sense
Nurse home visits	First visit on day after return from hospital, second visit two weeks later and third visit six weeks after initial visit
Family meal voucher	Voucher for family meal
Designer Mommy bag	Mommy bag with essentials for mom and baby
Paediatrician visits	2 visits in baby's first year
Hello Doctor*	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, email us at member@momentumhealth.co.za, send us a WhatsApp message or call us on **0860 11 78 59**.

*Momentum Medical Scheme members may choose to make use of additional products available from Momentum Group Limited and its subsidiaries as well as Momentum Multiply (herein collectively referred to as Momentum). Momentum is not a medical scheme and is a separate entity to Momentum Medical Scheme. Momentum products are not medical scheme benefits. You may be a member of Momentum Medical Scheme without taking any of the products offered by Momentum.