

## 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 and a leading maternity programme.

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, if you choose Ingwe Network hospitals or Any hospital, 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.

If you choose Connect Network hospitals on the Ingwe Option, or if you choose the Evolve, Custom, Incentive, Extender or Summit Option, you may use any healthcare provider. 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 Health Platform GP consultation benefits.

### 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 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	Based on type of pap smear (see below)	Ingwe
Pap smear consultation (nurse, GP* or gynaecologist)	Women 15 and older	Based on type of pap smear (see below)	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



<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 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	
<b>Pathology tests</b>	Women registered on the programme	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
		Haemaglobin estimation	2 tests	Incentive, Extender and Summit
		Urinalysis	1 test	Ingwe, Evolve and Custom
		Urine (microscopic exams, antibiotic susceptibility and culture)	2 tests	Incentive, Extender and Summit
			7 tests	Ingwe
Scans		12 tests	Evolve, Custom, Incentive, Extender and Summit	
		As indicated	All options	
Paediatrician visits	Babies up to 12 months registered on the programme	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	
		1 visit in baby's first year	Ingwe	
		2 visits in baby's first year	Evolve, Custom, Incentive, Extender and Summit	
<b>Health line</b>				
24-hour emergency health advice	All beneficiaries	As needed	All options	