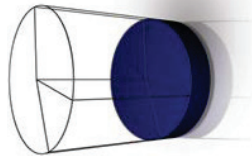


Health Platform Benefit

Health Platform Benefits are paid by the Scheme up to a maximum Rand amount per benefit, **provided you notify us before using the benefit.** You can pre-notify by contacting the member call centre on 0860 11 78 59, logging on to www.momentumhealth.co.za or via the mobi app.

On the Ingwe and Access Options, Health Platform Benefits are only available from Ingwe or Access Primary Care Network providers.



Benefit	Who?	How often?	Ingwe	Access	Custom	Incentive	Extender	Summit
Early detection tests								
Health Assessment (pre-notification not required); Body Mass Index, Blood pressure test, Cholesterol (finger prick test) and Blood sugar test (finger prick test)	All principal members and adult beneficiaries	Once a year	●	●	●	●	●	●
Dental consultation (incl. sterile tray and gloves)	All beneficiaries	Once a year	●	●	●	●	●	●
Pap smear (pathologist)	Women 15 and older	Once a year	●	●	●	●	●	●
Pap smear consultation (GP)	Women 15 and older	Once a year	●	●	●	●	●	●
Pap smear consultation (GP* or gynaecologist)	Women 15 and older	Once a year	●	●	●	●	●	●
Mammogram	Women 38 and older	Once every 2 years	●	●	●	●	●	●
DEXA bone density scan (radiologist, GP* or specialist)	Beneficiaries 50 and older	Once every 3 years	●	●	●	●	●	●
General physical examination (GP* consultation)	Beneficiaries 21 to 29	Once every 5 years	●	●	●	●	●	●
	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	●	●	●	●	●	●
	Men 50 to 59	Once every 3 years	●	●	●	●	●	●
	Men 60 to 69	Once every 2 years	●	●	●	●	●	●
	Men 70 and older	Once a year	●	●	●	●	●	●
Cholesterol test (pathologist)**	Principal members and adult beneficiaries	Once a year	●	●	●	●	●	●
Blood sugar test (pathologist)***	Principal members and adult beneficiaries	Once a year	●	●	●	●	●	●
Glaucoma test	Beneficiaries 40 to 49	Once every 2 years	●	●	●	●	●	●
	Beneficiaries 50 and older	Once a year	●	●	●	●	●	●
	Beneficiaries 15 and older	Once every 5 years	●	●	●	●	●	●
HIV test (pathologist)			●	●	●	●	●	●
Preventative care								
Baby immunisations (On Ingwe and Access, available at nearest State baby clinic)	Children up to age 6	As required by the Department of Health	●	●	●	●	●	●
Flu vaccines	Beneficiaries under 18	Once a year	●	●	●	●	●	●
	Beneficiaries 60 and older		●	●	●	●	●	●
	High-risk beneficiaries		●	●	●	●	●	●
Tetanus diphtheria injection	All beneficiaries	As needed	●	●	●	●	●	●
Pneumococcal vaccine	Beneficiaries 60 and older	Once a year	●	●	●	●	●	●
	High-risk beneficiaries		●	●	●	●	●	●
Maternity programme (subject to registration on the Maternity Management Programme between 8 and 20 weeks of pregnancy)								
Antenatal visits (Midwives, GP* or gynaecologist)	Women registered on the programme	4 visits	●	●	●	●	●	●
	Women registered on the programme	12 visits	●	●	●	●	●	●
Urine tests (dipstick)	Women registered on the programme	Included in antenatal visits	●	●	●	●	●	●
Maternity scans	Women registered on the programme	2 growth scans	●	●	●	●	●	●
	Women registered on the programme	2 pregnancy scans	●	●	●	●	●	●
Paediatrician visits	Babies up to 12 months registered on the programme	2 visits in baby's first year	●	●	●	●	●	●
Disease management programmes								
Diabetes, Hypertension, HIV/AIDS, Oncology, Drug and alcohol rehabilitation, Chronic renal failure, Organ transplants, Cholesterol	All beneficiaries registered on the appropriate programme	As needed	●	●	●	●	●	●
Health line								
24-hour emergency health advice	All beneficiaries	As needed	●	●	●	●	●	●
Emergency evacuation								
Emergency evacuation in South Africa by Netcare 911	All beneficiaries	In an emergency	●	●	●	●	●	●
International evacuation by ISOS	All beneficiaries	In an emergency	●	●	●	●	●	●
International emergency cover by ISOS								
Ingwe: Net covered Access: R3.38 million Custom: R7.66 million Incentive: R8 million Extender: R8.22 million Summit: R9.01 million	Per beneficiary per 90-day journey	In an emergency	●	●	●	●	●	●

Please note

* On the Custom, Incentive and Extender Options, if you choose a 30% co-payment with your provider, you will not use on the 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