



**Health Platform - Prevention is better than cure.**

**Health assessment**

All adult beneficiaries qualify for an annual health assessment  
Height and weight  
Waist circumference  
Blood pressure test  
Cholesterol and blood sugar tests



What is your Healthy Heart Score?



**General physical exam**

(consultation only)

Beneficiaries aged 21 - 29 (every 5 years)  
Beneficiaries aged 30 - 59 (every 3 years)  
Beneficiaries aged 60 - 69 (every 2 years)  
Beneficiaries 70 and older (annually)



**Dental check-up**

All beneficiaries qualify for an annual dental check-up (Consultation, sterile tray and gloves)



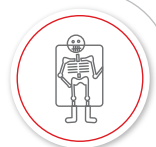
**Glaucoma test\***

Beneficiaries aged 40 - 49 (every 2 years)  
Beneficiaries 50 and older (annually)



**HIV pathology test**

Beneficiaries 15 and older (every 5 years)



**Dexa bone density scan\***

Beneficiaries 50 and older (every 3 years)

**Female**



**Mammogram\***

Women 38 and older (every 2 years)



**Pap smear**

Women 15 and older (annually)  
(Consultation and pathology test)



**Maternity benefit**

Up to 12 antenatal visits  
2 scans  
Up to 3 nurse home visits facilitated through BabyYumYum  
2 paediatrician visits\* for babies up to 12 months  
Register from the 8<sup>th</sup> week of your pregnancy

**Vaccines**

**Tetanus diphtheria**  
(all beneficiaries)

**Pneumococcal\***  
(beneficiaries 60 and older and high-risk beneficiaries)

**Flu** (children between 6 months and 5 years, beneficiaries 65 and older and high-risk beneficiaries)

**Child immunisation** (as stipulated by DOH)  
Children up to age 6. Ingwe Option members should make use of State baby clinics



**Male**

**Prostate specific antigen test**

Men aged 40 - 49 (every 5 years)  
Men aged 50 - 59 (every 3 years)  
Men aged 60 - 69 (every 2 years)  
Men 70 and older (annually)



\* Not covered on the Ingwe Option.

On the Ingwe Option, Health Platform Benefits are only available from the member's chosen Primary Care Network provider. Members on all other options need to pre-notify for all tests, except health assessments. Pre-notify via the Momentum app or log in to momentummedicalscheme.co.za. This is a summary of the benefits provided. For full details, refer to the 2020 marketing brochure or Health Platform focus page.