

## Focus on the Health Platform

The Health Platform is available to all Momentum Health members, and is paid by the Scheme (subject to pre-notification). Thus your day-to-day benefits are not reduced.

This unique benefit encourages health awareness, enhances quality of life and gives peace of mind through:

- preventative care
- early detection
- a leading maternity programme
- management of certain diseases
- health education and advice
- local and international emergency cover.

### How to use your Health Platform benefits

Health Platform benefits are paid by the Scheme up to a maximum Rand amount per benefit, provided you notify us before using the benefit via the Momentum app, or by contacting the member call centre on **0860 11 78 59**, or logging on to [www.momentumhealth.co.za](http://www.momentumhealth.co.za).

On the Ingwe and Impact Options, Health Platform benefits are only available from your chosen network provider.

### Benefit table

What is the benefit?	Who is eligible?	How often?	On which option?
<b>Preventative care</b>			
Baby immunisations (On the Ingwe and Impact Options, available at nearest State baby clinic)	Children up to age 6	As required by the Department of Health	All options
Flu vaccines	Children between 6 months and 5 years High-risk beneficiaries under 18 Beneficiaries 65 and older High-risk beneficiaries	Once a year	All options
Tetanus diphtheria injection	All beneficiaries	As needed	All options
Pneumococcal vaccine	Beneficiaries 60 and older High-risk beneficiaries	Once a year	Custom, Incentive, Extender and Summit
<b>Early detection tests</b>			
Dental consultation (incl. sterile tray and gloves)	All beneficiaries	Once a year	All options
Pap smear (pathologist) Consultation (GP)	Women 15 and older	Once a year	Ingwe and Impact
Pap smear (pathologist) Consultation (GP* or gynaecologist)	Women 15 and older	Once a year	Custom, Incentive, Extender and Summit
Mammogram	Women 38 and older	Once every 2 years	Custom, Incentive, Extender and Summit

<b>Early detection tests (continued)</b>			
DEXA bone density scan (radiologist, GP* or specialist)	Beneficiaries 50 and older	Once every 3 years	Custom, Incentive, Extender and Summit
General physical examination (GP* consultation)	Beneficiaries 21 to 29 Beneficiaries 30 to 59 Beneficiaries 60 to 69 Beneficiaries 70 and older	Once every 5 years Once every 3 years Once every 2 years Once a year	All options
Prostate specific antigen (pathologist)	Men 40 to 49 Men 50 to 59 Men 60 to 69 Men 70 and older	Once every 5 years Once every 3 years Once every 2 years Once a year	All options
Health Assessment (pre-notification not required): Blood pressure test, cholesterol and blood sugar tests (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 Once a year	Custom, Incentive, Extender and Summit
	Beneficiaries 50 and older		
HIV test (pathologist)	Beneficiaries 15 and older	Once every 5 years	All options
<b>Maternity programme (Subject to registration on the maternity management programme between 8 and 20 weeks of pregnancy)</b>			
Antenatal visits (Midwives, GP* or gynaecologist)	Women registered on the programme	4 visits	Ingwe and Impact
		12 visits	Custom, Incentive, Extender and Summit
Online antenatal and postnatal classes, offered through Belly Babies	Women registered on the programme	18-month subscription	Incentive, Extender and Summit
Online video consultation with lactation specialist, offered through Belly Babies	Women registered on the programme	Initial consultation	Incentive
		Initial consultation plus follow-up	Extender and Summit
Urine tests (dipstick)	Women registered on the programme	Included in antenatal visits	All options
Scans	Women registered on the programme	2 growth scans	Ingwe and Impact
		2 pregnancy scans	Custom, Incentive, Extender and Summit
Pathology tests Full blood count, blood group, rhesus, platelet count, rubella antibody, creatinine, glucose strip test, antiglobin test	Women registered on the programme	1 test	Incentive, Extender and Summit
Haemaglobin estimation		2 tests	
Urinalysis		13 tests	
Urine tests (microscopic exams, antibiotic susceptibility and culture)		As indicated	
Paediatrician visits	Babies up to 12 months registered on the programme	2 visits in baby's first year	Custom, Incentive, Extender and Summit

<b>Disease management programmes</b>			
Diabetes, Hypertension, HIV/Aids, Oncology, Drug and alcohol rehabilitation, Chronic renal failure, Organ transplants, Cholesterol	All beneficiaries registered on the appropriate programme	As needed	All options
<b>Health line</b>			
24-hour emergency health advice	All beneficiaries	As needed	All options
<b>Emergency evacuation</b>			
Emergency evacuation in South Africa: Netcare911	All beneficiaries	In an emergency	All options
International evacuation	All beneficiaries	In an emergency	Impact, Custom, Incentive, Extender and Summit
<b>International emergency cover by ISOS</b>			
Impact: R3.38m Custom: R7.66m Incentive: R8m Extender: R8.22m Summit: R9.01m  (Including R15 500 for emergency optometry, R15 500 for emergency dentistry and R765 000 terrorism cover)  A R1 630 co-payment applies per out-patient claim	Per beneficiary per 90-day journey	In an emergency	Impact, Custom, Incentive, Extender and Summit

Please note

- \* 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