

# Ideal for first-time buyers of medical aid



From **R1 638**  
per month

## Day-to-day benefits



**Network GP visits**  
(R130 co-payment per visit)



**Radiology, pathology, and acute medicine**  
R1 700



**Self-medication**  
R510

**Dental and optometry**  
check-ups



## Added insured benefits



**Contraceptives**  
R1 400/R1 900



**Preventive care**  
Health tests and screenings

## Core benefits



**Trauma and emergency medical cover**



**Quality private hospitalisation**



**Care for 271 PMB diagnoses and all CDL conditions**



**Specialised radiology in hospital**

National networks of quality, private hospitals, and GPs



Main member



**R1 638**

Dependant



**R1 638**

Child dependant <26 years



**R1 638**

MedMove!

MedMove is ideal for young career starters with essential cover at quality private facilities, and preventive care benefits



**medihelp**  
Medical Aid in Action

Medihelp is an authorised financial services provider (FSP No 15738). This is a summary of benefits. In the event of a dispute, the registered Rules of Medihelp will apply, subject to approval by the Council for Medical Schemes.

## Monthly contributions

|                           | Monthly income |
|---------------------------|----------------|
|                           | R901 +         |
| Main member               | R1 636         |
| Dependant                 | R1 636         |
| Child dependant <26 years | R1 636         |

## Day-to-day benefits

|   |  |
|---|--|
| Network virtual GP consultations during nurse visits                                    | Member pays the first R130 per virtual network GP consultation (no co-payment for nurse visits)  |
| Network GP consultations  | Member pays the first R130 per visit (visit 1-10 only) 11th visit onward - only listed conditions (R130 co-payment for visits not applicable) Authorisation required after the sixth visit |
| Specialist consultations  | R1 000 per family per year at network specialists  |
| Physiotherapy   | Member pays the first R130 per visit Two visits per family   |
| Self-medication   | R105 per event, up to R510 per family  |
| Acute medicine, standard radiology and pathology (Ampath, Lancet, and PathCare Vermaak) | R1 700 per family  |
| Eye test (PPN network)  | One consultation per person per 24-month cycle Member pays the first R130 per consultation   |
| Dental check-up (DRC network)   | One routine check-up Member pays the first R130 per consultation   |
| Post-hospital care for speech therapy, occupational therapy, and physiotherapy          | R2 300 per member and R3 300 per family  |

## Added insured benefits

These benefits are provided in addition to your insured day-to-day benefits. They are activated when you register on HealthPrint, Medihelp's free wellness programme for members, on the Member Zone. Your health screening results from Dis-Chem or Clicks will automatically upload to your health record on HealthPrint.

|                          |   |
|--------------------------|---|
| Health screening tests   | <ul style="list-style-type: none"> <li>One combo health screening (blood glucose, cholesterol, BMI, and blood pressure measurement)</li> </ul>  |
| Preventive care benefits | <ul style="list-style-type: none"> <li>A flu vaccine</li> <li>A Pap smear every three years</li> </ul>  |
| Contraceptives           | <ul style="list-style-type: none"> <li>Oral/injectable/implantable contraceptives - R110 per month, up to R1 400 per year</li> <li>Intra-uterine device - R1 900 every 60 months</li> </ul> |
| Supporting wellness      | <ul style="list-style-type: none"> <li>Cancer programme</li> <li>HIV/Aids programme</li> </ul>  |

## Core benefits

In-hospital treatment and life-essential services (insured benefits)

|   |   |
|---|---|
| Hospitalisation   | Network hospitals<br>Day procedure network applies to all day procedures<br>Member pays a R1 750 co-payment (PMB admission excluded)              |
| Hospital medicine on discharge: Applicable medicine dispensed and charged by the hospital on discharge from the hospital (to take out or TTO), excluding PMB/chronic medicine | R390 per admission  |
| Neonatal hospitalisation  | R53 500 per family  |
| Trauma that necessitates hospitalisation  | PMB   |
| Childbirth  | PMB   |
| Specialised radiology   | <ul style="list-style-type: none"> <li>MRI and CT imaging in hospital R13 600 per family (co-payment applies)</li> <li>Angiography PMB</li> </ul> |
| Standard radiology, pathology (Ampath, Lancet, and PathCare Vermaak) and medical technologist services  | Unlimited when admitted to a network hospital   |
| Radiography   | R1 250 per family per year  |
| Emergency transport (Netcare 911)   | (Country of residence: RSA, Lesotho, Eswatini, Mozambique, Zimbabwe, Namibia, and Botswana)   |
| Treatment of life-threatening conditions  | Unlimited<br>Includes 271 PMB and 26 Chronic Diseases List (CDL) conditions   |
| PMB medicine  | Unlimited   |
| Oxygen  | PMB   |
| Mental health (psychiatric treatment)   | PMB   |
| Cancer treatment  | PMB   |
| Organ transplants   | PMB   |
| Palliative care   | R20 700 per family  |
| Other core benefits   | PMB only<br>Including renal dialysis, hospice, subacute care, and private nursing services as an alternative to hospitalisation                   |

### Important

This is only a summary of the available benefits and co-payments that may apply to certain benefits. Please consult the registered Rules of Medihelp and the Member guide for more details. In case of a dispute, the Rules of Medihelp will apply (subject to approval by the Council for Medical Schemes). Certain added insured benefits are not available if the patient has registered the medical condition for PMB or chronic medicine benefits, as the treatment is no longer considered as preventive care.