

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 by contacting the member call centre on **0860 11 78 59** or logging on to www.momentumhealth.co.za. You can also pre-notify via our mobisite on your cellphone at <http://momentumhealth.mobi>.

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

Benefit Table

What is the benefit?	Who is eligible?	How often?	On which option?
Preventative care			
Baby immunisations (On Ingwe and Access Options, available at State baby clinics)	Children up to age 6	As required by the Department of Health	All options
Flu vaccines	Beneficiaries under 18 Beneficiaries 60 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
Early detection tests			
Dental examination (incl. sterile tray and gloves)	All beneficiaries	Once a year	All options
Pap smear (pathologist) Consultation (GP)*	Women 15 and older Women 15 and older	Once a year	Ingwe and Access
Pap smear (pathologist) Consultation (GP* or gynaecologist)	Women 15 and older Women 15 and older	Once a year	Custom, Incentive, Extender and Summit
Mammogram	Women 40 and older	Once every 2 years	Custom, Incentive, Extender and Summit
DEXA bone density scan (radiologist, GP* or specialist)	Beneficiaries 50 and older	Once every 3 years	Custom, Incentive, Extender and Summit



Early detection tests (continued)			
General physical examination (GP*)	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): Body Mass Index, Blood pressure test, Cholesterol & blood sugar test (finger prick test)	All adult beneficiaries	Once a year	All options
Cholesterol test (pathologist)**	All adult beneficiaries	Once a year	All options
Blood sugar test (pathologist)**	All beneficiaries	Once a year	All options
Glaucoma test	Beneficiaries 40 to 49 Beneficiaries 50 and older	Once every two years Once a year	Custom, Incentive, Extender and Summit
HIV test (pathologist)	Beneficiaries 15 and older	Once every 5 years	All options
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	Ingwe and Access
	Women registered on the programme	12 visits	Custom, Incentive, Extender and Summit
Urine tests (dipstick)	Women registered on the programme	Included in antenatal visits	All options
Scans (one before 24th week and one after)	Women registered on the programme	2 growth scans	Ingwe and Access
	Women registered on the programme	2 pregnancy scans	Custom, Incentive, Extender and Summit
Paediatrician visits	Babies up to 12 months registered on the programme	2 visits in baby's first year	Custom, Incentive, Extender and Summit
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	All options
Health line			
24-hour health advice	All beneficiaries	As needed	All options
Emergency evacuation			
Emergency evacuation in South Africa	All beneficiaries	In an emergency	All options
International evacuation	All beneficiaries	In an emergency	Custom, Incentive, Extender and Summit



International emergency cover			
R6.45m emergency cover (incl. R13 000 for emergency optometry, R13 000 for emergency dentistry and R640 000 terrorism cover) A R1 300 co-payment applies per out-patient claim	Per beneficiary per 90-day journey	In an emergency	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 for adult beneficiaries if Health Assessment results indicate blood sugar levels are 11 mmol/L and above