



Member Benefits **2023**

New, and enhanced benefits to suit your whole family's needs and pocket.



Refreshed, renewed and better than before.

Refresh your healthcare cover with Sisonke Health

We have worked hard to enhance our benefits and ensure that you as our member, have the best care options available. As an in-house scheme, we work hand in hand with your employer to ensure that all our plans cover day-to-day and hospitalisation benefits including common conditions, procedures and medicines. What's more, you also get free unlimited GP checkups, formulary medication, and health and lifestyle benefits to keep you strong and healthy.

Put yourself and family first

At Sisonke Health, we're all about quality healthcare that you can feel. To ensure you get the best cover, Sisonke Health gives you the flexibility to choose the right healthcare plan for you and your family. Whether you want a standard plan to ensure your primary healthcare needs are covered, a mid-range plan to give you extra benefits or a premium plan that further enhances your cover –we have you covered.

With Sisonke Health, you have access to:



Personalised cover
according to
your pocket



Free, Unlimited consultation at
Momentum GP
Network if living
outside the
Medical Centre



Free, unlimited one stop Medical Centres for your
healthcare needs
and convenience



Hospital Cover
for emergencies
and planned
hospitalisation



Pride Plan

The Pride Plan is an essential plan ideal for single people or first time medical aid users who are looking for private healthcare experience at affordable rates.

Upgrade to an Essential Plan, that gives you more for less.

You can now get your chronic and acute medicine from your medical center at your convenience.



Contributions

From only: R 1 282 per month

Pride	Income Band	Principal Member	Adult Dependant	Child Dependant
	R0 - R19 880	R1 282	R1 282	R707
	R19 881 - R24 788	R2 547	R2 547	R778
	R24 789 +	R3 241	R3 241	R796

For more information on this plan, see the 2023 Benefit Guide



Sisonke Health Private Medical Centre Offering

- GP Services**
- Consultations for Minor and Chronic Ailments
 - Minor Procedures

- Additional services**
- X rays
 - Optometry services
 - Pathology
 - Dental Care
 - Customer Care

In Hospital Benefits

Benefit Category	Benefit
Hospital	Unlimited PMB admissions at any private network hospital. Covered at 100% of Scheme rates. Overall limit of R 600 000 will apply for non-PMB admissions. Subject to Pre-authorization
Elective Procedures Co-payments	Covered at Scheme rate when performed at a Network Hospital
Internal Prosthesis	Covered to an overall R26 425 /family/year. The following Prosthesis sub-limits are applicable: <ul style="list-style-type: none"> • Vascular: R21 140 • Joint replacement: R26 425 • Functional: R21 140 • Major Musculoskeletal: R15 855 100% of Negotiated Tariff and based on Internal Protocols
Organ Transplants	Unlimited benefit DSP as per Scheme Protocols
Renal Dialysis	Unlimited benefit DSP as per Scheme Protocols
Psychiatric Hospitalisation	PMBs covered in full subject to Protocols and Guidelines
Oncology	Unlimited when PMB at a Designated Service Provider, subject to authorisation and Treatment Protocols and Guidelines
TTO Medication	Limited to 7 days' supply of Medication Per Admission as per Formulary
Support Services Benefit	Covered in full for PMB in and out of hospital subject to Protocols and Guidelines
Radiology (Basic Radiology)	Covered up to R 3 304 Per Family in and out of hospital Benefits subject to list of Approved Codes
Specialised Radiology	Covered up to 2 scans per family in and out of hospital. Subject to Pre-authorization

Out of Hospital Benefits

Benefit Category	Benefit
GP/Primary Care	Unlimited at the Scheme's Medical Centres
All GP's outside of 20km radius of Medical Centre	Unlimited Momentum GP Network
Emergency/ Out of Network	Covered to 1 visit per Beneficiary to a maximum of 2 visits per Family for Emergency/out of Network Consultations. Limited to R826 per visit
HelloDoctor	HelloDoctor - Did you know you have a doctor in your pocket? By simply dialling *120*1019# you can talk to a doctor on your phone, anytime, anywhere, in any language and it's for FREE. https://bit.ly/2Vlg0gP
Support services benefit	Covered in full for PMB in and out of hospital subject to Protocols and Guidelines
Specialists	Covered to 4 consultations per Beneficiary per Annum. Subject to Pre-authorization and use of a Preferred Provider
Radiology Basic Radiology	Covered up to R 3 304 Per Family in and out of hospital. Benefits subject to list of approved codes.
Extra Physiotherapy benefit	Support Services Benefit applies, contracted Physiotherapy provider available at the Scheme Medical Centres to assist members with outpatient physiotherapy once the support service benefit is depleted.
Nurse consultations	Unlimited consultations at Scheme Medical Centre and preferred provider nurse practitioner; all other nurse practitioners 6 consultations PMF

Benefit Category	Benefit
Pathology	Unlimited at Preferred Providers
Chronic Medication Chronic Disease List	Unlimited as per Scheme Protocols and Rules
Acute Medication	Unlimited as per Formulary
Over the Counter Medication	Covered up to R 350 Per Family Per Annum
Medical Appliances Pre-authorization required	Covered up to R 4 751 per Family
Optical: Benefit available every 2 years	Benefit as per Preferred Provider Network (PPN) Guidelines
Dental: Basic Dentistry	Unlimited at Medical Centre Dentist for Members in area of Medical Centre; Members out of area benefit unlimited at Momentum Dental Network - as per Code List
Oxygen	Unlimited at DSP as per Scheme Protocols
Maternity Programme:	Subject to Registration on Programme 6 more Specialist Gynae & 1 Paed Consultation over and above Specialist Consultation Benefit, Ante-Natal Vitamins, Paediatric Vaccinations and SHMS Voucher
Casualty	Covered up to 2 visits Per Family per Annum <ul style="list-style-type: none"> • Contraceptive benefit, R1 200 PB excluded from acute medication benefit • 1 Mammogram every 2 years for women over 40 years of age or high risk, • 1 Flu Vaccine per Beneficiary per Annum • 1 Pneumococcal Vaccination per Beneficiary over 65 years once every 5 years or high risk • 1 Prostate Specific Antigen (PSA) test per Annum for men over the age of 40 Annually • Colon Cancer Screening for members between the age of 50-75 yrs with family history • 1 Pap Smear per female over the age of 21 • Circumcision Benefit for males
Preventative Care Benefit	

Preventative Care



Health Risk Assessments

- Screening of all diseases
- Pap Smear
- Breast Examinations
- Prostate Cancer Screening
- Blood Pressure and Blood Sugar Check
- Cholesterol Check
- TB Screening
- Covid Screening
- HIV Counselling and Testing
- Pregnancy Screening



Diversity Plan

The Diversity Plan is a new, dynamic plan aimed at employees who want a combination of diverse benefits.

SISONKE HEALTH

Upgrade to a Dynamic Plan,

that covers what you need and more.

You can now get your chronic and acute medicine from your medical center at your convenience.



Contributions

From only: R2 118 per month

Diversity	Income Band	Principal Member	Adult Dependant	Child Dependant
	R0 - R19 880	R2 118	R2 118	R718
	R19 881 +	R3 241	R3 241	R796

For more information on this plan, see the 2023 Benefit Guide



Sisonke Health Private Medical Centre Offering

GP Services

- Consultations for Minor and Chronic Ailments
- Minor Procedures

Additional services

- X rays
- Optometry services
- Pathology
- Dental Care
- Customer Care

In Hospital Benefits

Benefit Category	Benefit
Hospital	Unlimited hospital admission at any Private Network Hospital. Covered at 100% of Scheme Rates. Subject to Pre-authorization. A maximum Co-payment of R 6 000 will apply for use of Non-Preferred Hospital or 20%, whichever is lesser
Elective Procedures Co-payments	Covered at 100% of Scheme Rate if performed at the Centre of Excellence
Internal Prosthesis	Covered to an overall R36 995 /family/year. The following Prosthesis sub-limits are applicable: <ul style="list-style-type: none"> • Vascular: R26 425 • Joint replacement: R36 995 • Functional: R21 140 • Major Musculoskeletal: R15 855 100% of Negotiated Tariff and based on Internal Protocols
Organ Transplants	Unlimited benefit DSP as per Scheme Protocols
Renal Dialysis	Unlimited benefit DSP as per Scheme Protocols
Psychiatric Hospitalisation	PMBs covered in full subject to Protocols and Guidelines
Oncology	Covered to R 41 082 Per Family, unlimited when PMB at a Designated Service Provider, subject to Authorisation and Treatment Protocols and Guidelines
In Hospital Dentistry	Covered up to R 8 260 Per Family. Scheme Rates apply
TTO Medication	Limited to 7 days' supply of Medication Per Admission as per Formulary
Support Services Benefit	Covered of up to R 1 300 per Beneficiary in and out of hospital

Out of Hospital Benefits

Benefit Category	Benefit
GP/Primary Care	Unlimited at the Scheme's Medical Centres
All GP's outside of 20km radius of Medical Centre	Unlimited Momentum GP Network
Emergency/ Out of Network	Covered to 1 visit per beneficiary to a maximum of 2 visits per Family for Emergency/out of network Consultations. Limited to R 1 101 per visit
HelloDoctor	HelloDoctor - Did you know you have a doctor in your pocket? By simply dialling *120*1019# you can talk to a doctor on your phone, anytime, anywhere, in any language and it's for FREE. https://bit.ly/2Vlg0gP
Support services benefit	Covered of up to R 1 300 per Beneficiary in and out of hospital
Specialists	Covered to 6 consultations per beneficiary per annum. Subject to Pre-authorization and use of a Preferred Provider
Radiology Basic Radiology	Unlimited in and out of hospital if prescribed by a Preferred Provider according to the approved List of Codes
Specialised Radiology	Covered up to 3 scans per family in and out of hospital. Subject to Pre-authorization.
Extra Physiotherapy benefit	Support Services Benefit applies, contracted Physiotherapy provider available at the Scheme Medical Centres to assist members with outpatient physiotherapy once the support service benefit is depleted.
Nurse consultations	Unlimited consultations at Scheme Medical Centre and preferred provider nurse practitioner; all other nurse practitioners 4 consultations PMF

Benefit Category	Benefit
Pathology	Unlimited at Preferred Providers
Chronic Medication Chronic Disease List	Unlimited as per Scheme Protocols and Rules
Acute Medication	Unlimited as per Formulary
Over the Counter Medication	Covered up to R 500 Per Family Per Annum (excluded from acute medication benefit)
Medical Appliances Pre-authorization required	Covered up to R 4 950 per Family
Optical: Benefit available every 2 years	Benefit as per Preferred Provider Network (PPN) Guidelines
Dental	Basic Dentistry: Unlimited at Scheme Medical Centre for Members in area of a Medical Centre, Members out of area Benefit Unlimited at Momentum Dental Network – as per list of codes Specialised: Covered to R3 745 Per Beneficiary to a maximum of R7 468 per Family Dentures: 1 set per Adult every 3 years
Oxygen	Unlimited at DSP as per Scheme Protocols
Maternity Programme:	Subject to Registration on Programme, 6 more Specialist Gynae & 1 Paed Consultation over and above Specialist Consultation Benefit, Ante-natal Vitamins, Paediatric Vaccinations and SHMS Voucher
Casualty	Covered up to 4 visits Per Family per annum
Preventative Care Benefit	<ul style="list-style-type: none"> • Contraceptive benefit, R1 200 PB excluded from acute medication benefit • 1 Mammogram every 2 years for women over 40 years of age or high risk, • 1 Flu Vaccine per Beneficiary per Annum • 1 Pneumococcal Vaccination per Beneficiary over 65 years once every 5 years or high risk • 1 Prostate Specific Antigen (PSA) test per Annum for men over the age of 40 Annually • Colon Cancer Screening for members between the age of 50-75 yrs with family history • 1 Pap Smear per female over the age of 21 • Circumcision Benefit for males

Preventative Care

Benefits

Health Promotion

Atenatal Care & Vitamins

Baby Immunization

Flu Vaccination

Family Planning & Contraception

Health Risk Assessments

- | | |
|--|---|
| <input checked="" type="checkbox"/> Screening of all diseases | <input checked="" type="checkbox"/> Cholesterol Check |
| <input checked="" type="checkbox"/> Pap Smear | <input checked="" type="checkbox"/> TB Screening |
| <input checked="" type="checkbox"/> Breast Examinations | <input checked="" type="checkbox"/> Covid Screening |
| <input checked="" type="checkbox"/> Prostate Cancer Screening | <input checked="" type="checkbox"/> HIV Counselling and Testing |
| <input checked="" type="checkbox"/> Blood Pressure and Blood Sugar Check | <input checked="" type="checkbox"/> Pregnancy Screening |



Heritage Plan

The Heritage Plan is a premium plan, aimed for employees who want comprehensive primary and hospital coverage, extended benefits and the flexibility to choose preferred hospital network and service providers

Upgrade to a Premium Plan, with enhanced benefits and cover.

You can now get your chronic and acute medicine from your medical center at your convenience.



Contributions

From only: R 3 241 per month

Heritage	Income Band	Principal Member	Adult Dependant	Child Dependant
	All Income	R3 241	R3 241	R796

For more information on this plan, see the 2023 Benefit Guide



Sisonke Health Private Medical Centre Offering

GP Services

- Consultations for Minor and Chronic Ailments
- Minor Procedures

Additional services

- X rays
- Optometry services
- Pathology
- Dental Care
- Customer Care

In Hospital Benefits

Benefit Category	Benefit
Hospital	Unlimited hospital admission at any private hospitals. Covered at 100% of Medical Scheme Rates. Subject to Pre-authorization
Elective Procedures Co-payments	Paid at 100% of Scheme Rate if performed at the Centre of Excellence
Internal Prosthesis	Covered to R 58 565 per Beneficiary. Scheme Rates apply
Organ Transplants	Unlimited Benefit at DSP as per Scheme Protocols
Renal Dialysis	Unlimited benefit DSP as per Scheme Protocols
Psychiatric Hospitalisation	PMB admissions covered in full subject to Protocols and Guidelines. Non-PMB admissions covered to R 13 267 per Beneficiary. Scheme Rates apply
Step-down Facilities	Covered to R 14 295 per Beneficiary. Scheme Rates apply
Home Confinements	Covered to R 5 113 per Beneficiary. Scheme Rates apply
Oncology	Covered to R 302 883 per Beneficiary, unlimited when PMB at a Designated Service Provider, subject to Authorisation and Treatment Protocols and Guidelines
In Hospital Dentistry	Covered to R 13 508 per Beneficiary. Scheme Rates apply
TTO Medication	Covered to R 724 per Admission
Support Services Benefit	Covered of up to R 6 551 per Beneficiary in and out of hospital

Out of Hospital Benefits

Benefit Category	Benefit
GP/Primary Care	Unlimited at the Scheme's Medical Centres
All GP's in 20km Radius of Medical Centre - Non-Preferred Providers	Covered to R3 260 per Beneficiary to a maximum of R12 148 per Family 10% Co-payment applies. Scheme Rates apply
All GP's Outside of 20km Radius of Medical Centre	Covered to R3 260 per Beneficiary to a maximum of R12 148 per Family. Scheme rates apply
HelloDoctor	HelloDoctor - Did you know you have a doctor in your pocket? By simply dialling *120*1019# you can talk to a doctor on your phone, anytime, anywhere, in any language and it's for FREE. https://bit.ly/2Vlg0gP
Support services benefit	Covered of up to R6 551 per Beneficiary in and out of hospital
Specialists	Covered up to R 3 315 per Beneficiary to a maximum of R 12 785 per Family Subject to Pre-authorization and use of a Preferred Provider 10% Co-payment applies for use of Non-Preferred Provider
Radiology (Basic Radiology)	Unlimited Basic Radiology in hospital. Covered up to R 7 669 per Beneficiary out of hospital.
Radiology (Specialised Radiology)	Covered to R 29 128 per beneficiary.
Extra Physiotherapy benefit	Support Services Benefit applies, contracted Physiotherapy provider available at the Scheme Medical Centres to assist members with outpatient physiotherapy once the support service benefit is depleted.

Benefit Category	Benefit
Pathology	Unlimited at Preferred Providers
Chronic Medication Chronic Disease List	Unlimited as per Scheme Protocols and Rules
Non CDL (extended chronic)	R5 364 PB to max of R15 208 PMF
Acute Medication	R5 364 PB to max of R15 208 PMF, subject to formulary and protocols, Non-formulary items subject to a 25% co-payment
Over the Counter Medication	R193 per script to max of R1000 PMF included in acute benefit limit
Medical Appliances Pre-authorization required	<ul style="list-style-type: none"> Covered up to R 7313 per beneficiary Hearing aids additional R3 877 per beneficiary every 3 years Nebulizers/humidifiers R793 Glucometers R793 (3 year cycle) Orthotics R1 674 per beneficiary
Optical: Benefit available every 2 years	<ul style="list-style-type: none"> Lenses Single Vision R672 per beneficiary Lenses High Power Single Vision R1 696 per beneficiary Lenses Bi-focal R1 498 per beneficiary Lenses Multi-focal R2 422 per beneficiary Frames R1 090 per beneficiary Contact Lenses R2 060
Dentistry	<ul style="list-style-type: none"> Limit General: Unlimited at preferred provider at Scheme rates All dentists in 20km radius of Medical centre - Non -pp: 20% co-payment will apply at non-preferred provider. All dentists outside of 20km radius of Medical Centre : Unlimited at preferred provider at Scheme rates Dentures (every 3 years): R6 035 PB Specialised: R 7 669 PB to max of R15 342 PMF
Oxygen	Unlimited at DSP as per Scheme Protocols
Maternity Programme:	Subject to Registration on Programme, 6 more Specialist Gynae & 1 Paed Consultation over and above Specialist Consultation Benefit, Ante-natal Vitamins, Paediatric Vaccinations and SHMS Voucher
Preventative Care Benefit	<ul style="list-style-type: none"> Contraceptive benefit, R1 200 PB excluded from acute medication benefit 1 Mammogram every 2 years for women over 40 years of age or high risk, 1 Flu Vaccine per Beneficiary per Annum 1 Pneumococcal Vaccination per Beneficiary over 65 years once every 5 years or high risk 1 Prostate Specific Antigen (PSA) test per Annum for men over the age of 40 Annually Colon Cancer Screening for members between the age of 50-75 yrs with family history 1 Pap Smear per female over the age of 21 Circumcision Benefit for males

Preventative Care



Health Risk Assessments

- ✓ Screening of all diseases
- ✓ Pap Smear
- ✓ Breast Examinations
- ✓ Prostate Cancer Screening
- ✓ Blood Pressure and Blood Sugar Check
- ✓ Cholesterol Check
- ✓ TB Screening
- ✓ Covid Screening
- ✓ HIV Counselling and Testing
- ✓ Pregnancy Screening



Get your Chronic Medication
at the Sisonke Health
Private Medical Centres
and not pay a cent.



Did You Know?

You can collect your Chronic Medication at the Sisonke Health Private Medical Centres and not pay a cent

Sisonke Health has partnered with Sibanye-Stillwater pharmacies. The Scheme has initiated a Chronic Medicine Delivery Program which is aimed at seeing all Scheme members with access to a medical centre collecting their medication from there. This process helps as follows:

- ✓ **Eliminates all co-payments** which may be imposed by pharmacies
- ✓ **Provides conveniency to the members** as the Medical Centres are closer to the mining operations
- ✓ Ensures that members receive the **best care, improves compliance** and health outcomes

hello doctor

Did You Know?

With HelloDoctor, you can talk to a doctor on your phone, anytime, anywhere in any language?

It's for FREE by simply dialling *120*1019# or downloading the HelloDoctor App at major App stores



Admed

The heartbeat of Gap

Did You Know?

You can get cover for unexpected hospital claims shortfalls through by joining the Admed Gap?

Cover from **R 118 per month**. Please talk to one of our sales agents to join



If a claim is rejected due to scheme or benefit rules,

Did You Know?

you can **apply for the claim to be reviewed and paid through the Ex-Gracia** by contacting your on-site consultant or calling our call center. Scheme protocol and guidelines apply



You have discounts from a range of service providers retail, fitness, travel and more

Did You Know?

through the multiply offering available to all Sisonke Health members for free. All Sisonke Health members automatically qualify for the Multiply starter benefit Scheme protocol and guidelines apply



Visit Sisonke Health Private Medical Centres for one stop health care needs.

-  Unlimited GP consultations
-  Unlimited consultations with a nurse
-  Pap smears & mammogram
-  Family planning
-  Basic dentistry
-  Men's health checks
-  Immunisations (Injections)
-  HIV testing & counselling
-  Health risk assessments

Additional specialised services:

-  On-site pharmacy
-  Radiography services
-  On-site laboratory
-  Optometry services

Rustenburg Trading Hours

Kerk:
07:00 to 19:00 Mon - Fri
08:00 to 13:00 Sat - Sun
Closed on public holidays.
Tel: 014 592 0911 / 1020

Bleskop:
07:00 to 16:00 Mon - Fri
Closed on Sat - Sun
Closed on public holidays.
Tel: 014 495 2680



Register to collect your **chronic medication** from your nearest medical centre

West Wits Trading Hours

Fountain:
07:00 to 19:00 Mon - Fri
08:00 to 13:00 Sat - Sun
Closed on public holidays.
Tel: 018 786 0100

Bornite:
08:00 to 17:00 Mon - Fri
Closed on Sat - Sun
Closed on public holidays.
Tel: 018 786 0100

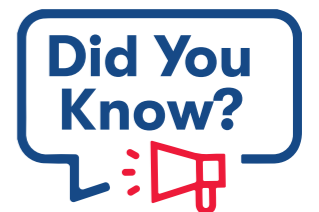
Westonaria:
08:00 to 17:00 Mon - Fri
08:00 to 13:00 Sat - Sun
Closed on public holidays.
Tel: 011 753 2555

Your trusted in-house scheme

where your family's healthcare needs always come first.



momentum
carecross



You can use a General Practitioner on the Momentum Carecross network?

If you stay 20km away from the Sisonke Health Private Medical Centres and have unlimited access. This applies if you are on the **Pride and Diversity option only.**

To get the list of the providers please visit our website www.sisonkehealth.co.za

Contact the Call Centre: +27 (0) 86 010 4012

We're **here for you** when you need us.

How to contact us

Please visit our website at www.sisonkehealth.co.za for more information on our new plans.

Telephone/WhatsApp: +27 (0) 86 010 4012 | +27 (0) 41 395 4400 Email: info@sisonkehealth.co.za

Request a Please Call Me or SMS +27 (0) 83 666 6138 and we will call you back

HIV/AIDS & Wellbeing Programme: +27 (0) 860 104 012

Emergency Ambulance Service Netcare 911: +27 (0) 82 911

