

## Focus on the Extender Option

The Extender Option includes cover for hospitalisation in private hospitals. There is no overall annual limit for hospitalisation. You can choose to have access to any hospital, or you can choose to save on your monthly contribution by selecting to use a specific list of private hospitals (referred to as Associated hospitals).

For chronic treatment, you can choose to have access to any doctor for your chronic scripts and any pharmacy for your chronic medication. Or you can choose to save on your monthly contribution by selecting to use a list of Associated doctors for your chronic script and Medipost courier pharmacy for your chronic medication. Alternatively, you can choose to use State facilities for your chronic script and chronic medication to obtain the maximum contribution saving.

The Health Platform Benefit provides cover for a range of benefits such as preventative screening tests, certain check-ups and more. 25% of your contribution is available in a Personal Medical Savings (Savings) account to cover day-to-day expenses. If this Savings is not enough to cover your annual day-to-day expenses, you will also have access to the Extended Cover benefit which provides further cover for day-to-day benefits once your day-to-day claims have reached the Threshold (a pre-determined amount that is based on your family size). Once you have reached this Threshold amount, your claims will be paid by the Scheme from the Extended Cover benefit.

You can choose to make use of Momentum HealthSaver<sup>+</sup> for additional day-to-day expenses and to pay for out-of-pocket expenses before your Extended Cover is activated. HealthSaver is a complementary product offered by Momentum that lets you save for medical expenses not covered on your option.

+ You may choose to make use of additional products available from Momentum Metropolitan Holdings Limited (Momentum), to seamlessly enhance your medical aid. Momentum is not a medical scheme, and is a separate entity to Momentum Medical Scheme. The complementary products are not medical scheme benefits. You may be a member of Momentum Medical Scheme without taking any of the complementary products. This focus page summarises the 2024 benefits available on the Extender Option. Scheme Rules always take precedence and are available on request.



### Major Medical Benefit

<b>Provider</b>	Any or Associated hospitals
<b>Limit</b>	No overall annual limit applies
<b>Benefit</b>	Associated specialists covered in full Other specialists covered up to 200% of the Momentum Medical Scheme Rate Hospital accounts are covered in full at the rate agreed upon with the hospital group
<b>Specialised procedures/treatment</b>	Certain procedures/treatment covered (refer to the Member brochure for a list of procedures and treatment covered)
<b>Co-payment</b>	Co-payments may apply for specialised procedures/treatment (see co-payment table on page 4)

### Chronic and Day-to-day Benefits

<b>Chronic provider and formulary</b>	Any provider: Extended formulary, or Associated GPs and Courier pharmacy: Entry level formulary, or State: State formulary
<b>Chronic conditions covered</b>	Cover for 62 conditions: 26 conditions, according to the Chronic Disease List in Prescribed Minimum Benefits: no annual limit applies 36 additional conditions: limited to R12 400 per family per year
<b>Day-to-day provider</b>	Any or Associated (Members who have chosen Associated as their chronic provider must use an Associated GP for GP consultations)
<b>Savings</b>	Fixed at 25% of total contribution
<b>Threshold</b>	R30 400 for the principal member R26 400 per adult dependant R8 700 per child (applies up to a maximum of three children)

### Health Platform Benefits

<b>Provider</b>	Any or Associated
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### Contributions

Choose your providers

Choose your family composition

Choose your providers		Choose your family composition					
Hospital	Chronic	1	2	3	4	5	6
Associated	Any	R8 315	R15 012	R10 668	R17 365	R19 718	R22 071
	Associated	R7 537	R13 604	R9 705	R15 772	R17 940	R20 108
	State	R6 589	R11 586	R8 526	R13 523	R15 460	R17 397
Any	Any	R9 456	R17 072	R12 168	R19 784	R22 496	R25 208
	Associated	R8 365	R15 102	R10 772	R17 509	R19 916	R22 323
	State	R7 485	R13 629	R9 682	R15 826	R18 023	R20 220

Maximum of 3 children charged for



### **Major Medical Benefit**

This benefit includes cover for hospitalisation and certain specialised procedures/treatment. There is no overall annual limit on hospitalisation. Associated specialists are covered in full, while other specialists are covered up to 200% of the Momentum Medical Scheme Rate. Hospital accounts are covered in full at the rate agreed upon with the hospital group. Hospital accounts and related costs incurred in hospital (from admission to discharge) are covered – provided treatment has been pre-authorised.

Specialised procedures/treatment do not necessarily require admission to hospital and are included in the Major Medical Benefit – provided the treatment is clinically appropriate and has been pre-authorised. If authorisation is not obtained, a 30% co-payment will apply on all accounts related to the event and the Scheme would be responsible for 70% of the negotiated tariff, provided authorisation would have been granted according to the Rules of the Scheme. In the case of an emergency, you or someone in your family or a friend may obtain authorisation within 72 hours of admittance. If you choose Associated hospitals and you do not use this provider, a 30% co-payment will apply on the hospital account.

### **Chronic Benefit**

The Chronic Benefit covers certain life-threatening conditions that need ongoing treatment. On the Extender Option, you may choose Any, Associated or State as your Chronic Benefit provider. There is no annual limit for chronic cover for the 26 conditions according to the Chronic Disease List, which forms part of the Prescribed Minimum Benefits. A limit of R12 400 per family per year applies to an additional 36 conditions. Chronic benefits are subject to registration on the Chronic Management Programme and approval by the Scheme.

### **Day-to-day Benefit**

This benefit provides for day-to-day medical expenses, such as GP visits and prescribed medicine. 25% of your contribution is available to cover day-to-day expenses. This is known as Personal Medical Savings. If this component is not enough to cover your annual day-to-day expenses, you will have a self-funding gap to pay out of your own pocket, up to the Threshold (a pre-determined amount based on your family size). Once you reach the Threshold, your claims will be paid by the Scheme from Extended Cover.

If you select Any or State as your chronic provider, you may visit any GP for your GP consultations. If you select Associated as your chronic provider, you must use an Associated GP for your GP visits. If not, claims will only accumulate at 70% of the Momentum Medical Scheme Rate to Threshold, and a 30% co-payment will apply once in Extended Cover.

### **Health Platform Benefit**

Health Platform Benefits are paid by the Scheme up to a maximum rand amount per benefit, provided you notify us before using certain of these benefits. This unique benefit encourages health awareness, enhances the quality of life and gives peace of mind through:

- preventative care and early detection;
- maternity programme; and
- health education and advice.



## Benefit schedule

Major Medical Benefit	
<p><b>General rule applicable to the Major Medical Benefit:</b> You need to contact us for pre-authorisation before making use of your Major Medical Benefits. For some conditions, like cancer, you will need to register on a health management programme. The Scheme will pay benefits in line with the Scheme Rules and the clinical protocols that the Scheme has established for the treatment of each condition. The sub-limits specified below apply per year. Should you not join in January, your sub-limits will be adjusted pro-rata (this means it will be adjusted in line with the number of months left in the year).</p>	
Provider	Any or Associated hospitals
Overall annual limit	None
Co-payments for specialised procedures/treatment	
<p>A co-payment of <b>R1 830</b> per authorisation applies to these procedures/treatment if performed in a day hospital OR the Specialised Procedures/Treatment co-payment of <b>R3 660</b> per authorisation if performed in an acute hospital (hospital where overnight admissions apply)</p>	
Arthroscopies, Back and neck surgery, Carpal tunnel release, Functional nasal and sinus procedures, Joint replacements, Laparoscopies	Performed in a day hospital or acute hospital, subject to the relevant co-payment listed above
Gastroscopies, Colonoscopies, Cystoscopies, Sigmoidoscopies, Nail surgery, Removing of extensive skin lesions	Performed out of hospital, in a day hospital or in an acute hospital, subject to the relevant co-payment listed above
Conservative back and neck treatment, Removal of minor skin lesions, Treatment of diseases of the conjunctiva, Treatment of headache, Treatment of adult influenza, Treatment of adult respiratory tract infections	<p><b>Low severity cases</b> are not covered by the Scheme but can be paid from Day-to-day Benefits or Momentum HealthSaver, if available</p> <p><b>High severity cases</b> in an acute hospital are paid by the Scheme, subject to the relevant co-payment listed above</p>
Hospitalisation	
Benefit	Associated specialists covered in full. Other specialists covered up to 200% of the Momentum Medical Scheme Rate. Hospital accounts are covered in full at the rate agreed upon with the hospital group
High and intensive care	No annual limit applies
Casualty or after-hour visits	Subject to Day-to-day Benefit
Renal dialysis	No annual limit applies. If you choose State as your chronic provider, you need to make use of State facilities for your renal dialysis
Oncology	Limited to R500 000 per beneficiary per year, thereafter a 20% co-payment applies. Momentum Medical Scheme reference pricing applies to chemotherapy and adjuvant medication. Specialised oncology benefits are available for certain biologicals and immunologicals, subject to criteria. If you choose State as your chronic provider, you need to obtain your oncology treatment from an ICON provider as authorised by the Scheme. If you choose State or Associated as your chronic provider, you need to obtain your oncology medication from Medipost

<b>Hospitalisation (continued)</b>	
Organ transplants (recipient)	No annual limit applies
Organ transplants (donor). Only covered if recipient is a member of the Scheme	R26 100 cadaver costs R53 000 live donor costs (incl. transportation)
In-hospital dental and oral benefits:	
- maxillo-facial surgery (excluding implants) and general anaesthesia for children under 7	The hospital account is paid at the negotiated rate, subject to a R1 670 co-payment per authorisation. The anaesthetist account is covered up to 200% of the Momentum Medical Scheme Rate. The dentist, dental specialist and maxillo-facial surgeon accounts are paid from available day-to-day benefits, subject to the day-to-day limits
- dentistry related to trauma	The hospital account is paid at the negotiated rate. The anaesthetist account and the dentist, dental specialist and maxillo-facial surgeon accounts are covered up to 200% of the Momentum Medical Scheme Rate
- extraction of impacted wisdom teeth	The hospital account is paid at the negotiated rate, subject to a R3 300 co-payment for day hospitals and a R6 150 co-payment for other hospitals per authorisation. The anaesthetist account is covered up to 200% of the Momentum Medical Scheme Rate and the dentist, dental specialist and maxillo-facial surgeon accounts are paid up to 100% of the Momentum Medical Scheme Rate
- implants and all other in-hospital dental treatment	The cost of implants, as well as the hospital, anaesthetist, dentist, dental specialist and maxillo-facial surgeon accounts are paid from available day-to-day benefits, subject to the day-to-day limits
Maternity confinements	No annual limit applies
Neonatal intensive care	No annual limit applies
MRI, CT, magnetic resonance cholangiopancreatography (MRCP), whole body radioisotope and PET scans (in -and out of hospital)	No annual limit applies, subject to R2 770 co-payment per scan and pre-authorisation
Medical and surgical appliances in hospital (such as support stockings, knee and back braces, etc)	R8 390 per family
Prosthesis – internal (incl. knee and hip replacements, permanent pacemakers, etc)	Cochlear implants: R222 000 per beneficiary, maximum 1 event per year Intraocular lenses: R8 670 per beneficiary per event, maximum 2 events per year. Other internal prostheses: R83 800 per beneficiary per event, maximum 2 events per year
Prosthesis – external (such as artificial arms and legs)	R29 100 per family
Mental health	
- psychiatry and psychology	
- drug and alcohol rehabilitation	R46 000 per beneficiary

<b>Hospitalisation (continued)</b>	
Take-home medicine	7 days' supply
Trauma benefit	Covers certain day-to-day benefits that form part of the recovery following specific traumatic events, such as near drowning, poisoning, severe allergic reaction and external and internal head injuries. Appropriate treatment related to the event is covered as per authorisation
Medical rehabilitation, private nursing, Hospice and step-down facilities	R68 000 per family
Health management programmes for conditions such as chronic renal disease, organ transplants, mental health, HIV/Aids and oncology	Your doctor needs to register you on the appropriate health management programme
Immune deficiency related to HIV - Anti-retroviral treatment - HIV related admissions	No annual limit applies at preferred provider R87 900 per family at your chosen hospital provider
Emergency medical transport in South Africa by Netcare 911	No annual limit applies
International emergency medical transport by preferred provider	R8 220 000 per beneficiary per 90-day journey. This benefit includes R15 500 for emergency optometry, R15 500 for emergency dentistry and R765 000 terrorism cover. A R2 070 co-payment applies per emergency out-patient claim
<b>Specialised procedures/treatment</b>	
Certain specialised procedures/treatment covered (when clinically appropriate) in- and out-of-hospital (refer to the Member brochure for a list of procedures and treatment covered)	
<b>Chronic Benefit</b>	
<b>General rule applicable to the Chronic Benefit:</b> Benefits are subject to registration on the Chronic Management Programme and approval by the Scheme.	
Provider	Any, Associated or State*
Cover	62 conditions
Limit	26 conditions covered according to Chronic Disease List in Prescribed Minimum Benefits – no annual limit applies. 36 additional conditions - Limited to R12 400 per family per year
* If the State cannot provide you with the chronic medicine you need, you may obtain your medicine from Ingwe Primary Care Network providers, subject to a Network formulary and Scheme approval	

<b>Day-to-day Benefit</b>	
<p><b>General rule applicable to the Day-to-day Benefit:</b> 25% of your contribution is available to cover day-to-day expenses. This is known as Savings. If this component is not enough to cover your annual day-to-day expenses, you will have a self-funding gap to pay out of your own pocket, up to the Threshold determined by your family size. Once you have reached this Threshold, your claims will be paid by the Scheme from Extended Cover. Claims add up to the Threshold and are paid from Extended Cover at the Momentum Medical Scheme Rate, subject to the sub-limits specified below. The sub-limits apply before and after the Threshold is reached.</p> <p><b>The annual Threshold levels are:</b> Member: R30 400; Per adult dependant: R26 400; Per child dependant: R8 700 (applies up to a maximum of 3 children).</p> <p>Should you not join in January, your Threshold and sub-limits will be adjusted pro-rata (this means it will be adjusted in line with the number of months left in the year).</p>	
Provider	Any or Associated (Members who have chosen Associated as their chronic provider must use an Associated GP for GP consultations)
Acupuncture, Homeopathy, Naturopathy, Herbology, Audiology, Occupational and Speech therapy, Chiropractors, Dieticians, Biokinetics, Orthoptists, Osteopathy, Audiometry, Chiropody, Podiatry and Physiotherapy	Unlimited within the provisions of the General Rule mentioned above
Mental health (incl. psychiatry and psychology)	R23 900 per family
Dentistry – basic (such as extractions or fillings)	Unlimited within the provisions of the General Rule mentioned above
Dentistry – specialised (such as bridges or crowns)	R16 400 per beneficiary, R42 600 per family. Both in-and out of hospital dental specialist accounts accumulate towards the limit Dental specialist accounts for extraction of impacted wisdom teeth in doctors' rooms: Covered from Major Medical Benefit at 100% of the Momentum Medical Scheme Rate, subject to R1 670 co-payment and pre-authorisation
External medical and surgical appliances (incl. hearing aids, glucometers, blood pressure monitors, wheelchairs, etc)	R29 600 per family R8 950 sub-limit per family for hearing aids Subject to pre-authorisation
General practitioners	Depending on the chronic provider selected: Any or State provider: 100% of the Momentum Medical Scheme Rate Associated provider: 100% of the Momentum Medical Scheme Rate for Associated GPs Non-Associated provider: 70% of the Momentum Medical Scheme Rate for non-Associated GPs
Specialists	100% of the Momentum Medical Scheme Rate
Optical and optometry (incl. contact lenses and refractive eye surgery)	Overall limit of R5 030 per beneficiary Frame sub-limit of R2 740
Pathology (such as blood sugar or cholesterol tests)	Unlimited within the provisions of the General Rule mentioned above
Radiology (such as x-rays)	Unlimited within the provisions of the General Rule mentioned above

Day-to-day Benefit (continued)		
MRI and CT scans, magnetic resonance cholangiopancreatography (MRCP), whole body radioisotope and PET scans	Covered from Major Medical Benefit, R2 770 co-payment applies per scan	
Prescribed medication	R21 100 per beneficiary, R40 000 per family	
Over-the-counter medication (incl. prescribed vitamins and homeopathic medicine)	Subject to Savings, does not accumulate to Threshold	
Health Platform Benefit		
<p><b>General rule applicable to the Health Platform Benefits:</b> Health Platform Benefits are paid by the Scheme up to a maximum rand amount per benefit. You do not need to pre-notify before using Health Platform Benefits, except for dental consultations, pap smears, general physical examinations and HIV tests. Where pre-notification is required, you can pre-notify quickly and easily on the <b>Momentum App</b>, via the web chat facility or by logging on to <a href="http://momentummedicalscheme.co.za">momentummedicalscheme.co.za</a>. You may also send us a WhatsApp or call us on 0860 11 78 59.</p>		
What is the benefit?	Who is eligible?	How often?
Preventative care		
Baby immunisations	Children up to age 6	As required by the Department of Health
Flu vaccines	Children between 6 months and 5 years Beneficiaries 60 and older High-risk beneficiaries	Once a year
Tetanus diphtheria injection	All beneficiaries	As needed
Pneumococcal vaccine	Beneficiaries 60 and older High-risk beneficiaries	Once a year
Early detection tests		
Dental consultation (incl. sterile tray and gloves)	All beneficiaries	Once a year
Pap smear consultation (nurse, GP* or gynaecologist)	Women 15 and older	Based on type of pap smear (see below)
Pap smear (pathologist) Standard or LBC (Liquid based cytology) <b>Or</b> HPV PCR screening test (If result indicates high risk, then a follow-up LBC is also covered)	Women 15 and older Women 21 to 65	Once a year Once every 3 years
Mammogram	Women 38 and older	Once every 2 years
DEXA bone density scan (radiologist, GP* or specialist)	Beneficiaries 50 and older	Once every 3 years
General physical examination (GP* consultation)	Beneficiaries 21 to 29	Once every 5 years
	Beneficiaries 30 to 59	Once every 3 years
	Beneficiaries 60 to 69	Once every 2 years
	Beneficiaries 70 and older	Once a year
Prostate specific antigen (pathologist)	Men 40 to 49	Once every 5 years
	Men 50 to 59	Once every 3 years
	Men 60 to 69	Once every 2 years
	Men 70 and older	Once a year



Early detection tests (continued)			
Health assessment: Blood pressure test, cholesterol and blood sugar tests (finger prick tests), height, weight and waist circumference measurements	All principal members and adult beneficiaries	Once a year	
Cholesterol test (pathologist): Only covered if health assessment results indicate a total cholesterol of 6 mmol/L	Principal members and adult beneficiaries	Once a year	
Blood sugar test (pathologist): Only covered if health assessment results indicate blood sugar levels are 11 mmol/L	Principal members and adult beneficiaries	Once a year	
Glaucoma test	Beneficiaries 40 to 49	Once every 2 years	
	Beneficiaries 50 and older	Once a year	
HIV test (pathologist)	Beneficiaries 15 and older	Once every 5 years	
Maternity programme (Subject to registration on the Maternity programme between 8 and 20 weeks of pregnancy)			
Doula benefit	Women registered on the programme	2 visits per pregnancy	
Antenatal visits (Midwives, GP* or gynaecologist)		12 visits	
Online antenatal and postnatal classes		18-month subscription	
Online video consultations with lactation specialist		Initial and follow-up consultations	
Nurse home visits		3 visits: Day after return from hospital following childbirth, then after 2 and 6 weeks	
Urine tests (dipstick)		Included in antenatal visits	
Pathology tests	Women registered on the programme	Antiglobin, blood group, creatinine, full blood count, platelet count, Rhesus factor and Rubella antibody	1 test
		Glucose strip and haemoglobin estimation	2 tests
		Urinalysis	12 tests
		Urine tests (microscopic exams, antibiotic susceptibility and culture)	As indicated
Scans		2 pregnancy scans. We cover 3D and 4D growth scans up to the rate that we pay for 2D scans	
Paediatrician visits	Babies up to 12 months registered on the programme	2 visits in baby's first year	
Health line			
24-hour emergency health advice	All beneficiaries	As needed	

\* If you choose the Associated chronic provider, a 30% co-payment will apply if you do not use an Associated GP for the GP consultations covered under the Health Platform