



Be Smart. **Keep it Simple.**

## BENEFITS BROCHURE 2020 **GOLD**



*KeyHealth*  
MEDICAL SCHEME

# GOLD OPTION




MAJOR MEDICAL BENEFITS	MST(≤)	BENEFIT	EXPLANATORY NOTES / BENEFIT SUMMARY
<b>HOSPITALISATION</b>			Unlimited. Pre-authorisation compulsory.
Varicose vein surgery, facet joint injections, rhizotomy, reflux surgery, back and neck surgery (incl. spinal fusion), joint replacement.			Unlimited. 100% of Agreed Tariff.
Private hospitals			Unlimited. 100% of Agreed Tariff, subject to use of DSP hospital (Netcare or Life Healthcare). (30% co-payment at non-DSP hospital.)
State hospitals			Unlimited. 100% of Agreed Tariff.
Specialist and anaesthetist services	100%		Unlimited, subject to use of DSP provider.
Medicine on discharge	100%	R525	Per admission.
Maternity	100%		Private ward for 3 days for natural birth.
<b>MAJOR MEDICAL OCCURRENCES</b>			
<b>SUB-ACUTE FACILITIES &amp; WOUND CARE</b>			
Hospice, private nursing, rehabilitation, step-down facilities and wound care..	100%	R39 900	Pre-authorisation compulsory and subject to Case Management and Scheme Protocols. Pfpa. Wound care is included in this benefit up to an amount of R13 100. Combined in- and out-of-hospital benefit.
<b>TRANSPLANTS (Solid organs, tissue and corneas)</b>			
Hospitalisation, harvesting and drugs for immuno-suppressive therapy.	100%		Pre-authorisation compulsory and subject to Case Management. PMB entitlement in DSP hospitals only.
<b>DIALYSIS</b>	100%		Pre-authorisation compulsory and subject to Case Management and Scheme Protocols. PMB entitlement only.
<b>ONCOLOGY</b>	100%	R397 000	Pfpa. Pre-authorisation compulsory and subject to Case Management, Scheme Protocols and use of DSP providers.
<b>RADIOLOGY</b>	100%		Pre-authorisation: specialised radiology, including MRI, CT and PET scans. Hospitalisation not covered if radiology is for investigative purposes only. (MSA / day-to-day benefits will then apply.)
MRI and CT scans		R16 300	Pfpa. R1 000 co-payment per scan (in- or out-of-hospital), excluding confirmed PMBs.
X-rays			Unlimited.
PET scans			2 scans pbpa. Maximum of R23 100 per scan.
<b>PATHOLOGY</b>	100%		Unlimited.






OUT-OF-HOSPITAL BENEFITS	MST(≤)	BENEFIT	EXPLANATORY NOTES / BENEFIT SUMMARY
<b>DAY-TO-DAY BENEFITS</b>			
<b>ROUTINE MEDICAL EXPENSES</b>			
General practitioner and specialist consultations, radiology (incl. Nuclear Medicine Study and bone density scans). Prescribed and over-the-counter medicine. Optical and auxiliary services, e.g. physiotherapy, occupational therapy, contraceptive pills and biokinetics.  (This is a family benefit which means that one member of the family can use the total benefit allocation.)	100%		<b>Annual Medical Savings Account (MSA):</b> PM: R6 528 p.a. AD: R4 416 p.a. CD: R1 272 p.a.  <b>Additional day-to-day benefits:</b> PM: R4 920 p.a. AD: R3 670 p.a. CD: R1 180 p.a.
<b>Over-the-counter medicine</b>	100%	R2 010	Pfpa sublimit. Subject to MSA / day-to-day benefit.
<b>Over-the-counter reading glasses</b>		R180	Pbpa. 1 pair per year. Subject to the over-the-counter medicine sublimit.
<b>PATHOLOGY</b>	70%		Subject to MSA / day-to-day benefit. (Co-payment payable directly to the relevant service provider.)
<b>OPTICAL SERVICES</b>	100%	R3 090	Pbp2a total optical benefit. Subject to MSA / day-to-day benefit and Optical Management. Benefit confirmation compulsory.
Frames		R980	Per frame, 1 frame pbp2a. Subject to overall optical benefit.
Lenses			1 pair pbp2a. Subject to overall optical benefit.
Eye test			1 test pbp2a. Subject to overall optical benefit.
Contact lenses		R1 470	Pbpa. Subject to overall optical benefit.
Refractive surgery			Pre-authorisation compulsory. Subject to overall optical benefit.
<b>DENTISTRY</b>			
<b>CONSERVATIVE DENTISTRY</b>			DENIS protocols, Scheme Rules and Managed Care interventions apply. Exclusions apply in accordance with Scheme Rules.
Consultations	100%		2 check-ups pbpa.
X-rays: Intra-oral	100%		
X-rays: Extra-oral	100%		1 pbp3a. (Additional benefit may be granted where specialised dental treatment planning / follow-up is required.)
Oral hygiene	100%		2 scale and polish treatments pbpa.
Fillings	100%		1 per tooth per 365 days. A treatment plan and x-rays may be required for multiple fillings. Re-treatment of a tooth subject to clinical protocols.
Tooth extractions and root canal treatment	100%		Root canal therapy on primary (milk) teeth, wisdom teeth (3 <sup>rd</sup> molars), as well as direct/indirect pulp capping procedures, are excluded.
Plastic dentures	100%		1 set (upper and lower jaw) pbp4a. DENIS pre-authorisation compulsory.
<b>SPECIALISED DENTISTRY</b>			
Partial metal frame dentures	80%		DENIS pre-authorisation compulsory. 1 partial metal frame (upper or lower jaw) pbp5a.



	DENTISTRY		
	Crowns and bridges	80%	DENIS pre-authorisation compulsory. A treatment plan and X-rays may be requested. 1 per tooth pbp5a.
	Implants		No benefit. Subject to MSA.
	Orthodontics	80%	DENIS pre-authorisation compulsory. Cases will be clinically assessed using orthodontic indices where function is impaired. Not for cosmetic reasons; laboratory costs also excluded. Only 1 beneficiary per family may commence treatment per calendar year. Limited to beneficiaries between 9 and 18 years.
	Periodontics	80%	DENIS pre-authorisation compulsory. Limited to conservative, non-surgical therapy (root planing) only and will be applied to beneficiaries registered on the Perio Programme.
	Maxillo-facial and oral surgery		DENIS protocols, Scheme Rules and Managed Care interventions apply. Exclusions apply in accordance with Scheme Rules.
	Surgery in dental chair	100%	DENIS pre-authorisation not required. Temporo-Mandibular Joint (TMJ) therapy limited to non-surgical intervention/ treatment. Claims for oral pathology procedures (cysts, biopsies and tumour removals) only covered if supported by a laboratory report confirming diagnosis.
	Surgery in-hospital (general anesthesia)		DENIS pre-authorisation compulsory. (See Hospitalisation below.)
	Hospitalisation and anesthetics		DENIS protocols, Scheme Rules and Managed Care interventions apply. Exclusions apply in accordance with Scheme Rules.
	Hospitalisation (general anesthesia)	100%	R1 640 co-payment per hospital admission. DENIS pre-authorisation compulsory. Extensive dental treatment for children under the age of 5 years, and the removal of impacted teeth.
	Laughing gas in dental rooms	100%	DENIS pre-authorisation not required.
	IV conscious sedation in dental rooms	100%	DENIS pre-authorisation compulsory. Limited to extensive dental treatment.

**PAY ALL DENTAL CO-PAYMENTS DIRECTLY TO THE RELEVANT SERVICE PROVIDER**

CHRONIC BENEFITS		MST(≤)	BENEFIT	EXPLANATORY NOTES / BENEFIT SUMMARY
CHRONIC MEDICATION				
	Category A (CDL)	100%		Unlimited – subject to reference pricing and protocols. Registration on Chronic Disease Programme compulsory.
	Category B (other)	90%	R8 400	Subject to chronic benefit with a maximum Pfpa.

SUPPLEMENTARY BENEFITS		MST(≤)	BENEFIT	EXPLANATORY NOTES / BENEFIT SUMMARY
	PSYCHIATRIC TREATMENT	100%	R39 900	Pre-authorisation compulsory and subject to Case Management. Pfpa. Combined benefit; in- and out-of-hospital. Out-of-hospital treatment is limited to R16 300.
	BLOOD TRANSFUSION	100%		Unlimited. Pre-authorisation compulsory.
	PROSTHETICS / PROsthESIS (Internal, external, fixation devices and implanted devices)	100%	R46 300	Pfpa, combined benefit. Pre-authorisation compulsory and subject to Case Management, reference pricing, DSP and Scheme Protocols.
	DOCUMENT BASED CARE (DBC) (Back and neck)	100%		Conservative back and neck treatment in lieu of surgery. Pre-authorisation compulsory and subject to Case Management and Scheme Protocols at approved DBC facilities.
	HIV/AIDS	100%		Unlimited. Chronic Disease Programme, managed by Lifesense, applicable.
	AMBULANCE SERVICES	100%		DSP – NETCARE 911. Unlimited, subject to use of DSP and protocols. (20% co-payment at non-DSP service provider.)
	MEDICAL APPLIANCES			
	Wheelchairs, orthopaedic appliances and incontinence equipment (incl. contraceptive devices).	100%	R8 900	Pfpa. Combined in- and out-of-hospital benefit, subject to quantities and protocols. No pre-authorisation required.
	Oxygen/nebulizer/glucometer			Pre-authorisation compulsory and subject to protocols.
	Hearing aids	100%	R15 800	No authorisation required. Pfp5a. Subject to maximum of R7 900 per ear.
	Hearing aids and maintenance (batteries included)	100%	R990	Pbp5a.
	ENDOSCOPIC PROCEDURES (SCOPES)	100%		
	Colonoscopy and/or gastroscopy			Pre-authorisation compulsory. No co-payment if done in DSP hospital, out-of-hospital and in the case of PMB conditions.
	All other endoscopic procedures			Pre-authorisation compulsory. No co-payment if done in DSP hospital, out-of-hospital and in the case of PMB conditions.

MONTHLY CONTRIBUTION			
	Principal Member	Adult Dependant	Child Dependant
Monthly contribution	R4 897	R3 312	R961
Monthly savings	R544	R368	R106
Total monthly contribution	R5 441	R3 680	R1 067



Be Smart. Keep it Simple.



# HEALTH BOOSTER

The Health Booster provides additional benefits to Members at no extra cost. It is aimed at preventive treatment and therefore also gives access to free screening tests.

Only those benefits stated in the Benefit Structure under Health Booster will be paid by the Scheme, up to a maximum rand value which is determined according to specific tariff codes.

## QUALIFICATION:

Members qualify automatically for Health Booster benefits according to the set criteria.

- However, pre-authorisation is required in order to access the Maternity benefits and Weight Loss benefits on Health Booster. Contact the Client Service Centre on **0860 671 060** to obtain authorisation. (Failing to do this will result in the service costs being deducted from day-to-day benefits.)
- Verify the tariff code or maximum rand value with the Call Centre consultant.
- Inform the service provider involved accordingly.

## SCREENING TESTS:

One of the benefits available on the Health Booster programme is the Health Assessment. This assessment comprises the following screening tests:

- Body Mass Index (BMI)
- Blood sugar (finger prick test)
- Cholesterol (finger prick test)
- Blood pressure (systolic and diastolic)
- Prostate Phlebotomy for PSA test

Principal members and their beneficiaries will be entitled to one Health Assessment per calendar year and can have this done at any pharmacy.

A Health Assessment (HA) form can be obtained at any pharmacy or downloaded from [www.keyhealthmedical.co.za](http://www.keyhealthmedical.co.za).

No authorisation is required for these screening tests.

Results can be submitted by either the Member or the service provider and can be faxed to **0860 111 390** or emailed to [disease.management@keyhealthmedical.co.za](mailto:disease.management@keyhealthmedical.co.za).

## TYPE OF TEST WHO & HOW OFTEN

### PREVENTIVE CARE

Baby immunisation	Child dependants aged ≤6 – as required by the Department of Health.
Flu vaccination	All beneficiaries.
Tetanus diphtheria injection	All beneficiaries – as and when required.
Pneumococcal vaccination (Prevenar not included)	All beneficiaries.
Malaria medication	All beneficiaries – R380 once per year.
HPV vaccination	Female beneficiaries aged ≤9-14 – 2 doses per lifetime.
Baby growth assessments	3 baby growth assessments at a pharmacy/baby clinic for beneficiaries aged between 0 – 35 months – per year.

### EARLY DETECTION TESTS

Pap smear (Pathologist)	Female beneficiaries aged ≥15 – once per year.
Pap smear (including consultation and pelvic organs ultrasound; GP or Gynaecologist)	Female beneficiaries aged ≥15 – once per year.
Mammogram	Female beneficiaries aged ≥40 – once per year.
Prostate specific antigen (PSA) (Pathologist)	Male beneficiaries aged ≥40 – once per year.
HIV/AIDS test (Pathologist)	Beneficiaries aged ≥15 – once per year.
Health Assessment (HA): Body mass index, Blood pressure measurement, Cholesterol test (finger prick), Blood sugar test (finger prick) PSA (finger prick)	All beneficiaries – once per year.

### WEIGHT LOSS (Pre-authorisation essential to access benefits)

Weight Loss Programme	For all beneficiaries when the Health Assessment BMI is ≥ 30: • 3 x dietician consultations (one per week). • 3 x additional dietician consultations (one per week, provided that a weight loss chart was received from dietician proving weight loss after first three weeks). • One biokineticist consultation (to create a home exercise programme for the member). • 1 x follow-up consultation with biokineticist.
-----------------------	---

### MATERNITY (Pre-authorisation essential to access benefits)

Antenatal visits (GP, Gynaecologist or midwife) & urine test (dipstick)#	Female beneficiaries. Pre-notification of and pre-authorisation by the Scheme compulsory. 12 visits.
Ultrasounds (GP or Gynaecologist) – one before the 24th week and one thereafter#	Female beneficiaries. Pre-notification of and pre-authorisation by the Scheme compulsory. 2 pregnancy scans.
Short payments/co-payments for services rendered in (#) above and birthing fees	Covered to the value of R1 180 per pregnancy.
Paediatrician visits	Baby registered on Scheme. 2 visits in baby's 1st year. 1 visit in baby's 2nd year.
Ante-natal vitamins	Covered to the value of R1 990 per pregnancy.
Ante-natal classes	Covered to the value of R1 990 for first pregnancy.

# GLOSSARY

Agreed Tariff	A tariff agreed to from time to time between the Scheme and service providers, e.g. hospital groups.
Chronic Disease List (CDL)	A list of chronic illness conditions that are covered in terms of legislation.
Day-to-day benefit	A combined out-of-hospital limit which may be used by any beneficiary in respect of general practitioners, specialists, radiology, optical, pathology, prescribed medicine and auxiliary services, and which may include a sub-limit for self-medication.
DENIS (Dental Information Systems)	A service provider contracted by the Scheme to manage dental benefits on behalf of the Scheme according to protocols.
Designated Service Provider (DSP)	A provider that renders healthcare services to members at an agreed tariff and has to be used to qualify for certain benefits.
Emergency	An emergency medical condition means the sudden and unexpected onset of a health condition that requires immediate medical treatment and/or an operation. If the treatment is not available, the emergency could result in weakened bodily functions, serious and lasting damage to organs, limbs or other body parts, or even death.
Health Booster	An additional benefit for preventive health care.
Medical Scheme Tariff (MST)	Also referred to as KeyHealth tariff. A set of tariffs the Scheme pays for services rendered by service providers.
Optical Management	A cost and quality Optical Management programme provided by Opticlear.
Phlebotomy	The process of making an incision in a vein when collecting blood.
Physical Trauma	A severe bodily injury due to violence or an accident, e.g. gunshot, knife wound, fracture or motor vehicle accident. Serious and life-threatening physical injury, potentially resulting in secondary complications such as shock, respiratory failure and death. This includes penetrating, perforating and blunt force trauma.
OTC	Over-the-counter (medicine or glasses)
MSA	Medical Savings Account
Medicine on discharge	Medicine given to members upon discharge from a hospital. Does not include medicine obtained from a script received upon discharge.
pbpa	per beneficiary per annum (per year)
pbp2a	per beneficiary biennially [every 2 (second) year(s)]
pfpa	per family per annum (per year)
pfp2a	per family biennially [every 2 (second) year(s)]
2pfpa	2 per family per annum (per year)