

# FAMILY 2018



## ABBREVIATIONS

<b>AT</b>	Agreed Tariff
<b>CDL</b>	Chronic Disease List
<b>DSP</b>	Designated Service Provider
<b>TRP</b>	Topmed Reference Price (generic & therapeutic substitution)
<b>PAR</b>	Pre-authorisation reference number
<b>PAT</b>	Pharmacy Advised Therapy
<b>PMB</b>	Prescribed Minimum Benefit
<b>TT</b>	Topmed Tariff is the rate that is applicable for the payment of benefits, including the National Health Reference Price List Rate or amended rate as published by Topmed or its agent from time to time
<b>TTO</b>	To Take Out

Scheme Policies and Protocols Apply Throughout

## CONTACT DETAILS

Client Services, Pre-authorisation Case Management and Disease Management Programmes	Tel: 0860 00 21 58
International	087 740 2899 (for calls outside SA)
Email	info@topmedms.co.za
Fax	086 762 4050
Website	www.topmed.co.za
Membership	membership@topmedms.co.za
Claims	claims@topmedms.co.za
Postal Address	PO Box 1462, Durban, 4000
Queries	info@topmedms.co.za

**Disclaimer:**

- ***This is only a summary of the benefits and contributions. In the case of an error or dispute, the registered Rules will prevail. Effective from 1/1/2018***
- ***Benefits subject to Council for Medical Schemes approval***



## MAJOR MEDICAL BENEFITS



### IN HOSPITAL BENEFITS

Pre-authorisation (PAR) is required in respect of hospitalisation and the associated clinical procedures before treatment starts. In case of an emergency, within the next two business days, otherwise no benefits are allowed.

#### Extended Major Medical Benefit (100% of TT)

Post-operative benefits available for the following:-

- Hip Replacement
- Heart Attack
- Stroke
- Knee Replacement
- Post-Crime Trauma

<b>HOSPITALISATION</b> Accommodation, theatre, medicine, material and hospital apparatus used during hospitalisation	Unlimited 100% of AT
<b>Treatment of Immunocompromise and Opportunistic Infections</b> irrespective of cause	100% of TT Limited to R46 872 per family per year
<b>Psychiatric Hospitalisation</b> (PAR required)	Benefits and treatment provided through Case Management Programme limited to 21 days per beneficiary per year
<b>TTO</b> (Medicine received on discharge from hospital)	100% of AT (TRP and formulary applies) maximum seven days supply
<b>MEDICAL PRACTITIONERS</b> (in hospital) General Practitioners Specialists (PMB DSP applies) Associated clinical procedures (during authorised hospital treatment)	150% of TT 150% of TT 150% of TT (Deductibles and specific limits apply to certain procedures)
<b>OUT-PATIENT TREATMENT AT HOSPITAL FACILITIES</b> Trauma benefits only	100% of AT for facility fee 150% of TT for treatment delivered on the day of injury
<b>RADIOLOGY AND PATHOLOGY</b> Basic radiology and pathology (during authorised hospital treatment) MRI scans, CT scans, radioisotope studies (PAR required) (during authorised hospital treatment)	100% of TT 100% of TT subject to a R2 600 co-payment per scan

<b>AUXILIARY SERVICES</b> (during authorised hospital treatment)	Stomatherapy limited to R19 980 per family per year (PAR required if limit exceeded)
Blood transfusions	100% of Cost
Physiotherapy, speech therapy, occupational therapy, social workers and dieticians	100% of TT
Clinical and Medical technologists	100% of TT
Internal medical and surgical accessories (PAR required)	100% of Cost Subject to sub-limits as applied per clinical protocols
<b>IMPACTED WISDOM TEETH</b> (PAR required)	100% of TT subject to R1 120 co-payment
<b>MAXILLO-FACIAL SURGERY</b>	150% of TT subject to clinical criteria and limited to jaw fractures, congenital deformities and surgical treatment of pathological conditions
<b>SCOPES</b> (PAR required) Gastroscopies and Colonoscopies	100% of TT If performed in a hospital facility R2 600 co-payment per scope If performed in a day clinic/doctor's room no co-payment



### MATERNITY PROGRAMME / CONFINEMENTS

To enjoy this benefit you are required to register on the programme when you are between 12 and 20 weeks into your pregnancy. To register call the member Call Centre on 0860 00 21 58.

#### Registration on the programme entitles you to:

- 150% of TT for consultations
- 12 Ante-natal consultations, ante-natal classes and pre-natal vitamins
- 2 Scans per beneficiary per pregnancy (the costs of 3D-scans are limited to the cost of a 2D-scan)
- 2 Paediatrician visits (new born)

Confinement (PAR required prior to birth)	150% of TT
Elective Caesarean Sections	Limited to R21 840 for all services.
Neo-natal hospitalisation	100% of AT limited to R402 396 per family per year
Home births	Benefits are allowed in respect of home births, if a registered service provider assists with the birth





## OTHER BENEFITS

### DISEASE MANAGEMENT / CASE MANAGEMENT

Disease Management is a holistic approach that focuses on the patient's disease or condition, using all the cost elements involved. The intervention takes place by means of patient counselling and education, behaviour modification, therapeutic guidelines, incentives and case management.

AIDS and HIV infections	Benefits and treatment provided through Case Management Programme
Organ transplants	Benefits and treatment provided through Case Management Programme limited to R243 528 per family per year
Kidney dialysis	Benefits and treatment provided through Case Management Programme limited to R243 528 per family per year
Oncology  (PAR required)	Benefits and treatment provided through Case Management Programme limited to R359 592 per beneficiary per 12 month cycle

### AMBULANCE SERVICES

ER24 is Topmed's Preferred Provider for any ambulance services. If services are not rendered by (or through the intervention of) ER24, benefits will be limited to a specified maximum.

Preferred Provider ER 24 (084 124)	100% of AT
Non-preferred Provider	100% of TT limited to R2 328 per family per year.



### SECONDARY FACILITIES

Step-down nursing, hospice & rehabilitation  
Benefits and treatment provided through Case Management Programme. Benefits for clinical procedures and treatments during a stay in a secondary facility will be limited to R139 200 per beneficiary per year



### CHRONIC MEDICATION

100% of AT at DSP (TRP and formulary applies)  
For PMB CDL's 70% of AT for non-DSP or non-formulary (TRP and formulary applies)  
PMB and non-PMB conditions accrue to limit of R11 364 per family per year thereafter PMB unlimited



### INTERNATIONAL BUSINESS & LEISURE TRAVEL INSURANCE

Foreign claims are limited to medical expenses only as provided by the Scheme's policy, limited to R10 million per family per year, subject to authorisation and applicable conditions. Maximum of 90 days cover. Travel must be declared before departure

## DAY-TO-DAY BENEFITS

### MEDICAL SAVINGS ACCOUNT

20% of your total contribution is allocated to your savings account. It is designed to cover day-to-day medical expenses

#### ANNUAL THRESHOLD

A Threshold is a set value to be reached before claims for day-to-day medical expenses are covered from Major Medical. All day-to-day claims paid from the member's savings or self-funded accumulate towards reaching this Threshold. Once this Threshold limit is reached, further day-to-day claims will be paid by Topmed subject to benefit limits as stipulated in the benefit summary below.

100% of TT
Member R12 180
Adult R10 322
Child R4 092
<b>(Accumulation to Threshold at 100% TT)</b>

#### ABOVE THRESHOLD BENEFIT

Member R12 480
Adult R9 000
Child R2 640



### OUT-PATIENT TREATMENT AT HOSPITAL FACILITIES

Non Trauma benefits  
Subject to day-to-day benefits



### MEDICAL PRACTITIONERS (out of hospital)

Clinical procedures	100% of TT
Visits (General Practitioners and Specialists) (PMB DSP applies)	100% of TT (A maximum of two visits may be utilised in respect of out-patient consultations)
Material and injection material (excluding medicine) administered in a doctor's consulting room	100% of TT





## ACUTE MEDICATION

Prescribed Acute Medicine	100% of AT (TRP and formulary applies) Payable from Savings, Self Payment Gap and thereafter from Above Threshold Benefit subject to sub-limits of M - R4 860    M1 - R6 084 M2 - R7 296    M3 - R9 684 M4 - R13 032 *
Non-prescribed schedule 1 and 2 medicine (PAT) supplied by a pharmacy (PAT does not accrue to Threshold)	100% of AT (TRP and formulary applies) payable from Savings and subject to combined Acute Medicine sub-limit above (not covered from Above Threshold Benefit)



## OPTICAL BENEFITS

Managed by PPN	100% of PPN rates payable from Savings, Self Payment Gap and thereafter from Above Threshold Benefit limited to R2 064 per beneficiary, R6 132 per family per year *
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## DENTISTRY

All dentistry, specialised and conservative and dental hospitalisation is subject to the dental benefits (PAR required for Specialised Dentistry and dental hospitalisation)	100% of TT payable from Savings, Self Payment Gap and thereafter from Above Threshold Benefit subject to sub-limits of: M - R7 044    M1 - R7 860    M2 - R8 772 M3 - R9 780    M4 - R10 608 * Orthodontics is restricted to beneficiaries 18 years and younger and 1 family member at a time. Plastic/acrylic dentures limited to 1 set every 4 years. R1 700 co-payment for Extractions and Fillings for children under 6 years Hospitalisation covered at 100% of AT Anaesthetic in hospital covered at 150% of TT
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\* Note that all limits apply before and after the Threshold is reached. Benefits are payable from Savings, Self Payment Gap and thereafter from Above Threshold Benefit.

## AUXILIARY SERVICES (not during hospitalisation)

External medical and surgical appliances	100% of Cost payable from Savings, Self Payment Gap and thereafter 100% of TT from Above Threshold Benefit limited to R4 584 per family per year *
Physiotherapy speech therapy, occupational therapy, podiatry, orthoptic treatment, audiometry, hearing-aid acoustics, biokinetics, dieticians and consultations with chiropractors, osteopaths, homeopaths, naturopaths, herbalists and social workers	100% of TT payable from Savings, Self Payment Gap and thereafter from Above Threshold Benefit limited to R4 260 per family per year *
Wheelchairs, Hearing AIDS and External Prostheses (PAR required)	100% of Cost payable from Savings, Self Payment Gap and thereafter 100% of TT from Above Threshold Benefit limited to R12 240 per family per year *
Clinical and Medical technologist	100% of Cost payable from Savings, Self Payment Gap and thereafter 100% of TT from Above Threshold Benefit

## RADIOLOGY

Basic radiology	100% of TT payable from Savings, Self Payment Gap and thereafter from Above Threshold Benefit subject to sub-limit of R3 828 per family per year (excludes MRI & CT Scans) *
MRI/CT Scans (PAR required)	100% of TT subject to a R2 600 co-payment per scan

## PATHOLOGY

	100% of TT payable from Savings, Self Payment Gap and thereafter from Above Threshold Benefit subject to sub-limit of R4 284 per family per year *
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## CLINICAL PSYCHOLOGY & PSYCHIATRIC TREATMENT

(Including substance abuse)	100% of TT payable from Savings, Self Payment Gap and thereafter from Above Threshold Benefit subject to sub-limit of R6 864 per family per year *
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## REPRODUCTIVE HEALTH

(Oral, injectable and IUD contraceptives)	100% of TT payable from Savings, Self Payment Gap and thereafter from Above Threshold Benefit (TRP and formulary applies) subject to Acute Medication sub-limit
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## PRESCRIBED MINIMUM BENEFITS (PMB's)

Prescribed Minimum Benefits (PMB's) will be covered by Topmed both in the Public Healthcare System or Topmed's Designated Service Providers (DSP's). The treatment of PMB's includes chronic medication as well as the medical or surgical treatment of your PMB condition. The payment of all your PMB's requires authorisation and is subject to clinical protocols (inclusive of formularies for medicines) and must be obtained from Topmed's DSP's, failing which Topmed will only pay a 70% benefit for medicines and 100% of TT for all other benefits. Once any applicable limits are reached Topmed will continue to pay for your PMB's as per the above criteria

## DEDUCTIBLES

A DEDUCTIBLE is a specific amount that is due for a specific procedure as per the Scheme Rules. The Deductible applies to the hospital account and needs to be paid by the member to the hospital. If the hospital bills the Scheme the full amount, the Scheme will pay the claim less the Deductible which will be recovered from the member by the hospital.

Deductibles do not apply to confirmed Prescribed Minimum Benefits treated at a Designated Service Provider and as per the Scheme protocols. Medical reports may be required to confirm the diagnosis and protocol as being consistent with the Prescribed Minimum Benefit entitlement.

The following Deductibles apply:

Joint replacement, Spinal surgery, Nissen (Hiatus Hernia repair): R7 900  
Hysterectomy: R3 700  
Laparoscopic surgery: R3 200  
Cholecystectomy: R2 600  
MRI/CT Scans (in and out of hospital): R2 600  
Scopes (in hospital): R2 600  
Sinus and nasal surgery: R2 100  
Dentistry (in hospital): R1 700  
Impacted wisdom teeth: R1 120  
Tonsils, adenoids, grommets: R1 050





## WELLNESS BENEFIT

Topmed's Wellness Benefits allows you access to certain preventative screening tests which are payable from Topmed's Major Medical Benefit, thus extending your day-to-day benefits.

### Payable at 100% of Topmed Tariff

IMMUNISATION PROGRAMME	AGE BAND	FREQUENCY
Influenza Vaccination	All	1 every year
Baby Immunisation	Covered for the first 6 years of life	According to the Dept of Health protocols
Tetanus	All	As required
Pneumococcal	Beneficiaries aged 60 years and older, high risk individuals	1 every year

SCREENING BENEFIT (HEALTH ASSESSMENT)	AGE BAND	FREQUENCY
BMI	All adult beneficiaries	1 every year
Blood sugar test (finger prick)		
Blood pressure test		
Cholesterol test (finger prick)		

EARLY DETECTION TESTS	AGE BAND	FREQUENCY
General physical examination (at a GP) Tariff: 0190/0191/0192	Adults 30-59 years	1 medical examination every 3 years
	Adults 60-69 years	1 medical examination every 2 years
	Adults 70 years & older	1 medical examination every year
Pap smear Consultation Tariff: 0190/0191/0192 Pathology Test Tariff: 4566/4559	Females 15 years & older	1 every year
Prostate Specific Antigen (PSA) Test (Pathologist) Tariff: 4519	Males 40-49 years	1 every 5 years
	Males 50-59 years	1 every 3 years
	Males 60-69 years	1 every 2 years
	Males 70 yrs & older	1 every year

EARLY DETECTION TESTS	AGE BAND	FREQUENCY						
Free Prostate Specific Antigen (Free PSA) Only if PSA is raised (Pathologist) Tariff: 4524	Males 40-49 years	1 every 5 years						
	Males 50-59 years	1 every 3 years						
	Males 60-69 years	1 every 2 years						
	Males 70 years & older	1 every year						
Only if finger prick is raised above 6mmol/L LDL - Tariff: 4026 ----- Basic total - Tariff: 4027 ----- HDL - Tariff: 4028 ----- Triglyceride - Tariff: 4147 ----- Lipogram - Tariff: 4025	All adult beneficiaries	1 every year						
			Only if finger prick is raised above 11mmol/L Blood sugar - Quantitative Tariff: 4057	All adult beneficiaries	1 every year			
						HIV Elisa Test Tariff: 3932	Beneficiaries 15 years and older	1 every year
						Mammogram (Includes Sonar) Tariff: 34100/34101	Females 40 years and older	1 every 2 years
Bone Densitometry Tariff: 3604/50120/58531	Beneficiaries 50 years and older	1 every 3 years						
Glaucoma test Tariff: 3002 /11202/ 11212 /3014	Beneficiaries 40-49 years	1 every 2 years						
	Beneficiaries 50+ years	1 every year						

### Please note:

Except in the case of PMBs, any consultations and costs not specifically stated above but related to the above tests will be paid from your day-to-day benefits.



## UNIQUE BENEFITS



### Extended Major Medical Benefit

To ensure that members receive adequate care when recovering from a major hospital procedure without being restricted by the availability of day-to-day benefits Topmed provides an Extended Major Medical Benefit.

This unique benefit allows members access to extended rehabilitation benefits for 5 major events, as outlined below, which are funded from the Major Medical Benefits portion and not from day-to-day benefits.

Post Total Hip Replacement	
Description & Definition	Effective mobilisation after a hip replacement is always difficult yet critical to the success of this expensive operation.
Events	N/A
Benefits	8 physiotherapy sessions within 3 months after being discharged from the hospital. Once per annum (per hip) <b>Authorisation required</b>
Post Total Knee Replacement	
Description & Definition	As with a hip replacement, effective mobilisation after a knee replacement is always difficult and at times painful, yet critical to the success of this expensive operation.
Events	N/A
Benefits	8 physiotherapy sessions within 3 months after being discharged from the hospital. Once per annum (per knee) <b>Authorisation required</b>
Heart Attack (Myocardial Infarction)	
Description & Definition	A heart attack is caused by a blockage in the arteries supplying your heart muscle.
Events	N/A
Benefits	Subject to Case Management and must be prescribed by the treating cardiologist/physician. <b>Authorisation required</b>

Post Crime Trauma	
Description & Definition	This benefit is aimed at supporting you when you have been exposed to a traumatic crime-related incident.  To access this benefit, you need to report the event at your nearest Police Station and obtain a Police Reference Number (MR Number).
Events	<ul style="list-style-type: none"> <li>• a hijacking or attempted hijacking</li> <li>• attempted murder</li> <li>• assault or attempted assault, including sexual assault</li> <li>• robbery (including armed robbery) or attempted robbery</li> </ul>
Benefits	Combined total of 12 consultations for 6 months from the date of the event per dependant with any of the following specialists: - psychologist - psychiatrist - social worker <b>Authorisation required</b>
Stroke (Cerebro-vascular accident)	
Description & Definition	A stroke occurs when the blood supply to the brain tissue is compromised - either by a blockage of a blood vessel or a brain haemorrhage.
Events	N/A
Benefits	Comprehensive rehabilitation programme including therapy from a multi-disciplinary team for a period of 3 months after the ACUTE event. - physiotherapist - occupational therapist - speech therapist  This benefit is subject to Case Management. <b>Authorisation required</b>



## PROSTHESIS BENEFIT

### Internal Medical/Surgical Prostheses and Appliances

Internal Medical and Surgical Accessories - (including all components such as pins, rods, screws, plates, nails, fixation material or similar items forming an integral and necessary part of the device so implanted and shall be charged, where applicable, as a single unit) which are implanted during an operation into the body as an internal supporting mechanism and/or which for functional medical reasons are implanted as a prosthesis to replace parts of the body - Subject to pre-authorization and Scheme negotiated price (Paid from Major Medical Benefits).

Cardiac/Vascular Prostheses and Appliances	
Stents (Cardiac Peripheral and Aortic)	100% of Cost up to R63 168 per beneficiary per year unless obtained at a Scheme DSP or in accordance with PMB Protocol
Valves	
Pace Makers	
Implantable Defibrillators	
Joint Prostheses (maximum of one joint per beneficiary per year) Subject to failed conservative treatment and Risk Management	
Hip, Knee, Shoulder or Elbow only	Up to R53 700 per beneficiary per year
Orthopaedic Prostheses and Appliances (Subject to failed conservative treatment & Risk Management)	
Spinal fixation devices (max 2 levels unless motivated)	100% of Cost R63 168 per beneficiary per year unless obtained at a Scheme DSP or in accordance with PMB Protocol
Fixation devices – non spinal	
Bone Lengthening devices	
Implantable devices, disc prosthesis, Kyphoplasty	
Neuro Stimulators and Deep Brain Stimulators	Up to R37 920 per beneficiary per year
Internal Sphincters and stimulators	Up to R60 720 per beneficiary per year
Unspecified/Unlisted above	Up to R16 200 per procedure per year

## ONCOLOGY (CANCER MANAGEMENT)

It is important that prior to commencing active treatment for cancer, you are registered on the Oncology Disease Management Programme (See Summary of Benefits for applicable benefits and limits per your chosen option).

### Who needs to register?

Beneficiaries diagnosed with a positive malignant histology that requires some form of chemotherapy, radiotherapy, hormonal therapy and/or supportive therapy.

### How to register

- After you have been diagnosed with cancer your Oncologist must fax a treatment plan and the histology results to the Scheme's Oncology Department on **086 762 4050**.
- Once received by Topmed, the Oncology Disease Manager will review the request in accordance with recognised treatment protocols and guidelines for oncology treatment based on clinical appropriateness, evidence-based medicine and the chosen benefit option. If appropriate, an authorisation is generated and a response is provided to the treating Oncologist, who in turn will notify the member.
- Additional information may be required from the Oncologist, such as test results, in order to complete the registration process.

In the event of any changes, renewals and amendments to your treatment plan, please ensure that either you or your treating doctor advise the Case Manager to ensure that your authorisation is updated accordingly subject to approval and available limits.

	BENEFITS
Pre-Authorisation and Treatment Plan	Yes
Cancer Treatment	Chemotherapy, radiotherapy and supportive treatment. Treatment plan subject to oncology limit of R 359 592 per beneficiary per 12 month cycle.
Surgery for your cancer	Pre-authorization - part of Hospital Management
Bone marrow or stem cell transplantation	Benefit paid at 100% of TT subject to oncology limit
Donor searches	No benefit
PET Scans	One per annum for staging, thereafter clinical appropriateness
Bone Density Scans	One per annum if on aromatase inhibitors
Overall Limit	No



## DESIGNATED SERVICE PROVIDER (DSP) NETWORKS

A Designated Service Provider (DSP) is a healthcare provider (doctor, pharmacist, hospital, etc) that has been chosen by your Scheme for the diagnosis, treatment or care of PMB conditions. A network is a defined group of providers (hospital groups, general practitioners, specialists, pharmacies, etc).

When a Scheme enters into a DSP Network agreement with providers, the providers commit to an agreed tariff and /or agree to the provision of services delivered according to scheme protocols and formularies. The implementation of these networks is therefore to assist the Scheme in managing the costs of providing benefits, particularly within the context of managing PMBs, given the lack of any pricing guidelines in respect of provider fees.

Treatment of PMB conditions at a DSP will be covered in full by Topmed when delivered according to the Scheme protocols and formularies. If you choose not to use the DSP selected by Topmed, you may have to pay a portion of the bill as a co-payment. This could either be a percentage co-payment or the difference between the DSP's tariff and that charged by the provider you went to.

Topmed utilises DSP Networks in various ways, depending on your option and the particular benefit structure.



### Pharmacy Network

Topmed currently has over a 1,000 pharmacies that form part of the Pharmacy Network which includes the major retail pharmacy groups (Clicks and Dischem), as well as various courier pharmacies such as Pharmacy Direct and Clicks DirectMedicines.

Should you obtain your PMB medication from a non-network provider you will receive a 70% benefit. If you are unsure of whether your pharmacy is on the network you may check by downloading the Pharmacy Network List from our website, [www.topmed.co.za](http://www.topmed.co.za). If your pharmacy is not on the network and they would like to join they may contact Mediscor (who manage the network on our behalf), and provided that they are willing to agree to the contractual terms, they may be added to our network.



### Specialist Network

Topmed has a Specialist Network across all options in respect of in-hospital PMB benefits as well as CDL treatment plan benefits. Topmed will always pay your in-hospital costs at the Topmed tariff applicable to your option (for eg. 200% of TT if you're on the Executive Option). However, should you choose to use a provider that is not part of the DSP network you may be liable to pay the difference between the Topmed Tariff and what your provider charges.

To assist you in this process, you will be advised upfront at the point of authorisation whether your provider is on the Network, giving you an opportunity to engage with your provider prior to being hospitalised or receiving treatment. Should you want to know whether your provider is a Network Specialist, visit our website: [www.topmed.co.za](http://www.topmed.co.za) or call Client Services on 0860 0021 58.

Please note that the networks are updated on a regular basis, so before obtaining treatment, take the time to access the information on the website as noted above.

Members are required to make use of DSPs or Preferred Providers for specific benefits according to the table below. The details of the providers included in each of these networks are available on the website, [www.topmed.co.za](http://www.topmed.co.za), or by calling Client Services on 0860 00 21 58.

Benefit Category	Does a DSP/Preferred Provider apply to the benefits listed below?
Hospitalisation	No
Specialist Consults and Services (PMB)	Yes
PMB CDLs - Treatment & Diagnostics	Yes
PMB CDLs - Medication	Yes
Day to Day Benefits	No
Optical	Yes
Ambulance and Emergency Services	Yes



## CHRONIC CONDITION DISEASE LIST

### PRESCRIBED MINIMUM BENEFIT - CHRONIC CONDITION DISEASE LIST

- Addison's Disease
- Asthma
- Bronchiectasis
- Cardiomyopathy
- Chronic Renal Failure
- Cardiac Failure
- Chronic Obstructive Pulmonary Disorder (COPD)
  - Emphysema
- Coronary Artery Disease
  - Ischaemic Heart Disease
- Crohn's Disease
- Diabetes Insipidus
- Diabetes Mellitus (Type I and II)
- Dysrhythmias
  - Ventricular Tachycardia
  - Arterial Fibrillation Flutter
- Epilepsy
- Glaucoma
- Haemophilia
- Hyperlipidaemia
- Hypothyroidism
- Hypertension
- Multiple Sclerosis
- Parkinson's Disease
- Psychiatric Disorders
  - Bipolar Mood Disorder
  - Schizophrenia
- Rheumatoid Arthritis
- Systemic Lupus Erythematosus
- Ulcerative Colitis

## EXTENDED CHRONIC CONDITIONS

In addition to the chronic condition disease list, the following conditions are also available.

(Please note that these are only applicable whilst your Chronic Medicine Benefit Limits are available).

- Osteoporosis
- Osteopaenia
- Attention Deficit Disorder (ADD) / Attention Deficit Hyperactivity Disorder (ADHD)
- Gout
- Depression other than provided for in PMBs
- Allergic Rhinitis prevention (children only)
- Psoriasis
- Osteoarthritis



## GENERAL EXCLUSIONS

**The following are General Exclusions and also are applicable to the Medical Savings Accounts:**

- Examinations for testing of eyes or vision by somebody other than an eye specialist or registered optometrist, and the cost of any instrument other than spectacles or contact lenses
- Travel costs – which exceed the limits of Rule P of the NHRPL.
- Applicators, toilet preparations and cosmetics
- Holidays for recuperative purposes
- Accommodation in old-age homes and similar institutions, frail care and long-term care
- The difference between TRP and the cost charged for Medicine subject to Regulation 15I (c)
- Non-prescription sunglasses
- Costs rejected by the Scheme, due to them being fraudulent or not clinically indicated or medically necessary, as indicated by the Scheme's clinical auditing company
- The exclusions set out in 4.1, as well as the following General Exclusions apply to Annexures B01 and to the Major Medical Benefits and Threshold Cover (where applicable) in Annexures B02 – B08:
- Substance dependency – unless treatment forms part of a Case Management Programme and PMB's
- Bandages, cotton wool, plasters and other household first-aid items – unless these are supplied during a stay in Hospital
- Examinations for insurance, employment, lawsuits and similar purposes
- Cosmetic and reconstructive surgery, including for protruding ears, according to the Member's or Dependand's own choice, or recommended for psychological reasons only – and any complications resulting from such surgery
- Beauty treatments and beauty preparations and cosmetics
- Examinations and/or treatment where no real or supposed illness exists and/or recommended for psychological reasons only, except for PMB treatment.
- Medicine for erectile dysfunction, except for PMB treatment.
- Artificial insemination and treatment of infertility other than what is stipulated in explanatory note 9 for DTP 902M.
- Marriage therapy
- Birth control, except oral, injectable and IUD contraceptives
- Breathing exercises, pre- and post-natal exercises, group exercises or fitness tests
- Treatment of obesity
- Telephone consultations
- Services of social workers, unless forming part of a Case Management Programme
- Fees for medical reports
- All desensitization treatment and ALCAT allergy tests
- Sclerotherapy treatment, unless a vascular surgeon is responsible for the treatment where it forms part of the surgical removal of vascular veins
- Treatment of keloids (except in the case of burns or functional impairment, dependent on a PAR).
- Refractive surgery
- Functional reconstruction of palate and uvula (uvulopalatopharyngoplasty)
- Injuries due to professional sports subject to PMB (except on Active Saver option)
- Acupuncture, Aromatherapy and Reflexology
- Treatment forming part of clinical trials or experimental drugs
- All associated costs for elective hip/knee replacements on the Network, Essential and Active Saver options only (unless as a result of immediate trauma requiring emergency PMB treatment).
- Any cost related to the use of modifier 0018 (Modifier for patients with BMI over 35) unless clinically motivated and not charged in conjunction with Rule J.
- Costs related to Surrogacy Agreements, including all pre-natal care, maternal care and confinement.
- Booking and Birthing Fees
- Admissions for diagnostic testing where no diagnostic test results are available at the time when a patient presents for admission into hospital.

## EXCLUSIONS APPLICABLE TO BASIC AND SPECIALISED DENTISTRY

**The following treatment is not covered. The member is liable for the total cost of these procedures:**

- Ozone therapy
- Orthognathic (jaw corrections) surgery and the related hospital cost (except on the Comprehensive option)
- Snoring appliances
- Cost of Mineral Trioxide
- Cost of prescribed toothpastes, mouthwashes (e.g. Corsodyl) and ointments
- Oral and/or facial image (Digital/conventional)
- Microbiological studies
- Caries susceptibility test
- Pulp test
- Occlusion analysis mounted
- Pantographic recording
- Electrognathographic recording without/with computer analysis
- Polishing – complete dentition
- Removal of gross calculus
- Topical application of fluoride - adult
- Nutritional and Tobacco counselling
- Resin crown – anterior – anterior primary tooth (direct)
- Gold foil class I-V
- Inlays/Onlays
- Crown ¾ cast metal/porcelain/ceramic
- Provisional crown
- Veneers
- Prefabricated metal or resin crown
- Re-burnishing and polishing of restorations – complete dentition.
- Carve restoration to accommodate existing clasp or rest
- Pedicle flapped graft
- Cost of bone regenerative/repair material
- Interim, partial or complete denture
- Diagnostic denture
- Locks and milled rest
- Precision attachment
- Metal base to complete denture
- Remount crown or bridge for prosthetics
- Altered cast technique
- Additive partial denture
- Connector bar – implant supported
- Clasp or rest – stainless steel
- Stress breaker
- Coping Metal
- Ortho Tx-fixed lingual orthodontics
- Therapeutic drug injection
- Bleaching
- Special report
- Appointment not kept/30min
- Sedative filling
- Behaviour management
- Implants and all associated costs (except on the Comprehensive option)
- General anaesthetic for beneficiaries from 7 years of age

## EXCLUSIONS APPLICABLE TO OPTICAL BENEFITS

- Adjustment of frames
- Fitting of contact lenses
- Coloured /tinted contact lenses
- Sunglasses or tinted lenses
- Contact lens solutions
- Hard coating and other extras

## EXCLUSIONS APPLICABLE TO ACUTE MEDICATION

- Patent, patent preparations and household remedies (unless listed on the Essential Drug List and part of PMB level care).
- Patent food-stuffs, including baby food and special formulae (unless listed on the Essential Drug List and part of PMB level care).
- Tonics, nutritional supplements, multi-vitamin preparations and vitamin combinations, except for prenatal, lactation and pediatric use (except on the Comprehensive, and Active Saver options) (unless listed on the Essential Drug List and part of PMB level care or clinically appropriate to correct a vitamin or mineral deficiency).
- Slimming preparations
- Birth control preparations, except oral and injectable contraceptives and IUD's
- Anti-smoking preparations
- Surgical appliances and devices unless based on EBM protocols
- Medicine used specifically to treat alcoholism, except if used as part of a beneficiary's rehabilitation treatment at a recognised facility
- The purchase of oxygen delivery systems
- Aphrodisiacs
- Anabolic steroids
- Sunscreens and tanning agents including emollients and moisturisers
- Cosmetic preparations, soaps, shampoos and other topical applications medicated or otherwise except for the treatment of lice, scabies, and other parasitic and fungal infections
- Single or combined mineral preparations, except for calcium preparations with 300mg or more of elemental calcium used for the prevention and treatment of osteoporosis and potassium when used in conjunction with a diuretic (except on the Comprehensive, and Active Saver options) (unless listed on the Essential Drug List and part of PMB level care).
- Contact lens preparations
- Preparations not easily classified
- Stimulant laxatives
- Treatment of erectile dysfunction, e.g. Sildenafil and/or similar remedies
- Injection material, unless prescribed and part of a PMB treatment plan.
- Biological Drugs unless part of a Disease Management Programme and subject to Clinical Protocols and subject to Regulation 15H ( c) and 15I ( c).

CONTRIBUTIONS			
All incomes	Principal Member	Adult dependant	Student/Minor dependant
Contributions	R3 068	R2 453	R839
Savings	R768	R613	R209
<b>Total</b>	<b>R3 836</b>	<b>R3 066</b>	<b>R1 048</b>

The savings levels listed above are compulsory and will be added to the contributions listed in the contributions table.

**The Scheme only charges for a maximum of 3 children on this option.**