
















Day-to-day benefits

Silver benefits

<p><b>GP benefit</b></p>	 <p>Unlimited GP visits at a Network GP can be unlocked via a consultation and pre-authorisation from Hello Doctor</p> <ul style="list-style-type: none"> <li>3 GP visits at a Network GP per member per year, that do not require Hello Doctor pre-authorisation</li> <li>2 Additional GP visits at a Network GP per member per year for members registered on either the Chronic benefit, HIV benefit or Maternity benefit programme (2 additional Network GP visits per benefit programme), that do not require Hello Doctor pre-authorisation</li> <li>Hello Doctor pre-authorisation is required for every GP visit from the 4th GP visit to unlock the rest of the unlimited visits</li> </ul> <p>Hello Doctor consultations can either be via chat, phone call or video (virtual) call</p>
<p><b>GP in room procedures</b></p>	 <p>Minor medical procedures performed as part of a Network GP consult in rooms, such as stitching of wounds and nebulisation</p>
<p><b>Hello Doctor</b></p>	 <p>Unlimited GP consultations with a Hello Doctor GP</p> <p>Hello Doctor consultations can either be via chat, phone call or video (virtual) call</p> <p>Hello Doctor consultations include referral for pathology, according to the applicable Health4Me pathology list</p> <p>Hello Doctor consultations include referral for radiology, according to the applicable Health4Me radiology list</p>
<p><b>Hello Doctor scripting</b></p>	 <p>Hello Doctor consultations include unlimited scripting of Schedule 1 to Schedule 4, formulary-based medication, in accordance with the Network prescribed acute medication formulary. Rules and protocols are applied</p>
<p><b>Acute medication</b></p>	 <p>Provided in accordance with the Network prescribed acute medication formulary. Rules and protocols are applied</p>
<p><b>Maternity benefit</b></p>	 <p>1 Foetal growth 2D scan per member per pregnancy</p> <p>Antenatal pathology tests linked to a Network GP visit and referred by a Network GP, according to the applicable Health4Me pathology list</p> <p>Antenatal vitamins in accordance with the Network prescribed acute medication formulary. Rules and protocols are applied</p> <p>Pre-authorisation is required</p>
<p><b>Basic pathology</b></p>	 <p>Unlimited cover for pathology, when linked to a Hello Doctor or Network GP visit and referred by a Hello Doctor or Network GP, according to the applicable Health4Me pathology list</p>
<p><b>Basic radiology</b></p>	 <p>Unlimited cover for black and white x-rays, when linked to a Hello Doctor or Network GP visit and referred by a Hello Doctor or Network GP, according to the applicable Health4Me radiology list</p>
<p><b>Basic and emergency dentistry</b></p>	 <p>Covered at any dentist on the Dental Network</p> <p>Basic dentistry such as fillings, extractions, infection control, cleaning and polishing of teeth</p> <p>Specialised dentistry such as bridges, crowns, surgical extractions, implants, root canals, gold fillings, dentures and braces are not covered</p> <p>Provided in accordance with the Dental Network protocols and approved Health4Me dentistry list</p> <p>Waiting periods may apply</p>
<p><b>Basic optometry</b></p>	 <p>Covered at any optometrist on the Optical Network</p> <p>Benefit available every 2 years</p> <p>1 Eye test and 1 pair of clear standard single vision lenses, or 1 pair of bi-focal lenses, with a standard frame</p> <p>Sunglasses, tinted lenses, hard coating and contact lenses are not covered</p> <p>Provided in accordance with the Optical Network protocols and approved Health4Me optometry list</p> <p>Waiting periods may apply</p>
<p><b>Flu vaccination</b></p>	 <p>1 Flu vaccination per member per year at any pharmacy clinic, preferably at a Dis-Chem, Clicks or MediRite pharmacy clinic</p>
<p><b>COVID-19 screening test</b></p>	 <p>1 COVID-19 screening test is covered per member per year, subject to a Hello Doctor, Network GP or specialist referral</p> <p>The COVID-19 screening test can also be performed as part of a Network GP consultation or as part of a specialist consultation in rooms</p>
<p><b>On-site wellness days</b></p>	 <p>Basic health and wellness screening offered on site by qualified nurses</p> <p>A minimum of 20 employees per site and a completed on-site wellness request form are required</p>

Silver benefits



Day-to-day benefits

Silver benefits (continued)

Health assessment



1 Health assessment (blood pressure test, cholesterol and blood sugar finger-prick tests, height, weight and waist circumference screening) is provided per member per year on site at a Wellness day or at a pharmacy clinic, preferably at a Dis-Chem, Clicks or MediRite pharmacy clinic  
Employer groups with more than 20 employees per site can have an on-site wellness day, where members can do their annual health assessment

Employee Assistance Programme



Counselling and support services for adults, teenagers and children  
Trauma and critical incidence counselling services  
Legal assist, credit health and debt management services  
Advice for road accident claims  
Advice for injury on duty claims  
Managerial support services  
Telephonic counselling services and on-site trauma and critical incidence support services

Multiply Engage



Multiply Engage is free and offers rewards from a range of partners  
Members get great discounts on big brands like Makro, Nando's, Intercape, FlySafair, as well as on the Multiply online shop

More4Me



More4Me incentivises members with monthly airtime, data, Shoprite and Checkers vouchers or Takealot vouchers, based on their Healthy Heart Score

Momentum Health4Me members have access to benefits at Momentum CareCross Network GPs, dentists and optometrists.

Network provider lists



To view the Network GP list, visit [momentum.co.za](http://momentum.co.za) or scan the QR code



To view the Network Dental list, visit [momentum.co.za](http://momentum.co.za) or scan the QR code



To view the Network Optometrist list, visit [momentum.co.za](http://momentum.co.za) or scan the QR code

