

Health4Me Benefits

Gold day-to-day benefit option and Base major medical event benefits option - accident and emergency cover


2023



Day-to-day benefits (50% employer subsidy for employee)

Benefits	Gold
 GP benefit	✓
 GP in room procedures	✓
 Hello Doctor	✓
 Specialist benefit	✓
 Acute medication	✓
 Chronic medication	✓
 Chronic benefit	✓
 HIV benefit	✓
 Maternity benefit	✓
 Basic pathology	✓
 Basic radiology	✓
 Basic and emergency dentistry	✓
 Basic optometry	✓
 Flu vaccination	✓
 COVID-19 screening test	✓
 Health assessment	✓
 Employee Assistance Programme	✓
 Multiply Engage	✓
 More4Me	✓

Major medical event benefits (50% employer subsidy for employee)

Benefit	Base
 Accident and emergency cover (there are 3 main benefits in accident and emergency cover)	1 Accident cover: Casualty benefit up to R30 000 per event In-hospital benefit up to R500 000 per event Covered at a private hospital for accidents that meet the qualifying criteria An accident shall mean a medical emergency that is an external, unexpected event that is not traceable, directly or indirectly, to a member's state of mental or physical health prior to the event
	2 Emergency (heart attack or stroke) cover: Casualty benefit up to R30 000 per event In-hospital benefit up to R250 000 per event Covered at a private hospital for emergency (heart attack or stroke) events that meet the qualifying criteria
	3 Emergency transportation cover: Emergency transportation, stabilisation and treatment cost paid in case of an accident or an emergency (heart attack or stroke) that requires immediate medical treatment If the benefit limit is exceeded, and further treatment is required, the member will be transported to a state facility for further care and treatment Accident and emergency cover includes emergency transportation, stabilisation and treatment cost, as well as the cost of diagnostic scans (like MRI and CT scans), take-home medication, internal and external prosthetics, orthotics and assistive devices, rehabilitation services (like step-down services, wound care, physiotherapy and occupational therapy), subject to both clinical approval and the respective per event limits A maximum of R5 000 000 is payable per member per year



To view the Network GP list, visit momentum.co.za or scan the QR code



To view the Network Dental list, visit momentum.co.za or scan the QR code



To view the Network Optometrist list, visit momentum.co.za or scan the QR code



Health4Me Premiums

PepsiCo contributes R181 towards the main member’s premium for Gold day-to-day benefits and Base accident and emergency cover, so instead of members paying the full rate of R362, they will pay the following:

Day-to-day benefit premiums for Gold

+

Major medical event benefit premiums for Base accident and emergency cover

50% Employer subsidy (main member only)

Unlimited GP visits (includes GP visit booster benefit)	Member type	Total contribution: Gold day-to-day and Base accident and emergency cover
	Employee (50% subsidy applied)	R181.00
	Spouse	R362.00
	Child	R211.00

Momentum Health4me 2023 Pepsico employee premiums

50% employer subsidy applied to main member/employee

Gold day-to-day benefits and Base accident and emergency cover										
Family size										
Total	R181.00	R392.00	R603.00	R814.00	R1025.00	R543.00	R754.00	R965.00	R1176.00	R1837.00

To join Momentum Health4Me, send a completed membership application form to HR.

Click here for a more detailed overview of your Health4Me benefits.

If you would like to find out more about your Health4Me benefits, contact your HR manager.

momentum.co.za

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Momentum Health4Me is not a medical scheme product, and is not a substitute for medical scheme membership.

2023



Free monthly airtime, data, Shoprite and Checkers vouchers or Takealot vouchers

Step 1

Members register via USSD code *134*664*100# on their phone

Activation reward: Up to 500MB data/R50 airtime, R50 Shoprite and Checkers voucher or R50 Takealot voucher

Step 2

Members get their Healthy Heart Score by going for their health assessment either:

- At a Wellness Day managed by Momentum, or
- At a Dis-Chem, Clicks, MediRite or Pick n Pay pharmacy clinic

Wellness Day reward: Up to 500MB data/R50 airtime, R50 Shoprite and Checkers voucher or R50 Takealot voucher

Step 3

Based on their Healthy Heart Score, members will receive monthly rewards for a period of 12 months, until their next health assessment is due

Monthly reward:

- Up to 1GB data/R80 airtime, R80 Shoprite and Checkers voucher or R80 Takealot voucher
- Up to 500MB data/R50 airtime, R50 Shoprite and Checkers voucher or R50 Takealot voucher
- Up to 250MB data/R25 airtime, R25 Shoprite and Checkers voucher or R25 Takealot voucher

Green Healthy Heart Score

Amber - Green

Amber - Red

Red Healthy Heart Score

How to contact Hello Doctor

Via the USSD process

*120*394*120#

No airtime needed!

or

Via the Momentum More Health app

Download the Momentum More Health app from Google Play, the App Store or AppGallery



PEPSICO

momentum

Quality, affordable healthcare solutions