

Focus on the Health Platform

The Health Platform Benefits are available to all Momentum Medical Scheme members and are paid by the Scheme provided you notify us before using the benefit.

On the Ingwe Option, Health Platform Benefits are only available from your chosen Network provider, except for health assessment, maternity programme benefits and baby immunisations.

The Health Platform Benefit encourages health awareness, enhances quality of life and gives peace of mind through preventative care, early detection, a leading maternity programme, health management programmes, health education and advice and emergency cover.

How to pre-notify for your Health Platform benefits

You can pre-notify quickly and easily via the **Momentum app**. You may also use the web chat facility or log on to momentummedicalscheme.co.za. Alternatively, you may send us a WhatsApp message or call us on 0860 11 78 59.

Benefit table

What is the benefit?	Who is eligible?	How often?	On which option?
Preventative care			
Baby immunisations (On Ingwe, covered in private facilities for baby's first year, limited to R2 500. Once the limit is reached, available at the Department of Health baby clinics)	Children up to age 6	As required by the Department of Health	All options
Flu vaccines	Children between 6 months and 5 years Beneficiaries 60 and older High-risk beneficiaries	Once a year	All options
Tetanus diphtheria injection	All beneficiaries	As needed	All options
Pneumococcal vaccine	Beneficiaries 60 and older High-risk beneficiaries	Once a year	Evolve, Custom, Incentive, Extender and Summit

Early detection tests			
Dental consultation (including sterile tray and gloves)	All beneficiaries	Once a year	All options
Pap smear (pathologist) Consultation (GP)	Women 15 and older	Once a year	Ingwe
Pap smear (pathologist) Consultation (GP* or gynaecologist)	Women 15 and older	Once a year	Evolve, Custom, Incentive, Extender and Summit
Mammogram	Women 38 and older	Once every 2 years	Evolve, Custom, Incentive, Extender and Summit
DEXA bone density scan (radiologist, GP* or specialist)	Beneficiaries 50 and older	Once every 3 years	Evolve, Custom, Incentive, Extender and Summit
General physical examination (GP* consultation)	Beneficiaries 21 to 29 Beneficiaries 30 to 59 Beneficiaries 60 to 69 Beneficiaries 70 and older	Once every 5 years Once every 3 years Once every 2 years Once a year	All options
Prostate specific antigen (pathologist)	Men 40 to 49 Men 50 to 59 Men 60 to 69 Men 70 and older	Once every 5 years Once every 3 years Once every 2 years Once a year	All options
Health assessment (pre-notification not required): 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	All options
Cholesterol test (pathologist)**	Principal members and adult beneficiaries	Once a year	All options
Blood sugar test (pathologist)***	Principal members and adult beneficiaries	Once a year	All options
Glaucoma test	Beneficiaries 40 to 49 Beneficiaries 50 and older	Once every 2 years Once a year	Evolve, Custom, Incentive, Extender and Summit
HIV test (pathologist)	Beneficiaries 15 and older	Once every 5 years	All options
Maternity programme (you need to register on the maternity management programme between 8 and 20 weeks of pregnancy)			
Doula benefit	Women registered on the programme	2 visits per pregnancy	Evolve, Custom, Incentive, Extender and Summit
Antenatal visits (Midwives, GP* or gynaecologist)		7 visits	Ingwe
		12 visits	Evolve, Custom, Incentive, Extender and Summit
Online antenatal and postnatal classes, offered through Belly Babies		18-month subscription	Incentive, Extender and Summit

Maternity programme (continued)				
Online video consultation with lactation specialist, offered through Belly Babies		Women registered on the programme	Initial consultation	Incentive
			Initial consultation plus follow-up	Extender and Summit
Nurse home visit			Day after return from hospital	All options
			2 weeks after initial visit	Evolve, Custom, Incentive, Extender and Summit
			6 weeks after initial visit	Incentive, Extender and Summit
Urine tests (dipstick)			Included in antenatal visits	All options
Pathology tests	Antiglobin, platelet count and Rubella antibody		1 test	Incentive, Extender and Summit
	Blood group, full blood count and Rhesus factor		1 test	All options
	Creatinine		1 test	Evolve, Custom, Incentive, Extender and Summit
	Glucose strip		1 test	Evolve and Custom
	Haemaglobin estimation		2 tests	Incentive, Extender and Summit
			1 test	Ingwe, Evolve and Custom
	Urinalysis		2 tests	Incentive, Extender and Summit
			7 tests	Ingwe
Scans	12 tests		Evolve, Custom, Incentive, Extender and Summit	
	As indicated		Incentive, Extender and Summit	
	2 pregnancy scans		Ingwe	
Paediatrician visits	Babies up to 12 months registered on the programme		2 pregnancy scans. 3D and 4D scans covered up to the rate we pay for 2D scans	Evolve, Custom, Incentive, Extender and Summit
			1 visit in baby’s first year	Ingwe
			2 visits in baby’s first year	Evolve, Custom, Incentive, Extender and Summit
Health management programmes				
Cholesterol, Chronic renal failure, Diabetes, Drug and alcohol rehabilitation, HIV/Aids, Hypertension, Mental health, Oncology and Organ transplants		All beneficiaries registered on the appropriate programme	As needed	All options



Health line			
24-hour emergency health advice	All beneficiaries	As needed	All options
Emergency evacuation			
Emergency evacuation in South Africa: Netcare911	All beneficiaries	In an emergency	All options
International evacuation	All beneficiaries	In an emergency	All options except Ingwe
International emergency cover by ISOS			
Evolve: R5m Custom: R7.66m Incentive: R8m Extender: R8.22m Summit: R9.01m (Including R15 500 for emergency optometry, R15 500 for emergency dentistry and R765 000 terrorism cover) A R1 850 co-payment applies per out-patient claim	Per beneficiary per 90-day journey	In an emergency	All options except Ingwe

Please note:

- * On the Custom, Incentive and Extender Options: if you choose Associated as your chronic provider, a 30% co-payment will apply if you do not use an Associated GP for the GP consultations
- ** The cholesterol test is covered if health assessment results indicate a total cholesterol of 6 mmol/L and above
- *** The blood sugar test is covered if health assessment results indicate blood sugar levels are 11 mmol/L and above