

Discovery News *for Discovery Health members*

Where should you get your medication?

All plans: over-the-counter medication:

Members on all plans should get their over-the-counter medication (schedule 1 and 2) from Clicks, after activating the MedSaver benefit. The benefit is free, and requires a Clicks Card (which is also free) that you link to your Discovery membership. Once you've activated, you earn 10% back on qualifying over-the-counter medication from the Clicks Pharmacy. If you complete a Vitality Check (all members over 18, whether you have Vitality membership or not) at Clicks or Dis-Chem, the rate you earn on MedSaver will increase to 25%. You need to ask the pharmacist to use the MedSaver codes when you get your medication at the Clicks pharmacy.

Remember that if you are on a plan with an Above Threshold benefit, over-the-counter medication does not accumulate to the Threshold. You can pay cash for the medication, or claim from Discovery, and still get your 10% or 25% MedSaver cash back.

All plans except KeyCare: prescription medication:

Get your medicine in two ways: via your local pharmacist who uses an electronic claims system, or via MedXpress.

Your local pharmacy can be used for medication you take on a regular basis, and/or once-off scripts for any illness. They will submit the claim electronically for you, and will be able to tell you immediately if there is a co-payment you need to pay. There is no pharmacy list - any pharmacy that can submit claims electronically is acceptable.

MedXpress is a courier pharmacy, to be used for any medication you take on a regular basis (whether registered under the Chronic benefit or not). They will courier your medication to you at your preferred address. If you are travelling, you can change the address to receive your medication at your holiday destination. Likewise, if you need to work in another town for a few months, you can get your medication delivered to your temporary address. Don't place an order as you swallow the last tablet from your previous order, as it may take up to 5 days to get the medication to you, depending on where the delivery address is.

KeyCare: prescription medication:

KeyCare prescription medication must be obtained by your designated KeyCare GP if he/she is a dispensing doctor. If your designated KeyCare doctor is **not** a dispensing doctor, you can get your medication from any pharmacy that uses an electronic claiming system. KeyCare members are only covered for medication listed on the KeyCare formulary. If your KeyCare doctor prescribes other medication, you will need to pay for it. Your doctor should tell you whether you need to pay or not. If you have to pay at the pharmacy, and your KeyCare doctor hasn't mentioned any payment, then you must check with him to see if there is an alternative medication that will be covered by Discovery.

You will also get your Chronic medication from your KeyCare doctor, and this too will be limited to the medication listed on the Chronic formulary.

JULY 2013

This email is written by an independent commentator and not by Discovery Health. Any Discovery Health member is welcome to subscribe. Queries regarding this email can be sent to ihs@ihshealth.co.za.

Discovery Website

www.discovery.co.za

Discovery Client Services

0860 99 88 77

KeyCare Client Services

0860 102 877

DISCOVERY EMERGENCY NUMBER

0860 999 91 1

DISCOVERY HEALTH PLANS

Executive Plan

Classic and Classic Delta

Comprehensive

Classic Comp Zero MSA

Essential and Essential

Delta Comprehensive

Classic & Essential Priority

Classic & Classic Delta

Saver and Core

Essential & Essential Delta

Saver and Core

Coastal Saver and Core

KeyCare Plus, Access, Core

DISCOVERY REWARDS

Vitality / KeyFit

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Council for Medical Schemes

Accreditation # ORG104

Authorised FSP #12239

Going to hospital?

There is a library of some 260 medical procedure guides on Discovery's website www.discovery.co.za. The guides will list basics about the procedures and what to expect, possible complications, and any alternatives.

You can also check online whether your procedure is covered, and how it is covered. If you are on a plan that is limited to certain hospitals, you can check if the hospital your specialist wants to use is on the list for your plan. If not, you can get a list of hospitals to give your specialist as alternatives. If you want to stick to a hospital not on the list for your plan, the website will show you what co-payment you need to make at the hospital.

Certain hospital events can be pre-authorised online, and others will require your phoning Discovery on 0860 998877 to pre-authorise.

If you aren't comfortable with doing any of the above on Discovery's website, or you do not have internet access, then you can phone them (0860 998877) and choose the pre-authorisation option. They will then talk you through the process, and can email you a guide (or email your employer if you don't have email).

Tax Certificates

Just a reminder that tax certificates are available by logging onto www.discovery.co.za, click on "Health" and then on "Your Plan Details" and go to "Certificates" on the right, or call 0860 998877.

parkrun

parkrun is a global organisation that organises free, weekly 5km timed runs around the world, in over 100 venues. Vitality members age 18 and older can earn 500 points by taking part in a parkrun event, and scanning their parkrun barcode when finished. Visit www.parkrun to register, and to see where your nearest venue is. South African has 3 venues in Cape Town, 2 in Port Elizabeth, 3 in East London, 3 in JHB/Pretoria, 3 in Durban, 1 at Uvongo and 1 at Summerfields Estate.

Vitality 5 walks Challenge

Discovery has partnered with radio stations in the past to arrange walks. This year everyone can walk, even if you are not in one of the major cities, or if you missed the closing date. To do this:

Go to LivingVitality via www.discovery.co.za and register. Join the 5 walks challenge group, and accept the challenge. Either register for the particular walk in your city and complete it, or walk at least 5km on the day of the scheduled walk and record this with a fitness device that integrates with Vitality (Garmin, addidas miCoach, Polar, Suunto or Fitbug), or by using the VitalityFit app. Upload the details to your LivingVitality Profile.

The scheduled walks coming up are:

Discovery 702 Walk the Talk: 28 July
Discovery Jacaranda FM Spring Walk: 24 September
Discovery Algoa FM Big Walk: 26 October
Discovery Cape Times Big Walk: 10 November

Kids Ster Kinekor Benefit

If you book your child's movie ticket and see that it is not a free ticket, then the chances are you need to complete the Kids' Health Assessment online. You do this at www.discovery.co.za and either parent can log in to complete this for their children under age 18.

Vitality says the child either gets no discount when the assessment has not been completed or 100% discount when it has been completed. Recently, however, bookings on Ster Kinekor's website were giving the children the discounts the adults would get. This still means you need to go and complete the Kids' Health Assessment online.

So if the discount is zero, or any figure less than 100%, don't continue with the booking, but go and complete the assessment for your child. Wait 24 hours and try the Ster Kinekor booking again.

Thank you for reading Informed Healthcare Solutions' Discovery News.

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