

## Discovery News *for Discovery Health members*

### Quick Comparison

Below is a quick plan comparison, to show you what the name of your Discovery Health plan tells you.

Rates of pay for specialists in-hospital:

Executive plans pay 300% of medical aid tariff, Classic plans pay 200% and Essential and Coastal plans pay 100%. KeyCare plans limit specialist cover to a rand amount per calendar year, at 100% of tariff.

Benefits included:

- Hospital Cover: Included on all plans. Delta plans must use a specific list of hospitals, or pay a R5450 co-payment for non-emergencies. KeyCare plans also have a specific list of hospitals and members on this plan are not covered at other hospitals except in emergencies. (A medical emergency is the sudden and unexpected onset of a health condition that requires immediate treatment or surgery to prevent impairment of bodily functions or organ failure, or that is life threatening.)
- Screening Benefit: This is available on all plans.
- Chronic medication, consultations and testing: This is available on all plans for the 27 PMB conditions. Further conditions are included on Comprehensive and Executive plans. KeyCare members must obtain medication from their dedicated KeyCare GP and Delta plan members must use MedXpress for full cover.
- Savings: The Savings Benefit is included in the Saver, Priority, Comprehensive (excl Zero MSA option) and Executive plans, at different annual levels.
- Above Threshold: Above Threshold is included Priority, Comprehensive and Executive plans.
- Insured Benefit: This is included on all plans except Core and KeyCare plans, at different levels.
- Vitality: Vitality can be added to any plan.
- KeyFit: KeyFit can be added to any KeyCare plan, or can be added as an addition to Vitality on any other plan.

### Chronic Meds on Delta

MedXpress is the designated provider of Chronic or PMB Medication for those on Delta plans, from 01 July 2014.

When you need to fill your repeat prescription, you will need to register on MedXpress by doing the following.

1) Clearly mark the prescription with your member number, cell phone number and email address, and email the prescription to [medxpress@discovery.co.za](mailto:medxpress@discovery.co.za) or fax it to 0115391020.

2) You will receive an SMS saying it has been received, and asking you to contact MedXpress on 0860998877 to place your order.

MedXpress will deliver to the address you nominate as your delivery address. There is no cost for the delivery.

For members who choose not to use MedXpress for Chronic or PMB medication, there will be a 20% co-payment.

### JULY 2014

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](mailto:ihs@ihshealth.co.za).

#### Discovery Website

[www.discovery.co.za](http://www.discovery.co.za)

#### Discovery Client Services

0860 99 88 77

#### KeyCare Client Services

0860 102 877

**DISCOVERY  
EMERGENCY NUMBER  
0860 999 911**

#### 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**

**INFORMED HEALTHCARE  
SOLUTIONS  
CONTACT DETAILS**

Phone +27 (0)21 712 8866  
Fax +27 (0)21 712 6626  
[ihs@ihshealth.co.za](mailto:ihs@ihshealth.co.za)  
[www.medicalaidcomparisons.co.za](http://www.medicalaidcomparisons.co.za)

Council for Medical Schemes  
Accreditation # ORG104  
Authorised FSP #12239

## Discovery Baby - Vitality and KeyFit

The Discovery Baby benefit is available for all members who have KeyFit or Vitality. You qualify for this benefit if you are the birth parents, or if you are adopting. If the mother of the baby is not a Discovery member but the father is, the father can still apply for the baby benefit. The benefit is also still available if the birth is not covered because you are in a waiting period.

Call Discovery after your 12th week of pregnancy to register. You will get a welcome letter to take to your nearest Toys R Us or Reggies store to get your baby bag. The baby bag includes:

- Useful products, books and information for mom and baby
- A 10% discount on Huggies nappies from newborn to active babies
- A 60% discount on selected infant or other car seats for when your baby is older

You can also subscribe to Discovery Baby Communications and get regular weekly and monthly baby development emails, as a guide to what to expect during your pregnancy and the baby's first 12 months.

## How to Earn Vitality Points

Yes, you can get to Gold status. Here's a summary of how to earn points:

### Online Activities:

Vitality Age Assessment	2,000 points
Fitness Assessment	1,000 points
Mental Wellbeing Questionnaires	2,500 points
Non-Smoker's Declaration	5,000 points

### Have a Vitality Check at participating pharmacies:

Glucose Test	500 points
Glucose within acceptable range	2,500 points
Cholesterol Test	500 points
Cholesterol within acceptable range	2,500 points
Blood Pressure Test	500 points
BP within acceptable range	2,500 points
Weight Assessment	500 points
Weight within acceptable range	2,500 points
HIV Test	5,000 points

### Age and Gender Related Tests:

Women over age 16: Pap Smear:	2,500
Women over age 40: Mammogram	2,500
Members over age 40: Glaucoma Test	2,500
Men over age 50: Prostate Test	2,500

### HealthyFoods (Pick n Pay / Woolworths):

For each HealthyFood item in trolley	20
Minus for each non-healthy item	-5

### Workouts: (maximum 15,000 pa)

Virgin Active, Planet Fitness workouts	150
Curves, Run/Walk for Life workouts	150
Vitality Points Device workouts	150
Handicap Network round of golf	150
30 minute workout: Polar	150
30 minute workout: adidas miCoach	150
Over 10,000 steps: Fitbug or Fitbit	150
30 minute workout: Garmin device	150
30 minute workout: Suunto	150
Vigorous exercise with device	50
60 minutes or more with device	50
Over 12,500 steps: Fitbug or Fitbit	50
Participating in outdoor events	500 to 5,000
After 5th outdoor event	5,000

### Fitness:

Assessment (2x pa, 5 months apart)	2,500
Fitness Levels 2 to 5	2,000 to 5,000

### LivingVitality:

Complete a challenge	250
Motivate someone to complete	50

In addition to the above, children can earn points for various activities depending on their age.

### Thank you for reading Informed Healthcare Solutions' Discovery News.

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