

## Discovery News *for Discovery Health members*

### Extending Benefits

#### Day-To-Day Extender Benefit (DEB):

This benefit is available on all plans with a Medical Savings Account (MSA).

When you have spent your annual MSA allocation, cover is extended through the DEB with the use of network providers. Cover depends on your plan.

#### GP consultations at network GPs (consultations only):

Executive, Comprehensive and Priority plans: unlimited visits  
Classic and Coastal Plans: 3 consultations per member, 6 per family  
Essential plans: 2 consultations per member, 4 per family

#### Kids Casualty Cover:

Applicable to Executive and Classic plans only.

Children younger than 10 years have cover for 2 casualty visits when the MSA has been depleted. Claims are paid at 100% of medical aid rate.

### Diabetes Care

Members on all plans can join the Diabetes Care program, if they are registered for Chronic Benefits.

Members on Priority, Saver and Core plans must use a Premier Plus GP for the management of their diabetes, to avoid a 20% co-payment. If the GP is affiliated to the CDE then care will be managed through the CDE.

Members on Smart plans must choose a doctor who is on both the Smart and Premier Plus GP networks for management of their diabetes, to avoid a 20% co-payment. If the GP is affiliated to the CDE then care will be managed through the CDE.

Members on KeyCare plans must choose a doctor who is on both the KeyCare or KeyCare Start and Premier Plus GP networks for management of their diabetes, to avoid a 20% co-payment. KeyCare members do not have access to the CDE.

### Substance Detox, Rehab

Alcohol, substance and drug detoxification and rehabilitation are covered under the Prescribed Minimum Benefits (PMBs) and includes in-hospital management only. Admission needs to be authorised.

Detoxification is covered in full at designated service providers for a maximum of 3 days per admission, and for a maximum of 21 days per year. This must be followed by an admission for rehabilitation.

The full list of designated service providers can be found by downloading the PDF from the benefit section of the website and your closest provider will be advised when you authorise your stay. Cover at these providers includes accommodation at the facility, therapy sessions, psychologist and/or psychiatrist consultations and medication for withdrawal management.

If you choose to use a provider that is not on the list, then cover is for 80% of the medical aid tariff, and you will need to pay the difference. Where there is no designated service provider within reasonable proximity to your home or work address, full payment will be considered.

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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 [ih@ihhealth.co.za](mailto:ih@ihhealth.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 91 1**

#### DISCOVERY HEALTH PLANS IN 2019

**Executive Plan**  
**Classic and Classic Delta**  
**Comprehensive**  
**Classic Comp Zero MSA**  
**Essential and Essential**  
**Delta Comprehensive**  
**Classic & Essential Priority**  
**Classic & Essential Smart**  
**Classic & Classic Delta**  
**Saver and Core**  
**Essential & Essential Delta**  
**Saver and Core**  
**Coastal Saver and Core**  
**KeyCare Plus, Core, Start**

#### DISCOVERY REWARDS

**Vitality**  
**Vitality Move**  
**Vitality Active**  
**Vitality Purple**

#### INFORMED HEALTHCARE SOLUTIONS CONTACT DETAILS

Phone +27 (0)21 712 8866

Fax +27 (0)21 712 6626

[ih@ihhealth.co.za](mailto:ih@ihhealth.co.za)

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

Council for Medical Schemes  
Accreditation # ORG104  
Authorised FSP #12239

## Vitality: Get Rewarded

Vitality offers many rewards, some based on your Vitality Status.

### Healthy Living:

HealthyFood: Woolworths and Pick n Pay (10% at both partners when activated, 15% at preferred partner when Vitality Age questionnaire completed and 25% when Vitality Health Check completed)

HealthyCare: Dis-Chem and Clicks (10% at both partners when activated, 15% at preferred partner when Vitality Age questionnaire completed and 25% when Vitality Health Check completed)

HealthyGear: Totalsports and Sportsmans Warehouse (10% at both partners when activated, 15% at preferred partner when Vitality Age questionnaire completed and 25% when Vitality Fitness Assessment completed)

HealthyDining: Col'Cacchio, Doppio Zero, Ocean Basket, and Nando's, through Uber Eats (Adults: 10% on selected meals when activated, 15% when Vitality Age questionnaire completed and 25% when Vitality Health Check completed. Children under 12: 50% on selected kids' meals.)

### Travel Rewards:

Local Flights: British Airways, kulula.com (up to 35% on base price depending on Vitality Status)

International flights: British Airways, Emirates, Qantas (up to 35% on base price depending on Vitality Status)

Accommodation: Vitality Hotel Collection (up to 35% depending on Vitality Status)

Car Hire: Europcar, Tempest (up to 35% depending on Vitality Status)

Bus Trips: Greyhound (up to 20% depending on Vitality Status)

### Gym benefits:

Virgin Active (up to 75% off the monthly fees depending on your plan selected)

Planet Fitness (up to 75% off the monthly fees depending on your plan selected)

### Ster Kinekor

Half price tickets for adults, and free movies for children under age 18 before 7pm

### Vitality Active Rewards

Weekly rewards for meeting driving and exercise goals

## Vitality: Know Your Health

Only when you know your health status, can you improve on it.

### Vitality Age:

Complete the online questionnaire on habits and activity and find out what your problem areas are.

### Vitality Health Check:

Finger-prick blood tests and weight assessment to get more details on your health.

### Vitality Fitness Assessment:

Assessment with biokineticist, including cardio and flexibility.

### Screening and Prevention:

HIV, pap smears, mammograms, dental checks, dietitian

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

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