

Discovery News *for Discovery Health members*

Diabetes Care

Diabetes Care is a management program for members with Diabetes who are not enrolled with the CDE.

All Discovery health members diagnosed with Diabetes can join the Diabetes Care program to monitor their condition. If you are on the Executive or Comprehensive plans, you have the choice to either join Diabetes Care or the CDE for the management of your condition. If you are enrolled with the CDE, your CDE practitioner monitors your condition, therefore you don't need to be on both programs.

You must be registered on Chronic Benefits for Diabetes to join, and you must consult with one of Discovery's Premier Plus GPs to enrol on the benefit. KeyCare members must choose a doctor who is on the KeyCare network and also a Premier Plus GP. Smart plan members must choose a doctor on the Smart network and also Premier Plus.

The program is based on clinical and lifestyle guidelines, and gives you access to monitoring tools, and a dashboard that you and your treating GP can access to view your progress. Your GP will ensure that you have the necessary tests to actively monitor your condition. You also have access to a biokineticist consultation and dietician consultation once a year through the program.

Kidney Care

Chronic renal dialysis is covered through the KidneyCare Programme and focuses on members with chronic kidney disease who need dialysis.

Members must be registered on Chronic Benefits for Chronic Renal Failure to be enrolled on the program. Designated service providers must be used for out-of-hospital dialysis treatment to avoid co-payments.

Your treating doctor will monitor your progress and the cost of dialysis and testing will be paid from the Chronic Benefit in terms of the protocols in place for the condition. Once your registration is accepted, you will be advised of all tests, procedures and consultations that will be covered.

HIV Care

Through HIV Care you have access to cost-effective treatment and testing. Confidentiality is of utmost importance and no-one is advised of your condition unless you specifically want them to be advised. To register, you would call Discovery on 0860 998877 or email HIV_Diseasemanagement@discovery.co.za.

You would need to use designated service providers for medication. This is MedXPress for all members. Smart plan members can use Clicks or Dis-Chem in addition to MedXPress.

Consultation, testing and medication costs are paid in terms of Prescribed Minimum Benefits guidelines, based on guidelines set by the Southern Africa HIV Clinician's Society and the South Africa Department of Health.

Cancer

The Oncology Program provides unlimited treatment once approved, under the Prescribed Minimum Benefits guidelines. On Executive and Comprehensive plans the first R400,000 of approved treatment in a 12-month cycle is covered in full, and thereafter at 80%. On Priority, Saver, Smart and Core plans the first R200,000 is covered in full, and thereafter at 80%. You need to use designated service providers for full cover and related health care services are covered at 100% of medical aid rate.

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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.

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www.discovery.co.za

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KeyCare Client Services

0860 102 877

DISCOVERY

EMERGENCY NUMBER

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**DISCOVERY HEALTH
PLANS**

Executive Plan

Classic and Classic Delta

Comprehensive

Classic Comp Zero MSA

Essential and Essential

Delta Comprehensive

Classic & Essential Smart

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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SOLUTIONS**

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Council for Medical Schemes

Accreditation # ORG104

Authorised FSP #12239

Vitality: Travel benefits

Last month we listed all benefits for the different divisions of the Discovery Group and this month we are highlighting the travel partners in more depth.

If you join Vitality after your Discovery Health or Life inception date, then a 3 month waiting period is imposed on travel rewards. Discounts are based on your Vitality status at the time of booking: Blue 15%, Bronze 20%, Silver 25%, Gold 30% and Diamond 35%. The discount applies to the base fare. You must be a Vitality member when you make the booking AND on your travel dates, to qualify for the benefits.

If paying with your DiscoveryCard you will receive an additional 15% discount. You can also boost your travel discounts up to 100% with Vitality Active Rewards. Bookings are made through www.kulula.com.

HOTELS

- ◆ Discounts based on Vitality status, at over 500 hotels, lodges, B&Bs and resorts in the Vitality Hotel Collection group.
- ◆ Savings apply to the base rate excluding additional services and/or packages.
- ◆ Some venues must include a Saturday night to earn the discount. You must book at least 21 days prior to check-in to receive the full discount. The discount is limited to maximum 10% within 21 days.
- ◆ Maximum stays per year limited to 14 days for a main member with dependants under age 12, 21 days for main member plus one dependant 12 and over, and 28 days for main member with 2 or more dependants age 12 and over.

LOCAL FLIGHTS

- ◆ Discounts based on Vitality status, on British Airways and kulula Domestic flights booked through www.kulula.com. A booking fee is charged based on the time of booking: R40 for bookings within 21 days of departure, R60 between 7 and 20 days, and R80 within 7 days.
- ◆ Limited to 12 return flights or 24 one-way flights per year per member.

INTERNATIONAL FLIGHTS

- ◆ Discounts based on Vitality status, on British Airways (passing through London), Emirates (passing through Dubai) and Qantas (passing through Sydney). Economy or premium seats only.
- ◆ Limited to two international trips per member per year
- ◆ If you need to book a domestic flight from another town to connect to your international flight and this is booked with the international flight, it will be included in your annual number of international flights (not your domestic flight limit) and if the domestic flight is delayed your international flight will automatically be rescheduled with no additional payment.
- ◆ If you need to book non-Vitality members on the same flight, you will need to phone to add them to your group booking.
- ◆ International flights must be booked at least 6 weeks and maximum 12 months in advance.

CAR HIRE AND BUS TRIPS

- ◆ Discounts based on Vitality status, on Europcar and Tempest car hire, booked through www.kulula.com. 200km per day included in the booking. If you don't book in advance, your discount is limited to 10%.
- ◆ 20% discount on the lowest standard fare advertised, on Greyhound bus tickets. Destinations within Southern Africa, including Harare, Maputo and Bulawayo. Tickets must be purchased at a Greyhound office, or via their call centre. Tickets purchased at Shoprite, Computicket or from travel agents do not qualify for the discount.

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