

Discovery News *for Discovery Health members*

Day-to-day Extender

This benefit is only available on plans with a Medical Savings Account. When you have spent your Savings, certain claims can be paid from this benefit, depending on the providers you use.

GP consultations

Face-to-face and virtual consultations with a GP in the network on HealthID. Claims are paid at 100% of medical aid rate.

- ⇒ Unlimited visits for Executive, Comprehensive and Priority plans
- ⇒ Classic and Coastal Saver can have 3 consultations for single members or 6 consultations per family
- ⇒ Essential Saver can have 2 consultations for single members or 4 consultations per family

Kids Casualty Cover

This benefit is for Executive and Classic plans only.

Children under 10 have access to 2 casualty visits when your Savings balance has been used. Claims are paid at 100% of medical aid rate.

Dental Treatment

Severe Dental and Oral Surgery:

Discovery covers a defined list of maxillo-facial procedures, subject to treatment guidelines and managed care criteria. Authorisation is required for these procedures.

- ⇒ Internal temporomandibular joint (TMJ) surgery
- ⇒ Cleft lip and palate repairs
- ⇒ Surgery for severe life-threatening infections
- ⇒ Cancer-related surgery
- ⇒ Severe trauma-related surgery

There is no overall limit for this benefit, but dental appliances and their placement are covered from day-to-day benefits.

Other Dental Treatment In-Hospital:

Authorisation is not required. There is a deductible depending on age and whether you use a hospital or day clinic. Members younger than 13 pay R2200 in hospital and R1000 at a day clinic. Members 13 and older pay R5650 in hospital and R3650 at a day clinic. The balance is paid from hospital benefits. For members age 13 and older, root canal in hospital is covered from day-to-day benefits.

Preventative Dental Treatments:

Members 16 and younger are covered for two dental sealants for each dental quadrant per year. Members over age 16 are covered for two professionally applied fluoride and cleanings each year. This is paid from day-to-day benefits.

Basic Dentistry:

Basic dentistry in the dentist's consultation rooms is paid from day-to-day benefits at 100% of medical aid rate.

JUNE 2018

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@ihshhealth.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 IN 2017

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 IN 2017

Vitality / KeyFit

INFORMED HEALTHCARE SOLUTIONS

CONTACT DETAILS

Phone +27 (0)21 712 8866

Fax +27 (0)21 712 6626

ih@ihshhealth.co.za

www.medicalaidcomparisons.co.za

Council for Medical Schemes

Accreditation # ORG104

Authorised FSP #12239

Vitality: Earn points for CPR courses

From 6th July 2018, members will automatically earn Vitality points for completing a CPR course with an instructor who is accredited by the Resuscitation Council of SA (RCSA). Register for the course with your IS number and your Discovery membership number, complete the course, and the Council will send details to Vitality to allocate your 2500 points.

Vitality Active Rewards: Donate

Vitality Active Rewards members can donate an unpopable soccer ball to children in need at the moment. If you don't know what reward to pick, give your reward away. Donation campaigns run for limited periods, so donate while you can and give back to the community.

Can you still get to Gold?

It's the time of year when some people start questioning whether they will get to Gold this year or not. Of course, some people only raise this question in September or October, but we're hoping you are raising the question now!

There is a new tool to help you with this:

Go to the Vitality calculator (<https://www.discovery.co.za/vitality/calculator>) and put in your details to see where you can earn points. Then tick the options you think you will actually complete, to see how many points you will earn in the year. As you select activities, the system also tells you what rewards you will earn. Be aware that it's a very basic free calculator, with certain assumptions built in, but a good start for those new to the program. Also be aware that this tool does not take into consideration what month of the year you are in. Don't use this in October and think you are going to earn 30,000 fitness points before the end of the year!

So how do you get to Gold in 6 months? Exercise!!

		Members over age 40	Members under age 40
July	Vitality Age	2 500 points	2 500 points
	Healthy Food	200	200
	HIV Test	5 000	5 000
	Vitality Check	10 000 (3 results in range)	10 000 (3 results in range)
	Dental check up	1 000	1 000
	Fitness	4 000 (5x 30min cardio p.w.)	4 800 (6x 30 min cardio p.w.)
	Glaucoma Tests	2 500	not applicable
August	Healthy Food	200	200
	Fitness	4 000 (5x 30min cardio p.w.)	4 800 (6x 30 min cardio p.w.)
September	Healthy Food	200	200
	Fitness	4 000 (5x 30min cardio p.w.)	4 800 (6x 30 min cardio p.w.)
October	Healthy Food	200	200
	Fitness	4 000 (5x 30min cardio p.w.)	4 800 (6x 30 min cardio p.w.)
November	Healthy Food	200	200
	Fitness	4 000 (5x 30min cardio p.w.)	4 800 (6x 30 min cardio p.w.)
December	Healthy Food	200	200
	Fitness	4 000 (5x 30min cardio p.w.)	4 000 (5x 30 min cardio p.w.)

With only 6 months, you will not get to Gold without a fitness device that measures your heart rate. Make sure you purchase one that is on Vitality's list to make sure they can obtain the heart rate data.

Thank you for reading Informed Healthcare Solutions' Discovery News.

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