

Discovery News *for Discovery Health members*

You can add members to your medical aid plan at any time.

Additional Members

- ⇒ Newborns: babies should be added within 30 days of birth to be added free of any underwriting.
- ⇒ Adopted children can be added as soon as you have official paperwork showing guardianship or a final adoption, or you and your social worker can complete Discovery's affidavit regarding the care of the minor if the adoption is not yet official or if you are fostering the child.
- ⇒ Spouses can be added free of underwriting within 3 months of the date of marriage. At any other time, they will be subject to waiting periods. If you are merging two Discovery members into one membership, and you are not both on the same plan, this needs to be done effective 1st January or within 3 months of marriage.
- ⇒ Step children (or the children of your partner if not married) can be added as long as your spouse or partner is also on your medical aid.
- ⇒ Addition of adult dependants over age 21: You can add your children over age 21 or your parents, provided that they are financially dependant on you. This means they either live with you or you pay their living expenses, and you support them with their daily living expenses. Financial questionnaires may be called for to prove dependency. If they are not accepted as dependants, you can place them on their own medical aid membership, and pay the debit order from your bank account.

There are day-to-day extender benefits that are available to you on certain plans when you have run out of Savings.

- ⇒ Executive, Classic Comprehensive or Classic Priority: if you use a provider with a payment arrangement with Discovery, you have unlimited gynaecologist consultations and two 2D scans available when in your self payment gap
- ⇒ Classic Saver or Classic Delta Saver: if you use a provider with a payment arrangement with Discovery, you have 8 gynaecologist consultations and two 2D scans available when you have run out of Savings

Birth-related hospital expenses are covered as follows:

- ⇒ KeyCare Plus or KeyCare Core: 3 days and 2 nights in hospital for a normal delivery, and 4 days and 3 nights for an approved caesarean section.
- ⇒ KeyCare Access: 2 days and 1 night in hospital for a normal delivery, and 3 days and 2 nights for an approved caesarean section.
- ⇒ All other plans: 3 days and 2 nights in hospital for a normal delivery, and 4 days and 3 nights for an approved caesarean section.
- ⇒ Home births are covered from the hospital benefit, and your midwife must be registered with a valid practice number.
- ⇒ Water births are covered at home or in hospital. Hospital cover will include 3 days and 2 nights. At home, the cost of hiring the birthing pool is covered from the hospital benefit from a registered provider with a valid practice number. The birthing pool is limited to R1000 on KeyCare plans.

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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

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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 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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Council for Medical Schemes

Accreditation # ORG104

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Pregnancy

Vitality: Are you on your way to Gold

It is always recommended that you earn as many points on your Vitality journey as early in the year as possible. Leaving everything to the last minute does not work, especially this year when you can't get to Gold without earning some fitness points.

Here is a breakdown of what every member could have earned thus far.

- ⇒ Vitality Age Questionnaire: online questionnaire: 2500 points
- ⇒ Vitality Health Check: at Dis-Chem, Clicks, various other pharmacies and the Discovery Wellness Centres: earn 2500 points for doing the assessment, and points for tests results in normal range (2500 points for 2, 7500 for 3, 12,500 for 4 or 17,500 for 5. Includes BP, Glucose, Cholesterol, BMI and smoking status.
- ⇒ HIV test (with the Vitality Health Check): 5000 points
- ⇒ Vitality Fitness Assessment: at participating biokineticist or Discovery Wellness Centres: costs R375: 2500 points for completing the test and up to 5000 additional points depending on your fitness level.
- ⇒ Fitness activities: from 100 to 300 points per day for various physical activities
- ⇒ Health checks: All members can earn 1000 for a dental consultation, females earn 2500 for a pap smear and 2500 for a mammogram, adults over 40 earn 2500 for a Glaucoma screening, adults over 50 earn 2500 for a colonoscopy
- ⇒ Members over 60 earn 1000 for a vision test, 2000 for flu vaccinations, 1000 for shingles vaccinations and 1000 for a pneumococcal vaccination

Vitality Active Rewards: new partners

From Wednesday 29th March, you will be able to choose rewards from Mugg & Bean and Ster Kinekor.

Vitality Active Rewards members will be able to use rewards at any **Mugg & Bean** sit-down restaurant or On-The-Move store across the country, for a variety of drinks on the menu. For take-aways, the cashier will scan the wiCode at the till when you purchase. For sit-down meals, you will be able to scan the QR code on the till slip to reduce the total cost.

Ster-Kinekor will offer a small or regular popcorn at the snack counters, by putting in the wiCode at the till.

Kauai is changing slightly in that the meal add-ons will not be available from 1st April, according to Kauai stores (not confirmed by Vitality).

DiscoveryCard Cash Back and Miles Multiplier

From 15th April 2017, DiscoveryCard holders will no longer earn cash back when paying with their DiscoveryCard at Incredible Connection, Toys R Us, Babies R Us, Reggies and The Pro Shop.

From 15th April 2017, the Discovery Miles Multiplier Network will include:

- ⇒ Daily Living: Dis-Chem, Clicks, Pick n Pay
- ⇒ Sports and Outdoor: Totalsports, Sportsmans Warehouse, The Pro Shop, The Golfers Club
- ⇒ Entertainment: Big Concerts, ticketpro, Computicket
- ⇒ Online Shopping: Takealot, loot.co.za, Yuppiechef.com
- ⇒ Electronics: iStore, DionWired, Hirsch's, Incredible Connection
- ⇒ Toys: Babies R Us, Hamleys, Reggies, Toy Kingdom, Toys R Us

You have to activate Discovery Miles for the Multiplier Benefit, and you earn 1x Miles on Blue Status, 2x on Bronze, 3x on Silver, 5x on Gold and 10x on Diamond.

Thank you for reading Informed Healthcare Solutions' Discovery News.

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