

## Discovery News *for Discovery Health members*

### Maternity

Discovery Health has the following maternity benefits. Please check your specific plan for limits to these benefits that may not be listed below.

- My Pregnancy program gives you guidance and advice on the app and online. It lists what you are covered for, has a library of information, a pregnancy health record and a pregnancy care checklist. It includes a calculator for pregnancy costs, and a pre-authorisation section for the birth.
- My Baby program follows the My Pregnancy program and guides you through the first two years of your babies growth and development.
- Benefits from the Maternity program (risk cover that does not affect your Savings) include: antenatal consultations, ultrasound scans and prenatal screening, blood tests, and 5 pre- or postnatal classes or nurse consultations. The cover varies depending on the plan you are on.
- Comprehensive and Executive plan members can access benefits for a private ward, and for devices such as breast pumps and smart thermometers.

Delivery:

- Hospitalisation is covered according to your plan, noting that those on plans with hospital networks must use the network provider. This includes water births with a registered midwife.
- Normal deliveries or water births are covered at home, with a registered midwife and including the hire of a birthing pool from a registered provider.

After the birth of your baby, you are covered for the following for 2 years (or 12 months on KeyCare Access):

- two visits per year with GP, paediatrician or ENT
- Postnatal consultation, nutrition assessment and mental healthcare assessments.

### Optical Benefit

The optical benefit differs per plan, and the annual limits are decreased proportionately if you join after 1st January. If you have run out of Savings and are in the Self Payment Gap you will need to fund the costs yourself, and the cost up to the annual limit will accumulate to Threshold. The limit includes the consultation, prescription glasses, contact lenses and surgery to correct refractive errors. Please note that sunglass frames are excluded from cover, but you can order tinted glass with prescription lenses in a normal spectacle frame.

Executive Plan:	R7300 per person per year
Comprehensive Plans:	R5000 per person per year
Priority Plans:	R4550 per person per year
Saver Plans:	Limited to your Savings balance
Smart Classic:	One eye test per year at Mellins for R50 and no cover for frames or lenses
Smart Essential:	One eye test per year at Mellins for R100 and no cover for frames or lenses
Core Plans:	No cover
KeyCare Plus and Access:	One eye test and one white single vision, bifocal or multifocal lenses OR basic clear contact lenses, every 24 months (from date of last service) at the Iso Leso Optics Group
KeyCare Core:	No cover

### MARCH 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](mailto:ih@ihshhealth.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 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

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Council for Medical Schemes

Accreditation # ORG104

Authorised FSP #12239

## Vitality : Ster Kinekor D-Box

Please note that there is no Vitality discount for Ster Kinekor D-Box tickets. If you choose to sit in the rows that have D-Box seats (seats that shake and tilt), then you will pay the full price of R170. Normal Prestige seats in the same cinema will have the normal R64 discount (normal price R140 and Vitality price R76).

## Vitality Options

The current Reward Program options are as follows:

Option	Cost	Eligibility
Vitality Move	Free	All members
Vitality Move Upgrade	R35 pp	All members
Vitality Active	R40 / R60	Health and Insure Members
Vitality	R239 / R289 / R329	All Members
Vitality Purple	R399 / R459 / R499	Executive Plan Members

If you were on the Vitality KeyFit Combo in 2017 (Vitality plus funeral benefits) then you can remain on the Combo product for life.

## Vitality Membership Number

You may be asked for your Vitality membership number, which is different from your life policy number or your medical aid number. You may be asked for this if you are joining a gym, or when you apply for a Ster Kinekor card. It is a 10 digit number and can be found by logging into the website or App. The landing page on the website should list your Discovery products with certain summary information. The information for Vitality includes the number of Vitality points you currently have, and your membership number. On the App, the landing page will show your Vitality points, but you need to select Vitality and scroll to the bottom of the next page to see your membership number.

## Vitality Active Rewards Goal Maximum

The maximum weekly goal on Vitality Active Rewards differs for certain members:

General maximum:	900 points per week
At Risk Members:	600 points per week
Endurance and High Performance Members:	1200 points per week

## Vitality Endurance and High Performance

You can apply for the Endurance and High Performance fitness test if you meet the following criteria:

- You are between 18 and 59 years old
- You pass the pre-participation screening and give your consent
- You have completed one of the cycling or running events within qualifying times within the last 12 months. (eg Argus cycle tour in under 3hr10 men) or 3hr45 (women) or a parkrun in under 22 minutes (men) or 24 minutes (women)

The points for the Endurance and High Performance fitness test are bonus fitness points and do not form part of the 30,000 maximum fitness points in the calendar year.

If you qualify for Endurance and High Performance, your Active Rewards goal may be increased to 1200 pw.

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