

Discovery News *for Discovery Health members*

Medical Advice

Discovery's 24 hour health advice and counselling line is available on 0860-999-911. Any members can phone this line at any time.

When phoning this line, members have access to:

- ⇒ Emergency medical advice
- ⇒ Discovery 911 and ambulance dispatch
- ⇒ A link to the poison centre
- ⇒ Advice from qualified and experienced nurses
- ⇒ Assessing of day-to-day symptoms
- ⇒ Health counselling
- ⇒ General health information
- ⇒ Wellness and nutrition information

MAY 2017

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 ihs@ihshealth.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**

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**

**INFORMED HEALTHCARE
SOLUTIONS
CONTACT DETAILS**

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Council for Medical Schemes
Accreditation # ORG104
Authorised FSP #12239

Dental Benefits

Severe Dental and Oral Surgery requires pre-authorisation. Discovery covers a defined list of maxilla-facial procedures on this benefit, including: Internal temporomandibular joint (TMJ) surgery, Cleft lip and palate repairs, Surgery for severe life-threatening infections, Cancer-related surgery, and Severe trauma-related surgery.

All other dental treatment in-hospital does not require pre-authorisation. You need to pay an amount upfront depending on the age of the patient and the facility you are using. The upfront amounts are as follows:

	Hospital	Day Clinic
Member under age 13	R2050	R 930
Members age 13 and older	R5250	R3400

The balance of the hospital or day clinic account, and related accounts, are paid from the hospital benefit on all plans except Executive and KeyCare. Executive plans are paid from day-to-day benefits. In-hospital dentistry is excluded on KeyCare plans. Professionals in-hospital are paid subject to the rate for your particular Discovery plan.

For members age 13 and older, routine dental treatment performed in-hospital is paid from day-to-day benefits, including fillings and root canal.

Basic dental treatments in the dentist's rooms are paid for from day-to-day benefits on all plans, subject to the rate for that particular plan and subject to network providers for Smart and KeyCare plans.

Optical Benefits

Optometry cover includes lenses, frames, contact lenses and surgery to correct refractive errors.

The cover is subject to limits per person, which differ per plan, as follows: Executive: R6800, Comprehensive: R4600, Priority: R4200. Savings plans are limited to the available funds in Savings at the time of claim.

Smart plans are limited to one eye test per member per year at Mellins for R50 on Classic plan, R100 on Essential plan. Frames and lenses are not covered on these plans.

KeyCare Plus and KeyCare Access plans cover one eye test and one pair of glasses or basic contact lenses per member every two years, through Iso Leso Optics.

May you win, May you benefit

If you have purchased HealthyFood items from Pick n Pay or Woolworths in May, you could win your money back for these items. If you are a DiscoveryCard holder with Discovery Miles activated, you will also earn 10,000 Discovery Miles. Simply purchase between 3rd and 31st May and you will be entered into the draw. The winner will be advised in June by phone.

Also in May, the Vitality Active Rewards Kauai benefit includes the option to add a Floo Shot for R10 to your free smoothie.

And lastly but not least, if you qualify for Vitality Weight Loss Rewards, and activate the benefit before 31st May, and if you successfully complete your first weight loss cycle, you will be entered into a draw for one of three branded wardrobes worth R10,000 from Spree, Superbalist or Zando. The winners will be announced in September and the prize will be in the form of vouchers. To see if you qualify for Vitality Weight Loss Rewards, you must first complete a Vitality Check at one of the Vitality pharmacy partners, and you must have the latest Discovery app on your smart phone.

Vitality: Mailboxes

The following mailboxes will no longer be monitored by Discovery.

vitalityactiverewards@discovery.co.za

fitnessdevices@discovery.co.za

raceresults@discovery.co.za

claimvitalitypoints@discovery.co.za

You can now claim points on the Vitality section of the website, or submit queries via the help section. Members using the above websites will receive an auto reply requesting that they submit their query via the website.

Vitality: Planet Fitness one week free trial

Vitality members who want to try out Planet Fitness before joining through Vitality, can now do so for one week for free. Go to <http://www.planetleads.co.za/discovery-1-week-free-trial/> and register for your free week.

New Planet Fitness clubs are opening in Johannesburg in Waterkloof (September), Forest Hill (November) and Morningside (November).

Vitality: Discovery Stores

Discovery Stores are your one-stop-shop for Vitality Checks, questionnaires, and pretty much anything to do with earning points. Find your nearest store at <https://old.discovery.co.za/portal/individual/discovery-store>

The store can help you with:

- ⇒ face-to-face advice about how to get the most from Vitality
- ⇒ Fitness and Wellness Checks: Vitality Health Check, Kids Vitality Health Check, Vitality Fitness Assessment, Vitality High Performance Fitness Assessment
- ⇒ Digital and device advice, and online self-help tools.
- ⇒ The stores can be used as a meeting point for runs, cycles and other group activities.

The link above also has a link to the online booking form for the stores. You simply choose the store, choose the type of assessment you want to book, and select your preferred date and time according to availability. You will receive email confirmation of the booking.

Vitality checks can also be completed at Clicks and Dis-Chem, and at various other pharmacy partners, and there is also a list of biokineticists that you can complete the fitness assessments at.

Thank you for reading Informed Healthcare Solutions' Discovery News.

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