

Discovery News *for Discovery Health members*

Covid-19 info

Discovery Health:
<https://www.discovery.co.za/corporate/coronavirus-covid19-disease>

Department of Health SA:
<https://www.westerncape.gov.za/department-of-health/coronavirus>

World Stats:
<https://www.worldometers.info/coronavirus/>
<https://covidvisualizer.com/>

Dis-Chem Drive-Through Testing:
<https://www.dischem.co.za/dis-chem-covid-19-drive-through-testing>

From the website

On Discovery's website, you can find the following documents:

- * Your tax certificate
- * Your membership certificate
- * Health plan guides including contribution tables, a guide to changing your plan if you are considering a change, and lists of network hospitals and GPs
- * Application forms for Chronic, PMB and other benefits, to add members to your plan, and consent applications
- * Benefit information
- * Procedure information (what to expect if you are scheduled for a particular procedure)

If you have no internet access, you can have these documents emailed to you (or to a friend or family member) by calling client services on 0860 998877.

Consent

In the same way that you should always make sure your Will is up to date, you should ensure that your medical aid has an instruction in place for a family member or friend to access your medical aid information if you are unable to.

THIRD PARTY CONSENT

You can choose up to 3 people that you consent to give information to, as well as your broker or your doctor. You can select different types of information that each person is authorised to receive. The information options are as follows:

Biographical information (name, ID, contact details, address, membership number, etc)
Financial information (tax certificates, bank details, contributions)
Benefit information (plan type, savings available, limits, waiting periods)
Medical information (registered chronic conditions, claims details)

MEDXPRESS CONSENT

The MedXpress consent allows a third party to order medication on your behalf and for Discovery and/or MedXpress to give information to that third party.

If your medication is delivered to a pharmacy, and a third party needs to collect from the pharmacy, you will need to arrange authority with the pharmacy directly (such as giving a signed letter authorising the collection to the person collecting).

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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.

Discovery Website
www.discovery.co.za
Discovery Client Services
0860 99 88 77
KeyCare Client Services
0860 102 877

DISCOVERY
EMERGENCY NUMBER
0860 999 911

2020 Discovery Health Plans
Executive Plan
Classic and Classic Delta Comprehensive
Essential and Essential Delta Comprehensive
Classic Smart Comprehensive
Classic and Essential Smart
Classic & Essential Priority
Classic & Classic Delta Saver and Core
Essential & Essential Delta Saver and Core
Coastal Saver and Core
KeyCare Plus, Core, Start

2020 Discovery Rewards
Vitality
Vitality Health Tracker
Vitality Active
Vitality Purple

INFORMED HEALTHCARE SOLUTIONS
CONTACT DETAILS

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Council for Medical Schemes
Accreditation # ORG104
Authorised FSP #12239

Fitness Points At Home

After the last newsletter was published, Discovery reduced the Active Rewards points goal to 300 per week for the lockdown period. This means if you have a step counter linked to Vitality, and you take 5,000 steps per day, you will get your weekly Vitality Active Rewards goals. To keep earning Vitality points (to increase your annual status level) you should be aiming for 10,000 steps per day (100 points per day).

If you don't have a step counter, you can use your phone and link the Health App (iPhone), Samsung Health or Huawei Health to your Vitality membership.

Digital Learning for the Kids

Discovery Vitality families and kids now have free access to customised digital learning support for your children, no matter what the grade. Please register on the MyTopDog platform (<https://www.mytopdog.co.za/>) using the voucher code 'vitalitysafree2020'. During this stay at home period, our families and kids will have free access to content aligned to the South African CAPS, NSC and IEB curriculums.

Discovery Vitality families and kids also get exclusive access to content and recorded videos from CambriLearn at no cost to you. This virtual schooling platform is aligned to the British curriculum and covers all levels of education, from pre-primary through to a South African equivalent matric, including the International GCSE, AS and A-Levels. To access, please register on the CambriLearn platform (<https://www.cambrilearn.com/users/register>) and use the voucher code 'vitalitysafree2020'.

Get 15% off interactive teaching related services

For the full virtual schooling experience, visit the CambriLearn platform and use the code 'vitalitysadiscount2020' to take advantage of the exclusive 15% saving in fees. The standard and premium services offer you weekly live lessons, marked assignments and mock exams, weekly Q&A, classroom lessons, direct teacher messaging and a full analytics engine to track your child's progress along the course.

Mental Wellbeing Assessments

Discovery's Mental Wellbeing program has launched. Find it by logging into the website, going to Vitality / Know Your Health and then clicking on Mental Wellbeing. You can earn 500 Vitality points every 6 months for completing all 6 assessments. The assessments include question on Depression, Anxiety, Sleep, Wellbeing, Resilience and Drinking. You don't need to complete them all at once, but to get your 500 Vitality points all assessments must be completed within two weeks. If your assessments show that you are at risk in any category, your information will be shared with the South African Depression and Anxiety Group (SADAG) so that they can contact you and assist you.

Vitality Home Cooking Channel

Head to the Vitality Home Cooking channel to get some ideas on healthy cooking.
<https://www.discovery.co.za/vitality/vitality-home-cooking-channel>

There are 5 short videos with menu ideas, and a weekly menu plan with recipes and videos. The videos can also be found on Discovery's YouTube channel, along with various home workouts, and a few videos on mindfulness and mental health. The YouTube channel can be found at: <https://www.youtube.com/user/DiscoverySA/videos>

Vitality Data

Courts recently ruled that data that Discovery Vitality collects from a customer (Vitality member), belong to that customer and can be used as the customer wishes. This includes results of health assessments, any fitness data logged and Vitality Status.

Thank you for reading Informed Healthcare Solutions' Discovery News.

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