










Be Smart. Keep it Simple.




KeyHealth  
MEDICAL SCHEME

## ESSENCE BENEFITS BROCHURE 2021



# ESSENCE OPTION

	MAJOR MEDICAL BENEFITS	MST(≤)	BENEFIT	EXPLANATORY NOTES / BENEFIT SUMMARY
	<b>HOSPITALISATION</b>			Pre-authorisation compulsory.
	<b>Varicose vein surgery, facet joint injections, rhizotomy, reflux surgery, back and neck surgery (incl. spinal fusion), joint replacement</b>			PMB entitlement only. Hysterectomies will be covered at 100% of agreed tariff.
	Private hospitals			Unlimited, up to 100% of agreed tariff, subject to use of DSP hospital (Netcare or Life Healthcare countrywide and Mediclinic in Western Cape only). (30% co-payment at non-DSP hospital)
	State hospitals			Unlimited, up to 100% of agreed tariff.
	Specialist and anesthetist services	100%		Unlimited, subject to use of DSP.
	Medication on discharge	100%	R550	Per admission.
<b>MAJOR MEDICAL OCCURRENCES</b>				
	<b>SUB-ACUTE FACILITIES &amp; WOUND CARE</b> Hospice, private nursing, rehabilitation, step-down facilities and wound care	100%		Pre-authorisation compulsory and subject to case management and Scheme protocols. PMB entitlement only.
	<b>TRANSPLANTS (Solid organs, tissue and corneas)</b> Hospitalisation, harvesting and drugs for immuno-suppressive therapy	100%		Pre-authorisation compulsory and subject to case management. PMB entitlement in DSP hospitals only.
	<b>DIALYSIS</b>	100%		Pre-authorisation compulsory and subject to case management and Scheme protocols. PMB entitlement only.
	<b>ONCOLOGY</b>	100%	R161 500	Pfpa. Pre-authorisation compulsory and subject to case management, Scheme protocols and the use of DSP.
	<b>RADIOLOGY</b>	100%		Pre-authorisation compulsory for specialised radiology, including MRI and CT scans. Hospitalisation not covered if radiology is for investigative purposes only.
	MRI and CT scans		R17 000	Pfpa.
	X-rays			Unlimited.
	PET scans			No benefit.
	<b>PATHOLOGY</b>	100%		Unlimited.

	OUT-OF-HOSPITAL BENEFITS	MST(≤)	BENEFIT	EXPLANATORY NOTES / BENEFIT SUMMARY
<b>DAY-TO-DAY BENEFITS</b>				
	<b>ROUTINE MEDICAL EXPENSES</b> General practitioner and specialist consultations (virtual consultations), radiology (incl. Nuclear Medicine Study and bone density scans), prescribed and over-the-counter medication, optical and auxiliary services, e.g. physiotherapy, occupational therapy and biokinetics	At cost	Unlimited	PMB entitlement only.
	<b>Over-the-counter medication</b>			No benefit.
	<b>Over-the-counter reading glasses</b>			No benefit.
	<b>PATHOLOGY</b>			No benefit. Except for PMB conditions.
	<b>OPTICAL SERVICES</b>			
	Frames			No benefit.
	Lenses			No benefit.
	Eye test			No benefit.
	Contact lenses			No benefit.
	Refractive surgery			No benefit.
<b>DENTISTRY</b>				
	<b>CONSERVATIVE DENTISTRY</b>			No benefit. (Refer to Health Booster)
	Consultations			No benefit.
	X-rays: Intra-oral			No benefit.
	X-rays: Extra-oral			No benefit.
	Preventative care			No benefit.
	Fillings			No benefit.
	Tooth extractions and root canal treatment			No benefit.
Plastic and metal frame dentures			No benefit.	

<b>DENTISTRY</b>			
<b>SPECIALISED DENTISTRY</b>			
<b>Maxillo-facial and oral surgery</b>			
Surgery in dental chair			No benefit.
Surgery in-hospital (general anesthesia)			No benefit.
<b>Hospitalisation and anesthetics</b>			
Hospitalisation (general anesthesia)			No benefit.
Inhalation sedation in dental rooms			No benefit.
Moderate / deep sedation in dental rooms			No benefit.

<b>CHRONIC BENEFITS</b>	<b>MST(≤)</b>	<b>BENEFIT</b>	<b>EXPLANATORY NOTES / BENEFIT SUMMARY</b>
<b>CHRONIC MEDICATION</b>			
Category <b>A</b> (CDL)	100%		Unlimited – subject to reference pricing and protocols. Registration on Chronic Disease Programme compulsory.
Category <b>B</b> (other)			No benefit.

<b>SUPPLEMENTARY BENEFITS</b>	<b>MST(≤)</b>	<b>BENEFIT</b>	<b>EXPLANATORY NOTES / BENEFIT SUMMARY</b>
<b>PSYCHIATRIC TREATMENT</b>	100%	R20 600	Pfpa. In-hospital services. Pre-authorization compulsory and subject to case management.
<b>BLOOD TRANSFUSION</b>	100%		Unlimited. Pre-authorization compulsory.
<b>PROSTHETICS / PROsthESIS</b> (Internal, external, fixation devices and implanted devices)	100%		Subject to pre-authorization and Scheme protocols. PMB entitlement only.
<b>DOCUMENT BASED CARE (DBC)</b> (Back and neck)	100%		Conservative back and neck treatment in lieu of surgery. Pre-authorization compulsory and subject to case management and Scheme protocols at approved DBC facilities. PMB entitlement only.
<b>HIV / AIDS</b>	100%		Unlimited. Chronic Disease Programme, managed by LifeSense, applicable.
<b>AMBULANCE SERVICES</b>	100%		For emergency transport contact 082 911. Unlimited, subject to protocols.
<b>MEDICAL APPLIANCES</b>			
Wheelchairs, orthopaedic appliances and incontinence equipment (incl. contraceptive devices)	100%	R7 550	Pfpa. Combined in- and out-of-hospital benefit, subject to quantities and protocols. No pre-authorization required.
Oxygen / nebuliser / glucometer / blood pressure monitor			Pre-authorization compulsory and subject to protocols.
Hearing aids and maintenance (batteries included)			No benefit.
<b>ENDOSCOPIC PROCEDURES (SCOPES)</b>			
Colonoscopy and / or gastroscopy	100%		Pre-authorization compulsory. No co-payment if done in DSP hospital, out-of-hospital and in the case of PMB conditions.
All other endoscopic procedures			Pre-authorization compulsory. No co-payment if done in DSP hospital, out-of-hospital and in the case of PMB conditions.

<b>MONTHLY CONTRIBUTION</b>			
	<b>Principal Member</b>	<b>Adult Dependant</b>	<b>Child Dependant</b>
<b>Monthly contribution</b>	R1 622	R1 300	R585

# HEALTH BOOSTER

The Health Booster provides additional benefits to members at no extra cost. It is aimed at preventive treatment and therefore also gives access to free screening tests.

Only those benefits stated in the benefit structure under Health Booster will be paid by the Scheme, up to a maximum rand value which is determined according to specific tariff codes.

## QUALIFICATION:

Members qualify automatically for Health Booster benefits according to the set criteria.

- However, pre-authorisation is required in order to access the maternity benefits and weight loss benefits on Health Booster. Contact the Pre-authorisation Department on **0860 671 060** to obtain authorisation. (Failing to do this will result in the service costs being deducted from day-to-day benefits)
- Verify the tariff code or maximum rand value with the call centre consultant.
- Inform the service provider involved accordingly.

## SCREENING TESTS:

One of the benefits available on the Health Booster programme is the Health Assessment (HA). This assessment comprises the following screening tests:

- Body mass index (BMI)
- Blood sugar (finger prick test)
- Cholesterol (finger prick test)
- Blood pressure (systolic and diastolic)
- Prostate phlebotomy for PSA test

Principal members and their beneficiaries will be entitled to one Health Assessment (HA) per calendar year and can have this done at any pharmacy.

A Health Assessment (HA) form can be obtained at any pharmacy or downloaded from [www.keyhealthmedical.co.za](http://www.keyhealthmedical.co.za).

No authorisation is required for these screening tests.

Results can be submitted by either the member or the service provider and can be faxed to **0860 111 390** or emailed to [disease.management@keyhealthmedical.co.za](mailto:disease.management@keyhealthmedical.co.za).

TYPE OF TEST	WHO & HOW OFTEN
<b>PREVENTIVE CARE</b>	
Baby immunisation	Child Dependants aged ≤6 – as required by the Department of Health.
Flu vaccination	All beneficiaries.
Tetanus diphtheria injection	All beneficiaries – as and when required.
Pneumococcal vaccination (Prevenar not included)	All beneficiaries.
Malaria medication	All beneficiaries – R395 once per year.
HPV vaccination	Female beneficiaries, age 9-14 – 2 doses per lifetime.
Baby growth assessments	3 baby growth assessments at a pharmacy / baby clinic for beneficiaries aged between 0 – 35 months – per year.
Contraceptive medication - tablets / patches	Female beneficiaries aged ≥16 – R156 every 20 days.
Contraceptive medication - injectables	Female beneficiaries aged ≥16 – R470 every 72 days.
<b>EARLY DETECTION TESTS</b>	
Pap smear (pathologist)	Female beneficiaries aged ≥15 – once per year.
Pap smear (including consultation and pelvic organs ultrasound: GP or gynaecologist)	Female beneficiaries aged ≥15 – once per year.
Mammogram	Female beneficiaries aged ≥40 – once per year.
Prostate specific antigen (PSA) (pathologist)	Male beneficiaries aged ≥40 – once per year.
HIV / AIDS test (pathologist)	All beneficiaries – once per year.
Health Assessment (HA): Body mass index (BMI), blood pressure measurement, cholesterol test (finger prick), blood sugar test (finger prick), PSA (finger prick)	All beneficiaries – once per year.
Dental consultation	All beneficiaries – once per year.
<b>WEIGHT LOSS</b> (Pre-authorisation essential to access benefits)	
Weight Loss Programme	For all beneficiaries when the Health Assessment BMI is ≥ 30: <ul style="list-style-type: none"> <li>• 3 x dietician consultations (1 per week).</li> <li>• 3 x additional dietician consultations (1 per week, provided that a weight loss chart was received from dietician proving weight loss after first 3 weeks).</li> <li>• 1 biokineticist consultation (to create a home exercise programme for the member).</li> <li>• 1 x follow-up consultation with biokineticist.</li> </ul>
<b>MATERNITY</b> (Pre-authorisation essential to access benefits)	
Antenatal visits (GP, gynaecologist or midwife) and urine test (dipstick)#	Female beneficiaries. Pre-notification of and pre-authorisation by the Scheme compulsory. 12 visits.
Ultrasounds (GP or gynaecologist) – one before the 24th week and one thereafter#	Female beneficiaries. Pre-notification of and pre-authorisation by the Scheme compulsory. 2 pregnancy scans.

TYPE OF TEST	WHO & HOW OFTEN
<b>MATERNITY</b> (Pre-authorisation essential to access benefits)	
Short payments / co-payments for services rendered in (#) above and birthing fees	Covered to the value of R1 230 per pregnancy.
Paediatrician visits	Baby registered on Scheme. 2 visits in baby's 1st year. 1 visit in baby's 2nd year.
Antenatal vitamins	Covered to the value of R2 080 per pregnancy.
Antenatal classes	Covered to the value of R2 080 for first pregnancy.

# GLOSSARY

Agreed tariff	A tariff agreed to from time to time between the Scheme and service providers, e.g. hospital groups
Chronic Disease List (CDL)	A list of chronic illness conditions that are covered in terms of legislation
Day-to-day benefit	A combined out-of-hospital limit which may be used by any beneficiary in respect of general practitioners, specialists, radiology, optical, pathology, prescribed medication and auxiliary services, and which may include a sublimit for self-medication
DENIS (Dental Information Systems)	A service provider contracted by the Scheme to manage dental benefits on behalf of the Scheme according to protocols
Designated Service Provider (DSP)	A provider that renders healthcare services to members at an agreed tariff and has to be used to qualify for certain benefits
Emergency	An emergency medical condition means the sudden and unexpected onset of a health condition that requires immediate medical treatment and / or an operation. If the treatment is not available, the emergency could result in weakened bodily functions, serious and lasting damage to organs, limbs or other body parts, or even death
Health Booster	An additional benefit for preventative healthcare
Medical Scheme Tariff (MST)	Also referred to as KeyHealth tariff. A set of tariffs the Scheme pays for services rendered by service providers
Optical management	A cost and quality optical management programme provided by OptiClear
Phlebotomy	The process of making an incision in a vein when collecting blood
Physical trauma	A severe bodily injury due to violence or an accident, e.g. gunshot, knife wound, fracture or motor vehicle accident. Serious and life-threatening physical injury, potentially resulting in secondary complications such as shock, respiratory failure and death. This includes penetrating, perforating and blunt force trauma
OTC	Over-the-counter (medication or glasses)
MSA	Medical Savings Account
Medication on discharge	Medication given to members upon discharge from a hospital. Does not include medication obtained from a script received upon discharge.
pbpa	per beneficiary per annum (per year)
pbb2a	per beneficiary biennially (every 2 [second] year[s])
pfp	per family per annum (per year)
pfp2a	per family biennially (every 2 [second] year[s])
2pfp	2 per family per annum (per year)