



SIZWE HOSMED
MEDICAL SCHEME

Your choice for quality care



PLAN HIGHLIGHTS 2024

View full benefit detail, protocols, authorisation requirements and sub-limits at
www.sizwehosmed.co.za
0860 100 871



IN-HOSPITAL BENEFITS

Hospital and related

- Unlimited cover for prescribed minimum benefits, subject to a network of hospitals
- To-Take-Out medication (TTO): seven (7) days
- Maternity cover within medical protocols (100% Scheme rate)
- Drug and alcohol rehabilitation: limited to PMB, covered at R14 173 per family per annum
- Specialised radiology combined in and out of hospital, limited to PMB and two (2) scans per beneficiary per annum
- Internal and external prosthesis: limited to PMB, R22 530 per family per annum
- Hospice and private nursing: subject to PMBs.
- Ambulance & Emergency Services – Europe Assist (0860 117 799) 24-hour access. Authorisation required within 72 hours of an emergency PMB event

OUT-OF-HOSPITAL BENEFITS

Day-to-Day benefits – Network providers apply

- Unlimited GP consultations within the GP Network
- GP consultations out of network, a 30% co-payment will apply
- Unlimited acute medication dispensed by GP Network
- Acute medication obtained at pharmacy R1 767 per beneficiary subject to family limit R4 927
- Pharmacy Advised Treatment (PAT) (over the counter) R744 per family
- Up to three (3) specialist consultations per family on referral and authorisation, limited to PMB
- All benefits are subject to authorisation with Network administrator
- Pre-authorisations and general enquiries Tel: 0860 100 871. Email: queries@sizwehosmed.co.za

Dental care – Benefit managed by 3SixtyHealth

- Benefit cover for conservative dentistry per beneficiary
- Oral hygiene
- Extractions
- Intra oral X-rays
- Plastic Dentures: One (1) set per beneficiary in a four (4) year period
- Pre-authorisations and general enquiries Tel: 0860 100 871

Optical – Benefit managed by 3SixtyHealth

- One (1) claim per beneficiary every 24 month treatment date cycle
- One (1) eye test per beneficiary
- Frames: R340 per beneficiary
- Lenses: R239 single vision up to R504 for bifocal & multifocal lenses
- Authorisation and benefit enquiries Tel: 0860 100 871

Maternity benefits – Register on the Bambino programme

- Ten (10) antenatal visits per pregnancy, six (6) either with a GP, Midwife and four (4) with a Specialist Obstetrician within network provider
- Blood tests covered
- Two (2) 2D scans combined in and out of hospital
- Childhood Immunisation as per Department of Health - up to 12 years of age. One (1) heart, hearing and vision screening for babies under two (2) years of age

Essential Copper Plan is a PMB based plan offering benefits within designated network providers for both In and Out of hospital.

PAY AT CHILD RATE UP TO THE AGE OF 26 YEARS

PAY FOR A MAXIMUM OF 3 CHILDREN (4TH OR MORE ARE FREE)





CHRONIC BENEFITS

Cover for 26 PMB chronic conditions, subject to registration and approval.
Covered medication, bloods and GP within PMB protocols and authorisations.

- Addison's disease
- Asthma
- Bipolar Mood Disorder
- Bronchiectasis
- Cardiac failure
- Cardiomyopathy
- Chronic obstructive pulmonary disease
- Chronic renal disease
- Coronary artery disease
- Crohn's disease
- Diabetes insipidus
- Diabetes mellitus types 1 & 2
- Dysrhythmias
- Epilepsy
- Glaucoma
- Haemophilia
- HIV/Aids
- Hyperlipidaemia
- Hypertension
- Hypothyroidism
- Multiple sclerosis
- Parkinson's disease
- Rheumatoid arthritis
- Schizophrenia
- Systemic Lupus Erythematosus
- Ulcerative colitis



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PREVENTATIVE CARE BENEFITS

Health screening is an essential part of preventative healthcare and is vital to maintaining overall well-being and improving outcomes by providing care at the earliest possible stage.

Preventative Care and Screening Benefits include

- Covid-19 vaccination per beneficiary
- One (1) pap smear for females over 18 years per beneficiary per annum
- One (1) mammogram for females over 40 years of age per beneficiary per annum
- One (1) skin cancer screening per beneficiary above 55 years of age, annually
- One (1) PSA for males over 40 years per beneficiary per annum
- One (1) cholesterol test for beneficiaries over 20 years of age
- One (1) flu vaccination per beneficiary
- One (1) blood sugar test for beneficiaries over 15 years of age
- One (1) Colon Cancer blood test for beneficiaries over 50 years of age
- One (1) blood pressure test per beneficiary
- One (1) HIV test per beneficiary
- One (1) HPV vaccination for beneficiaries between nine (9) and 12 years of age
- One (1) Pneumococcal vaccine for beneficiaries over 65 years of age

Female Contraceptive Benefit

- R83 per beneficiary per month, subject to R882 per family per annum



Contributions	 Member	 Adult	 Child
R0 - R8 500	R1 870	R1 870	R650
R8 501 - R13 000	R2 240	R2 240	R829
R13 001+	R2 839	R2 839	R846