

SOUTH AFRICAN OPTOMETRIC ASSOCIATION  
LIST OF MEDICAL FUNDS  
2012/03/05

NAME	ADDRESS	TOWN	CODE	TELEPHONE NUMBER	FAX NO.	ADMINISTRATOR	CAPITATED PROVIDER
ANGLO AMERICAN CORPORATION MEDICAL SCHEME (AACMED ) Value Care Plan	P/BAG X141	CENTURION	0046	012 665-8500 0860 222 633	012 665-6807	PRIMECURE HEALTH	
AECI MEDICAL AID SOCIETY (Prefix 303)	P O BOX 800	FLORIDA HILLS	1716	0860 002 103		MEDSCHEME	
AECI MEDICAL AID SOCIETY (Basic CareCross Option) (Prefix 460)	P O BOX 44991	CLAREMONT	7735	0860 101 159 0860 002 103 021 673 1800		CARECROSS	
AFRISAM (used to be Alpha Med Scheme)							
AFROX MEDICAL AID SOCIETY	P O BOX 31391	BRAAMFONTEIN	2017	011 381-2022 011 703-3010 0800 003 149	011 381-2399	AFROX/ METROPOLITAN HEALTH GROUP	
AGILITY GLOBAL HEALTH SOLUTIONS	P O BOX 7687	CENTURION	0046	012 673-8600	012 673-8611	AGILITY GLOBAL HEALTH SOLUTIONS	
ALLCARE	P O BOX 2650	RIVONIA	2128	011 290-6200	011 783-2026	ALLCARE	
ALLIANCE (MIDMED) MEDICAL SCHEME	P O BOX 2338	DURBAN	4000	0860 002 101 031 573-4000	031 580-0480	METROPOLITAN HEALTH GROUP	As from 1/1/12 MHG systems
ALTRON MEDICAL AID	P O BOX 2650	RIVONIA	2128	0860 222 999	011 783-2024	ALTRON DISCOVERY	
ANGLO MEDICAL SCHEME	P O BOX 2338	DURBAN	4000	0860 222 633	031 580-0480	METROPOLITAN HEALTH GROUP	
ANGLOVAAL GROUP MEDICAL SCHEME (ANGLO CUSTOM)	P O BOX 650885	BENMORE	2010	0860 100 693 083 123 0693		DISCOVERY	
ARANDA TEXTILE MILLS SICK BENEFIT SOCIETY (TEMS)	P O Box 179	RANDFONTEIN	1760	011 693-3721		SELF	
BANKMED MEDICAL SCHEME	P O BOX 1242	CAPE TOWN	8000	021 480-4680 021 480-4511 0800 265 633	021 480-4696	METROPOLITAN HEALTH GROUP	
BANKMED MEDICAL SCHEME (Basic Carecross Option)	P O BOX 44991	CLAREMONT	7735	(B) 021 480-4680 0800 226 563 0860 101 159 021 673-1800		CARECROSS	
BANKMED MEDICAL SCHEME ( Core Saver Comprehensive, Traditional Plans)	P O BOX 12450	CENTRAHIL	6006	(B) 021 480-4680 (C) 0861 101 477 0860 103 529		BANKMED PPN	
BANKMED NAMIBIA	P O BOX 6559	WINDHOEK		0026461 287- 6000/021 480-4758		METHEALTH NAMIBIA ADMINISTRATORS	

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BARGAINING COUNCIL FOR MEAT TRADE	P/BAG X3060	RANDBURG	2125	011 646-0290		SELF(WA DAVIDSON)	
BARLOWORLD MEDICAL SCHEME (Prefix 050)	P O BOX 1101	FLORIDA NORTH	1716	0860 002 106		MEDSCHEME	
BEPMEDs (Build Environment Professional Association Med Scheme) 130,132	P O BOX 2338	DURBAN	4000	031 573-4000 0860 102 903 0861 678 427		MOMENTUM (MMSA) OPTICLEAR	
BESTMED MEDICAL SCHEME	P O BOX 2297	PRETORIA	0001	0860 002 378	012 323-2125	SANLAM HEALTHCARE MANAGEMENT	
BESTMED MEDICAL SCHEME (Beat3)	P O BOX 12450	CENTRAHIL	6006	0861 101 477 0860 002 378		PPN	
BESTMED (PULSE 2)	P O BOX 44991	CLAREMONT	7735	0860 101 159		ONE CARE HEALTH	
BESTMED MEDICAL SCHEME (Blueprint Prime Cure Option)	P/B X141	CENTURION	0046	012 665-8500 0861 665 665 0860 002 378	012 665-6807 0866 420 207	PRIME CURE HEALTH	
BMW EMPLOYEES MEDICAL AID SOCIETY (Prefix 119)	P O BOX 74	VEREENIGING	1931	0860 002 107		MEDSCHEME	
BOMAID (Scheme A, B and C)	P O BOX 12450 P O BOX 632	CENTRAHIL GABORONE BOTSWANA	6006	0860 103 529 267 318 4210		BOMAID PPN	
BONITAS (Prefixes Standard 020, Primary 277)	P O BOX 12450 P O BOX 2825	CENTRAHIL DURBAN	6006 4000	(B) 0860 103 529 0860 002 108		PPN MEDSHEME	
BONITAS (Prefix 470 Boncap)	P/B X141	CENTURION	0046	012 665-8500 0861 665 665 0860 002 108	0866 420 207	PRIME CURE HEALTH MEDSCHEME	BONCAP
BP SOUTHERN AFRICA MEDICAL AID SOCIETY	P O BOX 5324 P O BOX 12450	CAPE TOWN CENTRAHIL	8000 6006	021 480-4610 0800 001 607 (B) 0860 103 529	021 480-4969 041 586-4629	METROPOLITAN HEALTH GROUP PPN	
BUILDING & CONSTRUCTION INDUSTRY MEDICAL AID FUND (BCIMA)	P/BAGX 1897	RIVONIA	2196	011 208-1000	011 208-1028	STATUS/UNIVERSAL HEALTHCARE ADMINISTRATORS	
CAMAF (CHARTERED ACCOUNTANTS (SA) MEDICAL AID FUND (Network Choice / First Choice)	P O BOX 2964 P O BOX 12450	RANDBURG CENTRAHIL	2125 6006	011 707-8400 0861 700 600 (B) 0861 101 477 0860 100 545	011 706-9944	SANLAM HEALTH PPN	
CAPE MEDICAL PLAN	P O BOX 966	PAROW	7499	021 937-8300	021 937-8499	SELF	
CARECROSS	P O BOX 44991 P O BOX 12450	CLAREMONT CENTRAHILL	7735 6006	0860 101 159 021 673-1800 0860 103 529		CARECROSS PPN	
CHAMBER OF MINES MEDICAL AID SOCIETY (MASCOM from 1/7/04)(commenced 1914 closed 31 Dec 09 - handling claims until April)(some members have gone to Discovery)	Claims queries P O BOX 62622	MARSHALLTOWN	2107	011 498-7648/ 7564/7473/7383 0800 600 992	011 834-2413	SELF	

CLICKS GROUP MEDICAL SCHEME (Now Horizon) (Prefix 415)	P O BOX 74	VEREENIGING	1930	0860 245 633		MEDSCHEME	
COMMED (was Humanity)	P O BOX 11480	QUEENSWOOD	0121	012 349-6940	011 290-6200	THEBE YA BOPHELA	
COMMUNITY MEDICAL AID SCHEME (COMMED) (Deluxe, Standard and Fundamental)	P O BOX 44991 P O BOX 2127 P/BAG X146	CLAREMONT CRESTA HALFWAY HOUSE	7735 2118 1685	0860 101 159 0860 103 050 011 290-6200 0861 311 911	011 783-5084	CARECROSS ISO LESO ALLCARE	Carecross to be contacted for authorisation
COMPCARE MEDICAL SCHEME (Cimas and Lifemed merged 1 Jan 08)	P/BAG X49	RIVONIA	2128	011 208-1000/10	011 208-1028	UNIVERSAL HEALTHCARE ADMINISTRATORS	Was Status
COMPENSATION FUND COMMISSIONER	P O BOX 955	PRETORIA	0001	012 319-9111 0860 105 350		SELF	
DAY ONE HEALTH (Plantinum Plan)	P O BOX 17229	PRETORIA NORTH	0116	012 546-8980 0861 393 638		EYENET	
DE BEERS BENEFIT SOCIETY	P O BOX 1922	KIMBERLEY	8300	053 807-3111	053-807-3500	SELF	
DISCOVERY HEALTH MEDICAL SCHEME	P O BOX 784262	SANDTON	2146	011 529-2888 0860 445 566		DISCOVERY	
DISCOVERY HEALTH (Key Care Plus, L A Key Plus, Quantum Key Care Options)	P O BOX 2127	CRESTA	2118	0860 10 30 50/60 011 888-4681	011 782-5601	ISO LESO Jan 2008	
EDCON MEDICAL AID SCHEME (Edgars) (Merged with Discovery as from 1 Jan 2012. Claims with service date up to 31 Dec 2011 will still be handled until end April 2012.)	P O BOX 784262	SANDTON	2146	0860 100 418 0860 101 258 0831 231 258		DISCOVERY	
ENGEN MEDICAL BENEFIT FUND	P O BOX 5324	CAPE TOWN	8000	021 480-4796/4511 0800 001 615	021 480-4910 0860 104 125	METROPOLITAN HEALTH GROUP	
ESSENTIAL MED (Carecross Option)	P O BOX 44991	CLAREMONT	7735	0861 632 123 0860 101 159		CARECROSS	
ETERNITY HEALTH				0860 100 545			
EYETHUMED (891 Option 1)	P/BAG X212	BRYANSTON	2012	0860 502 502		MEDSCHEME	
EYETHUMED (CareCross Primary Plus Option)	P O BOX 44991	CLAREMONT	7735	0860 502 502 0860 101 159		CARECROSS	
EYETHUMED (Prime Cure Option)	P/B X141	CENTURION	0046	012 665-8500 0860 502 502 0860 997 788	0866 420 207	PRIME CURE HEALTH	
EYENET	P O BOX 17229	PRETORIA NORTH	0116	012 546-8980 0861 393 638			

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FARANANI HEALTH SOLUTIONS	P O BOX 573	NORTHLANDS	2116	0860 444 403		FARANANI HEALTH SOLUTIONS
FEDHEALTH MEDICAL AID SOCIETY (Prefix 804, 810, 812, 805, 807, 806, 808, 800, 801, 802, 803, 816)	P/BAG X3045 P O BOX 2825	RANDBURG DURBAN	2125 4000	0860 002 153		MEDSCHEME
FEDHEALTH MEDICAL AID SOCIETY ( <i>Blue Door Option</i> )	P O BOX 2127	CRESTA	2118	0860 103 050/60	011 782-5601	ISO LESO
FISHING INDUSTRY MEDICAL SCHEME (FISHMED - was Trawlermed)	P O BOX 15747	VLAEBERG	8018	021 712-8775 0860 104 121	021 712-8792 0860 104 123	METROPOLITAN HEALTH GROUP
FOOD WORKERS MEDICAL BENEFIT FUND	P O BOX 1067	PAROW	7499	021 930-3550	021 930-5497	SELF
FOSCHINI GROUP MEDICAL AID SCHEME (TFG)	P O BOX 784262	SANDTON	2146	0860 101 258 083 123 1258		DISCOVERY as from 1 Jan 2012
FREE STATE MEDICAL SCHEME	P O BOX 542	WELKOM	9460			SELF
FURNMED (Furniture Bedding Bargaining Council M A)	P O BOX 32789	BRAAMFONTEIN	2017	011 242-9220/2		EMINENT WEALTH CONSULTANTS (PTY) LTD
G5 MED (Prefixes 116, 117)						
G E M S (Government Employees' Medical Scheme) Emerald, Onyx and Ruby/ Beryl and Sapphire Options (Benefit 1)	P/BAG X782 P/B X3045	CAPE TOWN RANDBURG	8000 2125	0860 004 367 0860 002 109	0861 004 367	METROPOLITAN HEALTH QUALSA MEDSCHEME GEMS
GEN-HEALTH MEDICAL SCHEME (Primary Cover Option) Claims before or on 12 Oct 2010 to be posted to Tutor Trust, Gezina . From 13 Oct 2010 every member was transferred to Medshield Medical Scheme	P O BOX 26598	GEZINA	0031	012 329-5775		
GENESIS ( was DOCMED MEDICAL SCHEME)	P O BOX 5467	CAPE TOWN	8000	021 442-9900		SELF
GETMED (Pre-authorisation required from Scheme on 011 521-8000. Benefits 2012 pending)	P O BOX 10999	CENTURION	0046	011 521-8000 012 998-4325	011 640-2956	GETMED PPN
GLOBAL HEALTH (Decision Health Option) Now Key Health	P O BOX 14145	LYTTELTON	0140	012 673-2800	0866 420 207	KEY HEALTH OPTICLEAR
GOLDEN ARROW EMPLOYEE'S MEDICAL FUND	P O BOX 15729	VLAEBERG	8018	0860 104 122 0860 724 724		METROPOLITAN HEALTH GROUP
GOLD FIELDS MEDICAL SCHEME ( <i>Was Medisense</i> )	P O BOX 1672	PORT ELIZABETH	6000	0860 104 012 041 395-4577		PROVIDENCE HEALTHCARE RISK MANAGEMENT
GOLDFIELDS/MEDISENSE (Pride Option)	P/B X141	CENTURION	0046	012 665-8500 0860 104 012		PRIME CURE HEALTH

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GOOD HOPE MEDICAL AID SOCIETY (Prefix JGH) (Makoti Med Scheme)	P/BAG X47	RIVONIA	2128	0860 111 090 011 208-1000/1100	011 208-1028	UNIVERSAL HEALTHCARE ADMINISTRATORS	Was Status
GRINTEK ELECTRONICS MEDICAL AID SCHEME	P O BOX 1411	RIVONIA	2128	011 208-1000	011 208-1028	UNIVERSAL HEALTHCARE ADMINISTRATORS	Was Status
HAIRDRESSING SICK BENEFIT FUND		CAPE TOWN				SELF	
HIGHVELD MEDICAL SCHEME	P O BOX 26	WITBANK	2010	013 656-1406/7	013 656-4815	WITBANK COALFIELDS MEDICAL AID	
HOLCIM S A (ALPHA) MEDICAL SCHEME ( now AFRISAM)							
HORIZON (Carecross Major Medical Plan)	P O BOX 44991	CLAREMONT	7735	0860 101 103 0860 101 159		CARECROSS	
HORIZON (Was CLICKS) (Prefix 415)	P O BOX 74	VEREENIGING	1930	0861 112 666 0860 245 633		MEDSCHEME	
HOSMED MEDICAL AID (Plus and Value)	P O BOX 16148 P O BOX 12450	DOORNFONTEIN CENTRAHIL	2028 6006	011 544-8000 0860 000 048 (B) 0860 102 529	0862 451 099	HOSMED PPN	
HOSMED (Step Option)	P O BOX 16148 P O BOX 11480	DOORNFONTEIN QUEENSWOOD	2028 121	0860 000 048 012 349-6940 0860 000 048	0862 451 099	HOSMED THEBE YA BOPHELO HEALTHCARE ADMINISTRATORS	From 2012
IBM SOUTH AFRICA MEDICAL AID SOCIETY	P O BOX 784262	SANDTON	2146	0860 100 418 0831 230 418		DISCOVERY	
IMPALA	P O BOX 1672	PORT ELIZABETH	6000	041 395-4400	041 395-4596/7	PROVIDENCE	
IMPERIAL GROUP MEDICAL SCHEME (IMPERIALMED)(Prefix 560)	P O BOX 32759	BRAAMFONTEIN	2017	0860 467 374		METROPOLITAN HEALTH GROUP	
JOHANNESBURG M CHAMBER OF COMMERCE & INDUSTRY MED AID (JMCCI) ( <i>BIZHEALTH which closed down 2008</i> )	P O BOX 1411	RIVONIA	2128	011 208-1000	011 208-1028	UNIVERSAL HEALTHCARE ADMINISTRATORS	Was Status
KEY HEALTH MEDICAL SCHEME (was Global, then Munimed) <i>from 1 Jan 2008(Options Platinum,Gold,Silver)</i>	P O BOX 257 P O BOX 14145	BLOEMFONTEIN LYTTELTON	9300 0140	0861 678 427 0860 671 050 012 673-1000	012 673-2800	OPTICLEAR	Fully managed by Opticlear
KLERKSDORP MEDICAL BENEFIT SOCIETY (KDM) ( <i>Merged with Medicover and Discovery</i> )	P/BAG 20	GARDENVIEW	2047	011 607-6000 0800 116 242	011 622-7888	MEDICOVER OPTICLEAR	
KOPANO HEALTH CARE (Protector Health merged with Bonitas)				0860 002 108			
KPMG MEDICAL AID SOCIETY (AIKEN AND PEAT) (see CAMAF)							
L A HEALTH	P O BOX 65290	BENMORE	2010	0860 103 933		DISCOVERY	
LAUNDRY BARGAINING COUNCIL	P O BOX 18414	DALBRIDGE	4014	031 307-1860		LAUNDRY BARGAINING COUNCIL	

LIBCARE MEDICAL SCHEME ( <i>Prefixes 024, 025 merged to 024 and 130, 131 merged to 130</i> )	P/BAG X35	CLAREMONT	7735	0800 122 273	021 673-9582	LIBERTY HEALTH VMED	
LIBERTY HEALTH MEDICAL SCHEME (also PROVIA, now PLAN 428),421,423,425,447,453,454,455) (Titan)	P/BAG X35 P O BOX 44741 P O BOX 12450	CLAREMONT CLAREMONT CENTRAHIL	7735 7735 6006	0860 002 163 021 657-7571 0860 735 363 0861 101 477	021 673-9583	LIBERTY HEALTH VMED PPN	
LIBERTY HEALTH MEDICAL SCHEME (CareCross Bona Plus)	P O BOX 44991	CLAREMONT	7735	0860 002 163 0860 103 529		CARECROSS	
LONMIN MEDICAL SCHEME	P O BOX 652509	BENMORE	2010	0860 104 883		DISCOVERY	
MAKOTI MEDICAL SCHEME ( <i>Was Good Hope Med S</i> )	P/BAG X47	RIVONIA	2128	0860 111 090 011 208-1000/1100	011 208-1028	UNIVERSAL HEALTHCARE ADMINISTRATORS THEBE YA BOPHELA HEALTHCARE ADMINISTRATORS	Was Status
MAKOTI PLANS	P O BOX 11480	QUEENSWOOD	0121	012 349-6940			
MALCOR MEDICAL AID SCHEME (Total Medical Care - Hospitals only)	P O BOX 1181	PARKLANDS	2121	011 372-1500/55	011 372-1579	ALLCARE	
MAMOTH HEALTH PLAN	P O BOX 1659	MASERU 100 LESOTHO					
MASCOM (was CHAMBER OF MINES MEDICAL AID SOCIETY) closed 31Dec08 handling claims until April 09	Claims queries P O BOX 62622	MARSHALLTOWN	2107	011 498-7648/ 7564/7473/7383 0800 600 992	011 834-2413	SELF	
MASSMART HEALTH PLAN (MAKRO) (Prefix 269)	P O BOX 74	VEREENIGING	1930	0860 002 117		MEDSCHEME	
MBMed (220 Plan A) ( <i>as from 1 Jan 08 - was DCMed</i> )	P O BOX 708 P O BOX 12450	FLORIDA HILLS CENTRAHIL	1710 6006	0860 002 109 0860 103 529 0861 101 477		MEDSCHEME PPN	
MEDCOR (PREVIOUSLY PRISMED) ( To be administered by MX Health Managers, now Yarona/Full Circle Health, as from 1 August 2002) Core & Core Plus Plan							
MEDIHELP (Plus, Dimension Elite, Prime 1, 2,3, and My Necesses)	P O BOX 12450 P O BOX 26004	CENTRAHIL ARCADIA, PRETORIA	6006 0007	0861 101 477 0860 103 529 0860 100 678		PPN MEDIHELP	
MEDIMED MEDICAL AID SCHEME (Managed Care Ecipa, PEGP, Provider, Escape and Medisave standard)	P O BOX 1672 P O BOX 12450	PORT ELIZABETH CENTRAHIL	6000 6006	041 395-4474 0860 103 529	041 395-4596/7	PROVIDENCE HEALTH CARE RISK MANAGE. PPN	
MEDIPOS MEDICAL SCHEME (Prefix 161)	P O BOX 4313	CAPE TOWN	8000	0860 100 078 021 480 4511	0861 019 211	METROPOLITAN HEALTH GROUP QUALSA	
MEDSCHEME HEALTHCARE PROFESSIONAL	P O BOX 1101	FLORIDA GLEN	1708	0861 112 666		MEDSCHEME	

<b>MEDSHIELD MEDICAL SCHEME (Prefixes 143 and 147 merged 1/1/07; 144 and 251 merged 1/1/07; 450, 451) (Maxi-elite closed 31/12/02) Plus Option discontinued. <u>Oxygen part of Medshield as from 1 Oct 2010</u></b>	P O BOX 4346	RANDBURG	2125	0860 002 120 011 716-7100	011 399-2465	SELF ADMINISTERED
<b>MEDSHIELD (ESSENTIAL CARECROSS)</b>	P O BOX 44991	CLAREMONT	7735	021 673-1800 0860 103 529		CARECROSS
<b>METROCARE (Prefix 211)</b>	P O BOX 800	FLORIDA HILLS	1716	0860 002 123		MEDSCHEME
<b>METHEALTH NAMIBIA</b>	P O BOX 6559	WINDHOEK		0026461 287- 6000/021 480-4758		METROPOLITAN HEALTH GROUP
<b>METROPOLITAN MEDICAL SCHEME (Metstaff)</b>	P O BOX 15716	VLAEBERG	8018	0861 888 104 021 480- 4414/4830/4511	021 480-4418	METROPOLITAN HEALTH GROUP
<b>MIDMED BENEFIT PLAN (Prefix 120) (Was Alliance)</b>	P O BOX 2338	DURBAN	4000	031 573-4000 (B) 0860 002 101 0861 678 427		MOMENTUM OPTICLEAR(Claims clearing)
<b>MINEMED (Medical Centre)</b>	P O BOX 1672 P O BOX 12450	PORT ELIZABETH CENTRAHIL	6000 6006	0860 434 680 041 395-4473 (B) 0860 103 529	041 395-4596/7	PROVIDENCE HEALTH CARE RISK MANAG. PPN
<b>MINEMED (Affordable)</b>	P/B X141	CENTURION	0046	012 665-8500 0860 434 003	0866 420 207	PRIME CURE HEALTH
<b>MMED (Prefix 143) (Was Caremed)</b>	P O BOX 652509	BENMORE	2010	0860 116 633	011 539-7276	DISCOVERY as from 1/4/07
<b>MOMENTUM AFRICA :</b>	Postnet Suite 411, P/B x1	MELROSE ARCH	2076	0800 002 449 011 715-3000/8		MOMENTUM AFRICA ATTENTION : METROPOLITAN INTERNATIONAL
<b>Botswana Students Scheme : Botsogo</b>						
<b>Ghana : Mutual Alliance</b>						
<b>Lesotho : Bophelo Med Scheme</b>						
<b>Mauritius : Bonne Sante Health Plan</b>						
<b>Mocambique : P'La Saude Health Plan</b>						
<b>Tanzania : Imara Health Plan</b>						
<b>Zambia : Wanhanzi Health Plan</b>						
<b>Swaziland : Imphilo Plan</b>						
<b>Malawi : Wild Vision Plan</b>						
<b>MOMENTUM HEALTH MED SCHEME ( NMP AND PULZE MERGER)</b>	P O BOX 2338	DURBAN	4000	0860 117 859 (B) 0860 117 859 0861 678 427		MOMENTUM (MMSA) OPTICLEAR (Claims clearing)
<b>MOMENTUM HEALTH ( Access Option)</b>	P/B X141	CENTURION	0046	012 665-8500 0860 117 859	0866 420 207	PRIME CURE MEDICROSS

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MOMENTUM HEALTH ( Ingwe Option)	P/B X141	CENTURION	0046	012 665-8500 012 673-1000 0861 665 665 0860 117 859	0866 420 207	MOMENTUM PRIME CURE HEALTH
MOMENTUM HEALTH ( Ingwe and Access Option)	P O BOX 44991	CLAREMONT	7735	021 673-1800 0860 103 529		CARECROSS
MOREMED MEDICAL SCHEME (Merged with Clicks to become Horizons)	P O BOX 74	VEREENIGING	1930	0860 101 103		MEDSCHEME
MOTO HEALTH CARE (Merged with Momentum 2009 Claims)	P O Box 2338 P O Box 257	DURBAN BLOEMFONTEIN	4000 9300	0861 000 300 0861 678 427	031 580-0525	MOMENTUM (MMSA) OPTICLEAR (Claims clearing)
MOTO HEALTH CARE (CareCross Custom, Essential)	P O BOX 44991	CLAREMONT	7735	021 673-1800 0860 103 529		CARECROSS
MUNIMED (One Care for all prescribed minimum benefits)	7 Residensie Ave P O BOX 1132	KROONSTAD	9500	0860 671 050	056 215-1600	KEY HEALTH OPTICLEAR
MUNIMED (Cape)	Office No 201, 2nd Floor, Tiger Park 111, Willie van Schoor Ave.	BELLVILLE	7530	0860 671 050		KEY HEALTH OPTICLEAR
MUNIMED (Tvl) ( <i>now KeyHealth Medical Scheme</i> )	P O BOX 14145	LYTTELTON	140	0860 671 050 0861 678 427	012 673-2800	KEY HEALTH OPTICLEAR
MYHEALTH (Visimed) Oxygen						
NAMPAK GROUP MEDICAL SOCIETY 90, 91	P O BOX 2338	DURBAN	4000	031 573-4000 0860 101 047 0861 678 427	031 580-0471	MOMENTUM (MMSA) OPTICLEAR(Claims clearing)
NASIONALE PERS SIEKEFONDS (NASPERS)	P O BOX 65290 P O BOX 2271	BENMORE CAPE TOWN	2010 8000	0860 627 633 021 406-2552	021 406-3560	DISCOVERY SELF
NIMAS (NATIONAL INDEPENDANT MEDICAL AID SOCIETY) Classic (used to be Discovery Quantum), Millenium and Supreme Options	P O BOX 2127 P O BOX 1242	CRESTA CAPE TOWN	2118 8000	0860 646 272 021 480 4872 0860 102 471 0860 10 30 50 011 888-4681	011 782-5601 0860 646 273	METROPOLITAN HEALTH GROUP NIMAS ISOLESO from 15 Dec 06
NEDGROUP MEDICAL AID SCHEME (from 1 Jan 07) was Nedcor Med Aid Scheme (Prefix 930,931,932,933,934) (Amalgamated with Mutual & Federal)	P O BOX 74	VEREENIGING	1930	0860 100 080 0861 112 666		MEDSCHEME
NEDGROUP TRADITIONAL PLUS PLAN	P O BOX 44991	CLAREMONT	7735	0860 101 159		ONE CARE HEALTH
NETCARE MEDICAL SCHEME (Medicross Clinics only)40	P O BOX 1412	DURBAN	4000	0860 103 406	0861 647 778	METROPOLITAN HEALTH GROUP NETCARE As from 1 Jan 2012 MHG systems



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N M P - NATIONAL MEDICAL PLAN (Plans 2,31,32,33,34,35,36,37,38)Merged with Pulse - now <u>Momentum</u>	P O BOX 2338	DURBAN	4000	031 573-4000 (B) 0860 103 406 (C) 0861 101 477	031 367-0480	MOMENTUM	
NUFAWSA SICK BENEFIT SOCIETY (Closed in S A )	P/BAG X09	WELTEVREDEN PARK	1715	0861 375 310 011 375-3000	011 375-3299	PROSPERITY HEALTH	Closed
OCCMED MEDICAL AID	P O BOX 1672	PORT ELIZABETH	6000	041 395-4400	041 395-4596/7	PROVIDENCE	
OCSA Care (OCSA Silver OCSA Gold; Silver, Gold, Scorpions; Ackermans, Massmart, Adcorp, Truworths)	P O BOX 44991	CLAREMONT	7735	0860 101 159 0860 103 529		CARECROSS	
OLD MUTUAL STAFF MEDICAL AID FUND (910,911,912,913,914)	P O BOX 74	VERENIGING	1930	0860 100 076		MEDSCHEME	
OLD MUTUAL STAFF (CareCross Network Plan)	P O BOX 44991	CLAREMONT	7735	0860 002 160 08060 101 159		CARECROSS	
ONE PLAN	P O BOX 17229	PRETORIA NORTH	0116	012 546-8980 0861 393 638		EYENET	
ONE CARE	P O BOX 44991	CLAREMONT	7735	0860 101 159		ONE CARE HEALTH	
OPEN PLAN MEDICAL SCHEME amalgamated with Medihelp 1/1/09 - no longer with Metropolitan							
OPMED (OPTIMUM MEDICAL SCHEME)	P/BAG X850	PRETORIA	0001	012 427- 5333/4000/5264	012 427-5267	SELF	
OXYGEN (was Meds) Essential - CareCross - <u>See Medshield</u>	P/BAG 12450	CENTRAHIL	6001	(B) 0860 103 529 (C) 0861 101 477 0860 102 102		PPN	
PARMED MEDICAL SCHEME (Prefix 007)	P O BOX 1101	FLORIDA GLEN	1708	0860 002 126		MEDSCHEME	
PG BISON MEDICAL AID SOCIETY	P O BOX 2650	RIVONIA	2128	011 290-6200 0860 109 595	011 783-2020	ALLCARE	
PG GROUP MEDICAL SCHEME (P G Glass) 60	P O BOX 2338 P O BOX 12450	DURBAN CENTRAHIL	4000 6006	031 573-4000 (B) 0860 005 037 (C) 0861 101 477	031 580-0450	METROPOLITAN HEALTH GROUP	1/1/12 MHG systems
PHAROS MEDICAL PLAN	P O BOX 343 P O BOX 826	WESTVILLE RANDBURG	3630 2125	021 802-5000 031 267-5000 011 348-8900		PRIVATE HEALTH ADMINISTRATORS	
PICK 'N PAY MEDICAL AID SCHEME	P O BOX 15774	VLAEBERG	8018	0800 004 389 021 480-4801	021 480-6842	METROPOLITAN HEALTH GROUP	
PLATINUM HEALTH (Plat Cap)	P O BOX 44991 P/BAG X 82081 P O BOX 573	CLAREMONT RUSTENBURG NORTHLANDS	7735 0300 2116	0860 101 159 0860 103 529 0800 006 942/944 0860 444 403		CARECROSS PLATINUM HEALTH FARANI HEALTH SOLUTIONS	

POLMED MEDICAL SCHEME	P/BAG X16 P O BOX 4313	ARCADIA , PRETORIA CAPE TOWN	0001 8000	012 304-2000 0860 765 633 Pta 0860 103 529 0861 101 477	012 304-2317 021 480-4087 0860 104 114	POLMED METROPOLITAN HEALTH GROUP PPN 2009	
PRETMED MEDICAL AID FUND(was Global, Munimed now Keyhealth)							
PRIME CURE	P/BAG X 141	CENTURION	0046	012 665-8500 0861 665 665	012 665-8615	PRIME CURE HEALTH	
PRINTING INDUSTRY MEDICAL AID SCHEME (PIMAS) (Now Oxygen - merged with Medshield)							
PRO SANO MEDICAL AID SCHEME (Provider, Pro Classic and Pro Elite)	P/BAG X97 P O BOX 2127	BELLVILLE CRESTA	7535 2115	021 957-8000 0860 109 558 0860 102 877 0860 103 050/60	021 957-8650	PROSANO ISO LESO	
PRO SANO (Procedure option)	P O BOX 44991	CLAREMONT	7735	0860 109 558 0860 101 159 0861 101 477		PROSANO CARECROSS	
PROFMED (PPS)	P O BOX 257 P/B X1031	BLOEMFONTEIN LYTTELTON	9300 0140	0861 678 427 0860 679 200	012 677-9280	OPTICLEAR	Fully managed by Opticlear
PROSPERITY HEALTH (closed in S A)	P/B X2	WELTEVREDEN PARK	1715	0861 375 310 011 375-3000	011 375-3299	PROSPERITY HEALTH	
PROTEA MEDICAL AID SOCIETY (Liquidated)							
PROVIDENCE HEALTHCARE RISK MANAGEMENT	P O BOX 1672	PORT ELIZABETH	6000	041 395-4400	041 395-4597/96		
PULZ (Now Momentum)	P O BOX 2338	DURBAN	4000	031 573-4000		MOMENTUM	
PUREHEALTH MEDICAL SCHEME (Liquidated)	P O BOX 2964 P O BOX 12450	RANDBURG CENTRAHIL	2125 6006	0861 700 600 (B) 0860 304 060		ETERNITY PRIVATE HEALTH PPN	
QUANTUM MEDICAL AID SOCIETY (Rennies Group) 316, 317	P O BOX 784262	SANDTON	2146	0860 102 958 0831 232 958		DISCOVERY	
RAND WATER MEDICAL SCHEME (CareCross Option B)	P O BOX 44991 P O BOX 1127	CLAREMONT JOHANNESBURG	7735 2000	0860 101 159 011 682-0985 0861 101 477	011 682-0577	CARECROSS	
REGIONAL MEDICAL AID SCHEME (became Kwazulu Natal M A, then Humanity Med Scheme, then Commed from 1/9/08)				0861 101 477		ALLCARE PPN	
REMEDI MEDICAL AID SCHEME (Comprehensive and Classic)	P O BOX 12450	CENTRAHIL	6006	(B) 0860 103 529 (C) 0861 101 477		PPN	
REMEDI (CareCross Standard Option)	P O BOX 44991 P O BOX 12450	CLAREMONT CENTRAHIL	7735	021 673-1800 (B) 0860 103 529 (C) 0861 101 477 0860 116 116		CARECROSS PPN REMEDI DISCOVERY	
RENAISSANCE No longer exists							No longer exist

SOUTH AFRICAN OPTOMETRIC ASSOCIATION  
LIST OF MEDICAL FUNDS  
2012/03/05

RESOLUTION HEALTH MEDICAL SCHEME	P O BOX 7687 P O BOX 1555	CENTURION FOUNTAINBLAU	0046 2032	012 673-8600 011 791-6425	012 663-4037	AGILITY GLOBAL HEALTHCARE	
RETAIL MEDICAL SCHEME	P O BOX 784262	SANDTON	2146	0860 101 252 0831 231 252		DISCOVERY	
ROAD ACCIDENT MEDICAL FUND	38 IDA STREET	MENLYN PARK	0081	012 429-5000 012 429-5530	012 429-5500	SELF	
RU MED (Rhodes University Medical Scheme - was Aranda Textile Mills Sick Benefit Society)	P O BOX 1672	PORT ELIZABETH	6000	041 395-4476	041 395-4596/7	PROVIDENCE HEALTH CARE RISK MANAGE.	
SA BREWERIES MEDICAL AID SOCIETY(ABI merged 1/1/05 ) Castellion 101, SAB 102	P O BOX 2338	DURBAN	4000	031 573-4000 (B) 0860 002 133 (C) 0861 678 427		MOMENTUM (MMSA) OPTICLEAR(Claims clearing)	
SA MUNICIPAL WORKERS UNION MEDICAL BENEFIT FUND (SAMWUMED)	P O BOX 134	ATHLONE	7760	0860 104 117 021 697-9500 021 480-2715	021 696-3505	METROPOLITAN HEALTH GROUP	
SABC MEDICAL AID SCHEME (Prefix 009)	P O BOX 2012	RANDBURG	2125	0860 002 136		MEDSCHEME	
SAPPI GROUP MEDICAL AID SCHEME	P O BOX 1242 / 3535 P O BOX 32210	CAPE TOWN BRAAMFONTEIN	8000 2017	0860 101 280 021 480-4818	021 480-4910 0860 101 480	METROPOLITAN HEALTH GROUP	
SASOLMED (Prefix 881)	P O BOX 2462	VEREENIGING	1930	0860 002 134 0860 002 110		MEDSCHEME	
SEDMED	P O BOX 468	BLOEMFONTEIN	9300	051 447-8271	051 448-8059	SELF	
SELFMED MEDICAL SCHEME	P O BOX 5543	TYGERVALLEY	7536	021 943-9000 0860 787 372		SELF	
SHARKS BOARD MEDICAL AID						SELF	
SIEMENS MEDICAL SCHEME (Prefix 307) (Claims with service date prior to 1 Jan 2012 will be delivered to Medscheme until 31 May 2012. Claims with service date later than 1 Jan 2012 will be rejected as Siemens Med scheme no longer exists.	P O BOX 1881 P/B X3045 Claims P O BOX 2825	RANDBURG RANDBURG DURBAN	2125 2125 4000	041 503-1000 043 726-4891 021 488-9600 031 304-4829 013 690-3342 011 353-0000 0860 100 871	0860 002 135	MEDSCHEME	No longer exists
SIZWE MEDICAL FUND (Primary Option) (Affordable option) (Full Budget)	P O BOX 421 P O BOX 19576 P O BOX 2964 P O BOX 999 P O BOX 260709	PORT ELIZABETH TECOMA CAPE TOWN DURBAN EXCOM	6000 5214 8000 4000 1035 2028	041 503-1000 043 726-4891 021 488-9600 031 304-4829 013 690-3342 011 353-0000 0860 100 871	041 363-1723 043 726-4893 021 418-7274 031 332-7824	SECHABA ADMINISTRATORS	
SOUTHERN SUN GROUP MEDICAL SCHEME (now Tsogo Sun Group)						DISCOVERY	
SPECTRAMED (Plus, Elite, Alliance)	P/BAG X35	CLAREMONT	7735	0861 497 497 0860 735 363 021 673-9300		VMED	

SOUTH AFRICAN OPTOMETRIC ASSOCIATION  
LIST OF MEDICAL FUNDS  
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STATUS MEDICAL SCHEME (Now Universal Healthcare Administrators)	P/BAG X49	RIVONIA	2128	011 208-1000	011 208-1028	UNIVERSAL HEALTHCARE ADMINISTRATORS	
STEELEDALE GROUP (No longer have Medical Aid Scheme)							
SUREMED	P O BOX 1672	PORT ELIZABETH	6000	0860 080 080 041 395-4545	041 395-4596/7	PROVIDENCE HEALTH CARE RISK MANAGE.	
SUREMED (Explorer)	P/B X141	CENTURION	0046	012 665-8500 0860 080 888	0866 420-207	PRIME CURE HEALTH	
SURGEON GENERAL (Medical Payments) SANDF	P/Bag X137	PRETORIA	0001	012 392-2964/8/78 012 319-3213/3207		SANDF	
SUREONE (Dunn Stores Option and Commair)							
SWAZILAND MEDICAL AID FUND 901, 902, 903, 904, 905	P O BOX 3226	MBABANE		SWAZI LAND 0860 106 153		MEDSCHEME 1Jan 08	
TELEMED (Merged with Bestmed)							
THEBEMED ( <i>Direct claims to PPN</i> ) <i>Frontier, Universal and Navigator</i>	P O BOX 12450 P O BOX 4709	CENTRAHIL JOHANNESBURG	6006 2000	0861 843 236 011 544-8899 (B) 0860 103 529	0866 329 484	THEBE YA BOHELA HEALTHCARE ADMIN. PPN	
THEBE YA BOPHELA HEALTHCARE ADMINSTRATORS	P O BOX 11480	QUEENSWOOD	0121	0860 000 0048 012 349-6940	0862 451 099	THEBE YA BOHELA HEALTHCARE ADMIN.	
TIGER BRANDS (Oats) MEDICAL SCHEME (ICS Med Aid)	P/BAG X131	RIVONIA	2128	011 208-1000/10	011 208-1028	UNIVERSAL HEALTHCARE ADMINISTRATORS	Was Status
THLAKANO (COMMAIR; Comprehensive Option; Essential Life; Legal Wise; Mahala; MBD; MDB Health; St Davids))	P/B X141	CENTURION	0046	012 665-8500	0866 420-207	PRIME CURE	
TOPMED MEDICAL SCHEME (Traditional)	P O BOX 12450	CENTRAHIL	6006	(B) 0860 103 529 0861 101 477		PPN	
TOPMED MEDICAL SCHEME (Network Plan)	P O BOX 1462	DURBAN	4000	0860 002 158 0860 101 159 0860 103 529	031 580 0480	METROPOLITAN HEATH GROUP CARECROSS	
TSOGO SUN GROUP MEDICAL SCHEME	P O BOX 784262	SANDTON	2146	0860 100 421 0831 230 421		DISCOVERY	
TRANSMED MEDICAL FUND (State Plus Network)	P/B X141	CENTURION	0046	0800 450 010 012 665-8500	0866 420 207	PRIME CURE	
TRANSMED MEDICAL FUND	P O BOX 1242 P O BOX 32931	CAPE TOWN BRAAMFONTEIN	8000 2017	0800 450 010 Working Members and Pensioners 0800 110 268 (SATS) 021 480-4511		METROPOLITAN HEALTH GROUP	
TRAWLERMENS' SICK BENEFIT FUND (become Fishmed, then Golden Arrow)	P O BOX 1242	CAPE TOWN	8000	0860 104 122		METROPOLITAN HEALTH GROUP	

ULTRACARE						SELF
<b>UMED</b>	P O BOX 9142218 P O BOX 652509	WINGATE PARK BENMORE	O153 2010			DISCOVERY
UMVUSO HEALTH	P O BOX 1463	FAERIE GLEN	0043	0861 083 084 012 845-0000		UMVUSO HEALTH
UMVUSO HEALTH MEDICAL SCHEME (Standard and Ultra Affordable Option)	P/B X141	CENTURION	0046	0861 083 084 012 665-8500	0866 420-207	PRIME CURE
UNIVERSAL LIFE STYLE (Was Status)	P/BAG X49	RIVONIA	2128	0800 002 636 011 208-1010/20	011 208-1028	UNIVERSAL HEALTHCARE ADMINISTRATORS Was Status
UNIVERSITY OF KWA-ZULU NATAL MEDICAL SCHEME (Prefixes 065, 066)	P O BOX 784262	SANDTON	2146	0860 113 322 0831 230 222		DISCOVERY
UNIVERSITY OF THE WITWATERSRAND MEDICAL AID FUND (Prefix 060)	P O BOX 74	FLORIDA GLEN	1708	0860 002 140		MEDSCHEME
VAALMED ( became Protector Health which merged with Bonitas Khanyise)						MEDSCHEME
VMED ADMINISTRATOR	P/BAG X35	CLAREMONT	7735	021 673-9300 0860 735 363	021 673-9309	VMED
WITBANK COALFIELDS MEDICAL AID SOCIETY	P O BOX 26	WITBANK	1035	013 656-1406/7	013 656-4815	WITBANK COALFIELDS MEDICAL AID
WOOLTRU HEALTHCARE FUND Care Option	P O BOX 1242	CAPE TOWN	8000	021 480-4849 0800 765 432	021 413-0512	METROPOLITAN HEALTH GROUP
WOOLTRU HEALTHCARE FUND (CareCross Core Option)	P O BOX 44991	CLAREMONT	7735	(B) 0860 103 529 (C) 0861 101 477 0800 765 432 0860 101 159		CARECROSS
WORLD BANK MEDICAL BENEFIT PLAN	P O BOX 2338	DURBAN	4000	0860 103 766		MOMENTUM
XTRATA (Prefix 107)	P O BOX 1101	FLORIDA GLEN	1708	0861 112 660		MEDSCHEME
YARONA HEALTH CARE NETWORK	P O BOX 7687	CENTURION	0046			SELF
COUNCIL FOR MEDICAL AIDS				012 431-0500 0861 123 267	012 430-7644	LINDA GOBELA information@medicalshe mes.com
BOARD OF HEALTHCARE FUNDERS				0861 302 010 011 537-0200	011 880-6437	<a href="mailto:peterm@bhfglobal.com">peterm@bhfglobal.com</a>
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