



Everyone deserves **better** care

“SIMPLE, AFFORDABLE HEALTHCARE  
THAT GIVES YOU **MORE FOR LESS**”

Not all health care plans offer you the same level of protection and value.  
That's why you must choose value. **Choose Sisonke Health.**

#mysisonkehealth

With Sisonke Health, you have access to the **best unlimited care,**  
**no matter which plan** you pick.



## HERITAGE PLAN

INCOME	PRINCIPAL	ADULT	CHILD
R0 – R16 000	R1 288	R1 288	R437
R16 001+	R2 538	R2 538	R623



## PRIDE PLAN

INCOME	PRINCIPAL	ADULT	CHILD
R0 – R16 960	R969	R969	R534
R16 961 – R 21 200	R1 926	R1 926	R589
R21 200 +	R2 536	R2 536	R623

### UNLIMITED



Health and  
Lifestyle Benefits



Primary  
Healthcare



Disease  
Management



Basic  
Dentistry



Hospitalisation



## DAY TO DAY BENEFITS

### GP Consultations

- Unlimited GP consultations at your Sisonke Health medical centre or your nominated GP from the Sisonke network of GP's
- If you choose to use a doctor who is not part of the Sisonke network, your claims will be paid at 100% of medical aid rates up to R2 750 per beneficiary and a maximum of R10 600 per family

### Specialist Consultations

- Specialists contracted to Sisonke Health will be covered at 100% of the medical aid rates. If you choose to use a specialist who is not part of the Sisonke network, your claims will be paid at 80%.
- Up to R2 750 per beneficiary up to a maximum of R10 600 per family.
- Pre-authorisation is required for each and every specialist consultation.

### Medication *MMAP: Maximum Medical Aid Price*

- Acute medication prescribed by your doctor will be paid at MMAP up to R4 450 per beneficiary and maximum R12 610 per family
- PMB chronic medication is unlimited if you have registered for the benefit and meet the clinical entry criteria
- Extended chronic medication is paid at MMAP up to R4 450 per beneficiary and maximum R12 610 per family – registration required
- Over the Counter medication is provided up to R785 per family – maximum limit per prescription is R160

### Pathology

- Unlimited blood tests through Lancet and Pathcare laboratories. Remind your doctor to send your tests to the right lab.

### Optometry *Benefit provided every 2 years*

- One eye test per beneficiary
- One set of frames up to R950 per beneficiary
- Lenses provided up to:
- Single vision: R590 per beneficiary
- High power single vision: R1 480 per beneficiary
- Bi-focal: R1 310 per beneficiary
- Multi-focal: R2 120 per beneficiary
- OR
- Contact lenses up to R1 800 per beneficiary.

### Dentistry

- Unlimited basic/conservative dentistry at 100% of medical aid rates
- Specialised dentistry paid at 100% of medical aid rates up to R6 360 per beneficiary to a maximum of R12 720 per family
- Dentures are provided up to R5 000 per set every 3 years

### Radiology *Combined limit for in and out of hospital*

- Unlimited basic x-rays/radiology
- Specialised radiology (MRI, CT, Gallium and Radioisotope scans) require pre-authorisation and are covered up to R24 150 per beneficiary per annum

### Support Services

- Provides cover for physiotherapy, psychologist consultations, occupational therapists, dieticians, audiologists, podiatrists, speech therapists, homeopaths, chiropractors. Combined limit for in and out of hospital benefits: R5 725 per beneficiary up to R11 340 per family.

### Medical Appliances *Pre-authorisation required*

- Combined limit up to R6 360 per beneficiary
- Provides cover for wheelchairs | crutches | nebulisers/humidifiers: R690 | glucometers: R690 every 3 years | orthotics: R1 460
- An additional R3 390 per family is provided for hearing aids every 3 years

## HOSPITAL BENEFITS

### Hospitalisation

- Unlimited hospital admissions at any private hospital at medical aid rates
- Pre-authorisation required 48 hours before admission for planned procedures
- Emergency hospitalisation can be verified 24/7 by calling 0860 104 012 – authorization will be provided the following working day

### GP and Specialists in hospital

- Unlimited GP and Specialist consultations in hospital at medical aid rates

### Take home medication on discharge from hospital

- Medication prescribed by your doctor on discharge from hospital covered from the hospital benefit: R600 per event

### Pathology

- Unlimited blood tests through Lancet and Pathcare laboratories. Remind the hospital to send your tests to the right lab.

### Radiology *Combined limit for in and out of hospital*

- Unlimited basic x-rays/radiology
- Specialised radiology (MRI, CT, Gallium and Radioisotope scans) require pre-authorisation and are covered up to R24 150 per beneficiary per annum

### Internal Prosthesis

- Requires pre-authorisation and is limited to R50 450 per beneficiary per annum

### Oncology

- Unlimited as per scheme protocols and medical aid rates. Send us your treatment plan for pre-authorisation.

### Step down services

- Private nursing and alternatives to hospitalisation R11 850 per beneficiary. Send us your home care plan for pre-authorisation.

### Support Services

- Provides cover for physiotherapy, psychologist consultations, occupational therapists, dieticians, audiologists, podiatrists, speech therapists, homeopaths, chiropractors. Combined limit for in and out of hospital benefits: R5 725 per beneficiary up to R11 340 per family.

### Hospitalisation for mental health

- Limited to R11 000 per beneficiary. Prescribed Minimum Benefits covered up to 21 days at the Scheme's Designated Service Provider.



## DAY TO DAY BENEFITS



### GP Consultations

- Unlimited GP consultations at your Sisonke Health medical centre or your nominated GP from the Sisonke network of GP's
- Each beneficiary must nominate a GP from the network
- Out of network consultations are covered up to 2 consultations per annum to a maximum of R1 000 per consultation (includes medication)



### Specialist Consultations

- Specialists contracted to Sisonke Health will be covered at 100% of the medical aid rates. Up to 7 consultations per family
- Pre-authorisation is required for each and every specialist consultation.



### Medication *MMAP: Maximum Medical Aid Price*

- Acute medication prescribed by your nominated network doctor is unlimited, according to formulary
- Chronic medication prescribed by your nominated network doctor is unlimited if you have registered for the benefit and meet the clinical entry criteria
- Over the Counter medication is provided up to R265 per family – maximum limit per prescription is R95



### Pathology

- Unlimited blood tests through Lancet and Pathcare laboratories. Remind your doctor to send your tests to the right lab.



### Optometry *Benefit provided every 2 years*

- One eye test per beneficiary provided at a PPN network optometrist
- One set of frames and lenses per beneficiary OR contact lenses at R475 per beneficiary



### Dentistry

- Unlimited basic/conservative dentistry at 100% of medical aid rates at a network dentist
- Specialised dentistry paid at 100% of medical aid rates up to R3 400 per beneficiary to a maximum of R6 780 per family
- One set of dentures are provided per adult dependant every 3 years



### Radiology *Combined limit for in and out of hospital*

- Unlimited X-rays/radiology
- Specialised radiology (MRI, CT, Gallium and Radioisotope scans) require pre-authorisation and are covered up to R15 100 per beneficiary per annum



### Support Services *GP referral required*

- Provides cover for physiotherapy, psychologist consultations, occupational therapists, dieticians, audiologists, podiatrists, speech therapists, homeopaths, chiropractors.
- Hospital benefits: R1 120 per beneficiary.



### Medical Appliances

- Combined limit up to R4 495 per family
- Provides cover for wheelchairs | crutches | braces

## HOSPITAL BENEFITS



### Hospitalisation

- Unlimited hospital admissions at any private hospital at medical aid rates
- Pre-authorisation required 48 hours before admission for planned procedures
- Emergency hospitalisation can be verified 24/7 by calling 0860 104 012 – authorization will be provided the following working day



### GP and Specialists in hospital

- Unlimited GP and Specialist consultations in hospital at medical aid rates



### Take home medication on discharge from hospital

- Medication prescribed by your doctor on discharge from hospital covered from the hospital benefit: R560 per event



### Pathology

- Unlimited blood tests through Lancet and Pathcare laboratories. Remind the hospital to send your tests to the right lab.



### Radiology *Combined limit for in and out of hospital*

- Unlimited x-rays/radiology
- Specialised radiology (MRI, CT, Gallium and Radioisotope scans) require pre-authorisation and are covered up to R15 100 per beneficiary per annum



### Internal Prosthesis

- Requires pre-authorisation and is limited to R25 440 per beneficiary per annum



### Oncology

- Unlimited as per scheme protocols and medical aid rates. Send us your treatment plan for pre-authorisation.



### Hospitalisation for mental health

- Prescribed Minimum Benefits covered up to 21 days at the Scheme's Designated Service Provider.



# HEALTH & LIFESTYLE BENEFITS FOR PRIDE AND HERITAGE PLANS



## Health Risk Assessments • Blood pressure • Glucose • Cholesterol • Body Mass Index (BMI)

- You and your family have unlimited screening tests at the Sisonke Health medical centre. Early identification and management of any health issues improves quality of life – so don't delay, test now and as regularly as you need to.



## Disease and Wellbeing Management

Improved wellbeing is achievable by registering on Sisonke Health's disease management programmes which provide unlimited benefits for:

- Hypertension
- HIV/Aids
- Diabetes
- Oncology
- Dialysis
- High risk patients – 3 or more chronic conditions and frequent hospitalisation.



## Maternity programme

Registration onto the maternity programme provides you with the following additional benefits:

- Monthly ante-natal monitoring at the Sisonke Health medical centre or your nominated Doctor
- 6 more specialist gynae and 1 paediatric consultation over and above your specialist benefit
- Ante-natal vitamins
- Paediatric vaccinations
- Sisonke Health mommy bag or voucher

“WORRY LESS  
AND ENJOY  
LIFE MORE”

## CONTACT US

T 0860 104 012

E [info@sisonkehealth.co.za](mailto:info@sisonkehealth.co.za) W [www.sisonkehealth.co.za](http://www.sisonkehealth.co.za)

Unlimited emergency medical transport by calling 082 911



Administered by Momentum TYB **momentum** | TYB

**f LIKE OUR  
PAGE TO:**

- Learn how to get and stay healthy;
- Get information on your medical benefits;
- Get free screening tests for your family

**SISONKE  
HEALTH**  
MEDICAL SCHEME