

2022

PRODUCT COMPARISON

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Bonitas

Medical Aid for South Africa

All claims are paid at the Bonitas Rate, unless otherwise stated. All benefits and limits are per calendar year, unless otherwise stated. Managed Care protocols apply. Product rules, limits, terms and conditions apply. Where there is a discrepancy between the content provided in this document and the Scheme Rules, the Scheme Rules will prevail. The Scheme Rules are available at www.bonitas.co.za. Benefits are subject to approval from the Council for Medical Schemes.

	BonComprehensive	BonClassic	BonComplete	BonSave	BonFit Select	Standard	Standard Select	Primary	Primary Select	
Monthly contributions (4th and subsequent children covered free)	Main: R8 217 Adult: R7 749 Child: R1 672	Main: R5 677 Adult: R4 874 Child: R1 401	Main: R4 570 Adult: R3 660 Child: R1 241	Main: R2 950 Adult: R2 284 Child: R883	Main: R2 230 Adult: R1 727 Child: R669	Main: R4 230 Adult: R3 667 Child: R1 241	Main: R3 822 Adult: R3 307 Child: R1 119	Main: R2 654 Adult: R2 076 Child: R844	Main: R2 322 Adult: R1 816 Child: R738	
Savings	Main: R18 600 Adult: R17 532 Child: R3 780	Main: R9 624 Adult: R8 268 Child: R2 376	Main: R8 208 Adult: R6 576 Child: R2 232	Main: R6 900 Adult: R5 340 Child: R2 064	Main: R4 284 Adult: R3 312 Child: R1 284	N/A				
Self-payment gap	Main: R4 380 Adult: R3 630 Child: R1 660	N/A	Main: R1 900 Adult: R1 610 Child: R415	N/A						
Above threshold benefit	Unlimited	N/A	Main: R5 050 Adult: R2 970 Child: R1 290	N/A						
GP benefit including virtual care consultations (*based on family size)	Paid from savings or above threshold benefit	Paid from savings	Paid from savings or above threshold benefit	Paid from savings Additional benefit for GP consultations when savings are finished (limited to 3 per beneficiary, maximum 6 per family) paid at the Bonitas Rate	Paid from savings Additional benefit for GP consultations when savings are finished (limited to 1 per beneficiary, maximum 2 per family) paid at the Bonitas Rate	*Ranges from R4 560 - R8 460 for network GPs (Standard: Sublimit of R1 490 - R2 820 for non-network GPs + 30% co-payment) Nomination of 2 network GPs applies to Standard Select		*Ranges from R1 960 - R5 200 for network GPs (Primary: Sublimit of R635 - R1 810 for non-network GPs + 30% co-payment) Nomination of 2 network GPs applies to Primary Select		
Day-to-day benefit (*based on family size)	N/A				*Ranges from R6 380 - R13 340		*Ranges from R2 750 - R6 730			
HOSPITAL BENEFITS (pre-authorisation required)										
Hospital network	N/A				Yes	N/A	Yes	N/A	Yes	
Hospital cover	Unlimited									
GP and specialist consultations (network doctors covered in full at the Bonitas Rate)	Unlimited Specialist covered at 150%, GP covered at 100% of the Bonitas Rate	Unlimited 100% of the Bonitas Rate								
Blood tests and X-rays	Unlimited, 100% of the Bonitas Rate									
MRIs and CT scans (R1 560 co-payment per scan event except for PMB)	R34 340 per family in and out-of-hospital	R31 770 per family in and out-of-hospital	R25 570 per family in and out-of-hospital		R17 270 per family in hospital	R28 600 per family in and out-of-hospital		R14 240 per family in and out-of-hospital		
Internal and external prostheses	R60 380 for internal prosthesis per family R60 380 for external prosthesis per family	R59 830 per family	R48 440 per family	R34 520 per family (internal only)	PMB only	R48 440 per family		PMB only		
Internal nerve stimulators	R181 400 per family	N/A				R181 400 per family		N/A		
Cochlear implants	R304 300 per family		N/A			R304 300 per family		N/A		
Mental health hospitalisation	R50 360 per family	R44 270 per family	R34 610 per family			R43 620 per family		R17 010 per family		
Submit of hospitalisation for mental health consultations per family (in or out-of-hospital)	R17 070 per family				PMB only	R17 070 per family		R10 280 per family		
Take-home medicine	Limited to a 7-day supply up to R595 per hospital stay	Limited to a 7-day supply up to R510 per hospital stay	Limited to a 7-day supply up to R450 per hospital stay	Limited to a 7-day supply up to R420 per hospital stay		Limited to a 7-day supply up to R510 per hospital stay		Limited to a 7-day supply up to R420 per hospital stay		
Physical rehabilitation	R54 360 per family									
Alternatives to hospital (hospice, step-down facilities)	R18 130 per family									
Palliative care (oncology only)	Unlimited									
Cancer treatment	R618 500 per family R245 400 of this can be used for specialised drugs (including biological drugs)	R410 400 per family	R344 500 per family		R165 500 per family	R344 500 per family		R165 500 per family		
Non-cancer specialised drugs (including biological drugs)	R207 900 per family	PMB only							PMB only	
Organ transplants	Unlimited							PMB only		
Kidney dialysis	Unlimited at a DSP or 20% co-payment applies at a non-DSP									
HIV/AIDS	Unlimited, if you register on the HIV/AIDS programme									
Day surgery procedures (applies to selected procedures)	You must use a network day hospital or a R2 290 co-payment will apply				You must use a network day hospital or a R4 570 co-payment will apply	You must use a network day hospital or a R2 290 co-payment will apply	You must use a network day hospital or a R4 570 co-payment will apply	You must use a network day hospital or a R2 290 co-payment will apply	You must use a network day hospital or a R4 570 co-payment will apply	
Co-payments for certain procedures	Co-payment applies for spinal surgery without DBC intervention Co-payment applies for non-ICPS hip and knee replacements Co-payment applies for cataract surgery at a non-DSP			Yes		Co-payment applies for spinal surgery without DBC intervention Co-payment applies for non-ICPS hip and knee replacements Co-payment applies for cataract surgery at a non-DSP		Yes		
OUT-OF-HOSPITAL BENEFITS										
GP consultations (including virtual care consultations)	Paid from available savings and/or above threshold benefit	Paid from available savings	Paid from available savings and/or above threshold benefit	Paid from available GP benefit						
Specialist consultations		Paid from available savings		Paid from available day-to-day benefit						
X-rays and ultrasounds	R3 410 per beneficiary R7 550 per family (Combined benefit)	Paid from available savings								
Blood tests	Paid from available savings						R845 per beneficiary R2 580 per family	R515 per beneficiary R1 510 per family		
Acute medicine 20% co-payment for non-DSP/ non-formulary use	Paid from available savings and/or above threshold benefit	Paid from available savings						Paid from available day-to-day benefit		
Over-the-counter medicine 20% co-payment for non-DSP/ non-formulary use	Medicine limited to R15 000 per family above threshold	Paid from available savings						Paid from available day-to-day benefit		
Allied medical professionals (such as dietician, speech and occupational therapist)	Paid from available savings and/or above threshold benefit	Paid from available savings and/or above threshold benefit						Paid from available day-to-day benefit		
Physiotherapy, podiatry and biokinetics	Paid from available savings	Paid from available savings and/or above threshold benefit						Paid from available day-to-day benefit		
General medical appliances	Paid from available savings	Paid from available savings						R8 410 per family Stoma Care and CPAP machines may exceed the limit by R7 180 per family	Limited to and included in the day-to-day benefit The day-to-day benefit may be exceeded by R6 910 per family for Stoma Care and CPAP machines	
Hearing aids	R28 250 per family every 5 years 10% co-payment applies	R18 500 per family every 5 years 10% co-payment applies		N/A	N/A		R17 530 per family every 5 years 20% co-payment will apply		N/A	
Optometry (once every 2 years)	Paid from available savings and/or above threshold benefit, limited to R3 500 per beneficiary	R5 845 per family	Paid from available savings		R6 700 per family		R5 163 per family			
Refractive surgery	R22 760 per family	N/A								
Basic dentistry	Paid from available savings and/or above threshold benefit	R5 138 per family, per year	Covered at the Bonitas Dental Tariff, subject to the Bonitas Dental Management Programme							
Specialised dentistry	Paid from available savings and/or above threshold benefit	R6 186 per family, per year Covered at the Bonitas Dental Tariff	Covered at the Bonitas Dental Tariff	N/A		Covered at the Bonitas Dental Tariff		N/A		
Chronic benefits (40% co-payment for non-DSP/ non-formulary use)	60 chronic conditions R15 160 per beneficiary R30 190 per family	47 chronic conditions R12 420 per beneficiary R25 680 per family Subject to use of DSP	31 chronic conditions Unlimited, subject to use of DSP	Unlimited for PMB, subject to use of DSP		45 chronic conditions R10 530 per beneficiary R21 130 per family Unlimited for PMB, subject to use of DSP		Unlimited for PMB, subject to use of DSP		
ADDITIONAL BENEFITS (in addition to savings and day-to-day benefits)										
International travel benefit (per trip)	You must register for this benefit prior to departure Up to R10 million cover per family for medical emergencies when you travel outside South Africa Additional benefit for compulsory COVID-19 test and medical quarantine up to R10 000 per person									
Africa benefit (per trip)	In and out-of-hospital treatment covered at 100% of the Bonitas rate Subject to authorisation									
Contraceptives (per family for women aged up to 50)	R1 720	R1 720 at the DSP		R1 660 at the DSP		R1 720 at the DSP		R1 660 at the DSP		
MATERNITY BENEFITS (per pregnancy)										
Private ward after delivery	Yes	N/A								
Antenatal consultations	12		6			12		6		
2D ultrasound scans	2									
Antenatal classes	R1 330			R1 280	Paid from savings	R1 330		N/A		
Amniocentesis	1									
Postnatal consultations	4 (1 can be used for a consultation with a lactation specialist)									
CHILDCARE BENEFITS										
Hearing screening	Newborns, in or out-of-hospital									
Congenital hypothyroidism screening	Infants under 1 month old									
24/7 telephonic baby advice line	For children under 3 years									
Paediatric consultations for children under 1 year	3	N/A	2						1	
Paediatric consultations for children between ages 1 and 2	2		1	2		1				
GP consultations for children between ages 2 and 12	2		1	2		1				
Childhood immunisations up to the age of 12	According to the Expanded Programme on Immunisation in South Africa									
PREVENTATIVE CARE										
Dental fissure sealants	To prevent tooth decay on permanent teeth for children under 16									
HIV test and counselling per beneficiary	1									
Flu vaccine per beneficiary	1									
Full lipogram every 5 years, for members aged 20 and over	1	N/A			1		N/A			
Mammogram every 2 years, women over 40	1									
Pap smear every 3 years, women between ages 21 and 65	1									
Prostate screening antigen test, men between ages 45 and 69	1									
Pneumococcal vaccine every 5 years, members aged 65 and over	1									
Stool test for colon cancer, members between ages 50 and 75	1									
Bone density screening, women aged 65 and men aged 70 and over	1	N/A								
WELLNESS BENEFITS										
Wellness screening (Blood pressure, glucose, cholesterol, Body Mass Index and waist-to-hip ratio)	1 per beneficiary									
Benefit Booster Benefit includes: GP, specialist, biokineticist, physiotherapy and alternative healthcare consultation(s), paramedical services, acute and over-the-counter medicine, non-surgical procedures, blood tests and X-rays	R2 730 per family Consultations and treatment paid at 100% of the Bonitas Rate	R1 880 per family Consultations and treatment paid at 100% of the Bonitas Rate		R1 310 per family Consultations and treatment paid at 100% of the Bonitas Rate		R1 880 per family Consultations and treatment paid at 100% of the Bonitas Rate		R1 310 per family Consultations and treatment paid at 100% of the Bonitas Rate		

DSP = Designated Service Provider

PMB = Prescribed Minimum Benefits

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SMSs CHARGED AT R1.50. FREE SMSs DO NOT APPLY. TS & CS APPLY.

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 **bonitas.co.za/member**

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 **Bonitas Medical Fund**

 **@BonitasMedical**

Please note: Product rules, limits, terms and conditions apply. Where there is a discrepancy between the content provided in this brochure and the Scheme Rules, the Scheme rules will prevail. The Scheme Rules are available at www.bonitas.co.za. Benefits are subject to approval from the Council for Medical Schemes. All claims are paid at the Bonitas Rate, unless otherwise stated. All benefits and limits are per calendar year, unless otherwise stated. Managed Care protocols apply.

	Hospital Standard	BonEssential	BonEssential Select
Monthly contributions (4th and subsequent children covered free)	Main: R2 592	Main: R2 033	Main: R1 784
	Adult: R2 184	Adult: R1 555	Adult: R1 364
	Child: R986	Child: R596	Child: R523
HOSPITAL BENEFITS (pre-authorisation required)			
Hospital cover	Unlimited		Unlimited, at a network hospital
GP and specialist consultations	Unlimited, 100% of the Bonitas Rate		
Blood tests and X-rays	Unlimited, 100% of the Bonitas Rate		
MRIs and CT scans (in and out-of-hospital)	R28 600 per family R1 560 co-payment per scan event	R17 270 per family R1 560 co-payment per scan event	
Internal prosthesis (no cover for joint replacements or back and neck surgery)	R48 440 per family	PMB only	
External prosthesis	PMB only		
Mental health hospitalisation	R34 610 per family		R34 610 per family at a DSP or 30% co-payment applies
Take-home medicine	Limited to a 7-day supply up to R510 per hospital stay	Limited to a 7-day supply up to R420 per hospital stay	
Physical rehabilitation	R54 360 per family		
Alternatives to hospital (hospice, step-down facilities)	R18 130 per family		
Palliative care (oncology only)	Unlimited		
Cancer treatment	R165 500 per family	PMB only	
Organ transplants	Unlimited	PMB only	
Kidney dialysis	Unlimited at a DSP or 20% co-payment applies at a non-DSP		
HIV/AIDS	Unlimited, if you register on the HIV/AIDS programme		
Day surgery procedures (applies to selected procedures)	You must use a network day hospital or a R2 290 co-payment will apply		You must use a network day hospital or a R4 570 co-payment will apply
Co-payments for certain procedures	Yes		
Chronic benefits	Unlimited for PMB at the DSP		
ADDITIONAL BENEFITS (in addition to your other benefits)			
International travel benefit (per trip)	You must register for this benefit prior to departure Up to R10 million cover per family for medical emergencies when you travel outside South Africa Additional benefit for compulsory COVID-19 test and medical quarantine up to R10 000 per person		
Africa benefit (per trip)	In and out-of-hospital treatment covered at 100% of the Bonitas rate Subject to authorisation		
Contraceptives (per family for women aged up to 50)	R1 720 at the DSP	R1 330 at the DSP	
MATERNITY BENEFITS (per pregnancy)			
Antenatal consultations	6		
2D ultrasound scans	2		
Amniocentesis	1		
Postnatal consultations	4 (1 can be used for a consultation with a lactation specialist)		
CHILDCARE BENEFITS			
Hearing screening	For newborns, in or out-of-hospital		
Congenital hypothyroidism screening	For infants under 1 month old		
24/7 telephonic baby advice line	For children under 3 years		
Paediatric consultations for children under 1 year	2	N/A	
Paediatric consultations for children between ages 1 and 2	1	N/A	
GP consultations for children between ages 2 and 12	1		
PREVENTATIVE CARE			
Dental fissure sealants	N/A	One per tooth once every 3 years to prevent tooth decay on permanent teeth for children under 16	
HIV test and counselling per beneficiary	1		
Flu vaccine per beneficiary	1		
Mammogram every 2 years, women over 40	1		
Pap smear every 3 years, women between ages 21 and 65	1		
Prostate screening antigen test, men between ages 45 and 69	1		
Pneumococcal vaccine every 5 years, members aged 65 and over	1		
Stool test for colon cancer, members between ages 50 and 75	1		
WELLNESS BENEFITS			
Wellness screening (Blood pressure, glucose, cholesterol, Body Mass Index and waist-to-hip ratio)	1 per beneficiary		
Benefit Booster Benefit includes: GP specialist, biokineticist, physiotherapy and alternative healthcare consultation(s), paramedical services, acute and over-the-counter medicine, non-surgical procedures, blood tests and X-rays	R1 360 per family Consultations and treatment paid at 100% of the Bonitas Rate	R940 per family Consultations and treatment paid at 100% of the Bonitas Rate	

	BonCap			
	R0 to R9 430	R9 431 to R15 320	R15 321 to R19 930	R19 931+
Monthly contributions	Main: R1 274	Main: R1 507	Main: R2 429	Main: R2 982
	Adult: R1 274	Adult: R1 507	Adult: R2 429	Adult: R2 982
	Child: R600	Child: R693	Child: R919	Child: R1 131
HOSPITAL BENEFITS (pre-authorisation required)				
Hospital cover	Unlimited			
GP and specialist consultations (network doctors covered in full at negotiated rates)	Unlimited, covered at 100% of the Bonitas Rate			
Blood tests and X-rays	Blood tests R27 880 per family X-rays unlimited, 100% of the Bonitas Rate			
MRIs and CT scans	R12 720 per family, R1 040 co-payment per scan event			
Internal and external prostheses	PMB only			
Mental health hospitalisation	PMB only at a DSP			
Take-home medicine	Limited to a 7-day supply up to R420 per hospital stay			
Physical rehabilitation	R54 360 per family			
Alternatives to hospital (hospice, step-down facilities)	R15 660 per family			
Palliative care (oncology only)	Unlimited			
Cancer treatment	PMB only at a DSP			
Organ transplants	PMB only at a DSP			
Kidney dialysis	Unlimited at a DSP or 20% co-payment applies			
HIV/AIDS	Unlimited, subject to registration on the HIV/AIDS programme			
OUT-OF-HOSPITAL BENEFITS				
Network GP consultations including virtual care consultations (GP nomination applies)	Unlimited, using a maximum of 2 nominated BonCap network GPs Pre-authorisation required from 8th visit			
Non-network GP consultations	1 out-of-network consultation per beneficiary, maximum 2 consultations per family, limited to R1 110 20% co-payment applies			
Network specialist consultations (this benefit includes acute medicine, blood tests, X-rays, MRIs and CT scans)	3 visits or R3 280 per beneficiary or 5 visits or R4 870 per family			
Non-network specialist consultations (this benefit includes acute medicine, blood tests, X-rays, MRIs and CT scans)	1 visit or R1 100 per beneficiary or 2 visits or R2 000 per family 10% co-payment applies			
GP-referred acute medicine, X-rays and blood tests (*based on family size)	*Ranges from R1 940 - R4 680 Subject to the BonCap formulary, Bonitas pharmacy network and use of a network provider			
Over-the-counter medicine	R100 per event, R280 per beneficiary per year Subject to the BonCap medicine formulary, Bonitas pharmacy network and use of a network provider			
Allied medical professionals (such as dietician, speech and occupational therapist)	PMB only			
General medical appliances	R5 960 per family			
Optometry (once every 2 years)	Managed Care protocols apply			
Basic dentistry	Managed Care protocols apply			
Day surgery procedures (applies to selected procedures)	You must use a network day hospital or a R10 390 co-payment will apply			
Chronic benefits	Unlimited for PMB at the DSP			
ADDITIONAL BENEFITS				
Contraceptives (per family for women aged up to 50)	R1 110 at the DSP			
CHILDCARE BENEFITS				
Hearing screening	Newborns, in or out-of-hospital			
Congenital hypothyroidism screening	Infants under 1 month old			
24/7 telephonic baby advice line	For children under 3 years			
PREVENTATIVE CARE				
Dental fissure sealants	One per tooth once every 3 years to prevent tooth decay on permanent teeth for children under 16			
HIV test and counselling per beneficiary	1			
Flu vaccine per beneficiary	1			
Mammogram every 2 years, women over 40	1			
Pap smear every 3 years, women between ages 21 and 65	1			
Prostate screening antigen test, men between ages 45 and 69	1			
Pneumococcal vaccine every 5 years, members aged 65 and over	1			
Stool test for colon cancer, members between ages 50 and 75	1			
WELLNESS BENEFITS				
Wellness screening (Blood pressure, glucose, cholesterol, Body Mass Index and waist-to-hip ratio)	1 per beneficiary			

DSP = Designated Service Provider

PMB = Prescribed Minimum Benefits

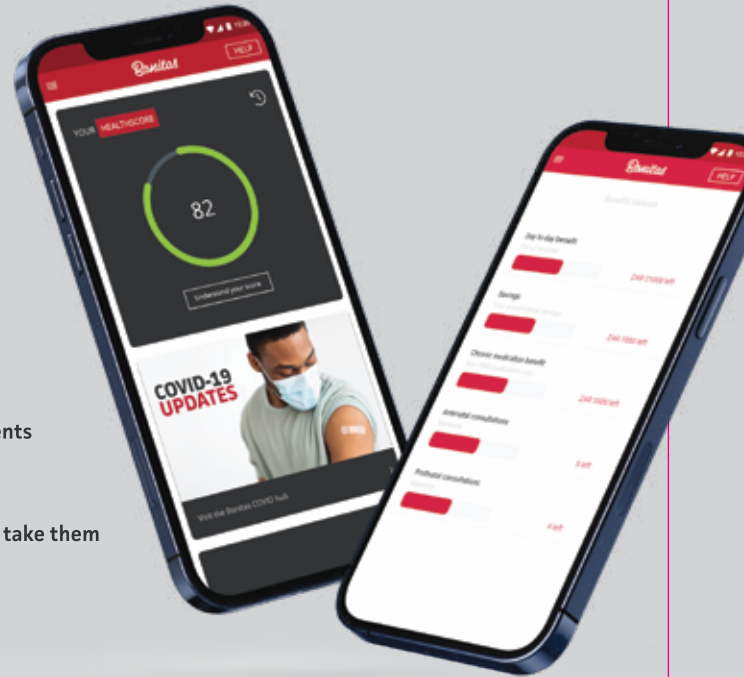
	BonStart		BonStart Plus	
Monthly contributions	Main:	R1 338	Main:	R1 670
	Adult:	R1 338	Adult:	R1 587
	Child:	R1 338	Child:	R735
HOSPITAL BENEFITS (pre-authorisation required)				
Hospital cover	Unlimited, at BonStart Hospital Network			
	R1 500 co-payment per admission, except for PMB emergencies		R1 000 co-payment per admission, except for PMB emergencies	
GP and specialist consultations	Unlimited, 100% of the Bonitas Rate			
Blood tests and X-rays	Blood tests limited to R25 950 per family X-rays unlimited, covered at 100% of the Bonitas Rate		Unlimited, covered at 100% of the Bonitas Rate	
MRIs and CT scans	R11 840 per family R2 500 co-payment per non-PMB scan event		R16 070 per family R2 000 co-payment per non-PMB scan event	
Allied medical professionals (such as dietician, speech and occupational therapist)	PMB only			
Physiotherapy and biokinetics	PMB only			
Childbirth	Unlimited at the BonStart Hospital Network Emergency approved C-sections only			
Neonatal care	Limited to R46 290 per family, except for PMB			
Internal and external prostheses	PMB only		Internal: R16 070 per family (no cover for joint replacement except for PMB) External: PMB only	
Mental health hospitalisation	PMB only at a DSP			
Take-home medicine	Limited to a 7-day supply up to R390 per hospital stay			
Physical rehabilitation	R50 600 per family			
Alternatives to hospital (hospice, step-down facilities)	R14 570 per family		R16 880 per family	
Palliative care (oncology only)	Unlimited			
Dentistry	PMB only			
Cancer treatment	PMB only, at a DSP or a 30% co-payment applies			
Organ transplants	PMB only, at a DSP or a 30% co-payment applies			
Kidney dialysis	PMB only, at a DSP or a 30% co-payment applies			
HIV/AIDS	Unlimited, if you register on the HIV/AIDS programme			
OUT-OF-HOSPITAL BENEFITS				
GP consultations	Unlimited Network GP consultations, R110 co-payment per visit. Pre-authorisation required from 6th visit.		Unlimited Network GP consultations, R55 co-payment per visit. Pre-authorisation required from 10th visit.	
Virtual Care GP and nurse consultations	Unlimited			
Specialist consultations	Limited to 1 visit per family up to R1 100	R220 co-payment per visit	Limited to 2 visits per family up to R2 000	R110 co-payment per visit
	Including all acute medicine, basic radiology, specialised radiology and pathology prescribed by the specialist			
Combined benefit for X-rays, ultrasounds, blood tests and acute medicine	Limited to R1 500 per family Acute medicine: 20% co-payment per script, subject to the medicine formulary, 40% co-payment for non-DSP use		Limited to R2 800 per family Acute medicine: 20% co-payment per script, subject to the medicine formulary, 40% co-payment for non-DSP use	
Over-the-counter medicine	Limited to R95 per event, R460 per family per year Subject to the medicine formulary, 40% co-payment for non-DSP use		Limited to R145 per event, R690 per family per year Subject to the medicine formulary, 40% co-payment for non-DSP use	
General medical appliances	PMB only		R5 550 per family	
Optometry	1 eye test per beneficiary, R110 co-payment		1 eye test per beneficiary, R55 co-payment	
Basic dentistry	1 consultation per beneficiary, R110 co-payment		1 consultation per beneficiary, R55 co-payment	
Physiotherapy	2 consultations per beneficiary for sport-related injuries, R110 co-payment		4 consultations per beneficiary for sport-related injuries, R55 co-payment	
Mental health	PMB only, subject to use of DSP			
Day surgery procedures (applies to selected procedures)	You must use a network day hospital or a R10 650 co-payment applies			
Co-payments for certain procedures	Yes			
Chronic benefits	Unlimited for PMB, subject to use of DSP			
ADDITIONAL BENEFITS				
International travel benefit (per trip)	You must register for this benefit prior to departure Up to R10 million cover per family for medical emergencies when you travel outside South Africa Additional benefit for compulsory COVID-19 test and medical quarantine up to R10 000 per person			
Africa benefit (per trip)	In and out-of-hospital treatment covered at 100% of the Bonitas rate. Subject to authorisation			
Contraceptives (per family for women aged up to 50)	R1 070 at the DSP		R1 290 at the DSP	
MATERNITY CARE (per pregnancy)				
Antenatal consultations			6	
2D ultrasound scans	N/A		2	
Amniocentesis			1	
Postnatal consultations			4 (1 can be used for a consultation with a lactation specialist)	
CHILDCARE BENEFITS				
Hearing screening	N/A		Newborns, in or out-of-hospital	
Congenital hypothyroidism screening			Infants under 1 month old	
24/7 telephonic baby advice line	For children under 3 years			
PREVENTATIVE CARE				
Dental fissure sealants	To prevent tooth decay on permanent teeth for children under 16			
HIV test and counselling per beneficiary	1			
Flu vaccine per beneficiary	1			
Pap smear every 3 years, women between ages 21-65	1			
WELLNESS BENEFITS				
Wellness screening (Blood pressure, glucose, cholesterol, Body Mass Index and waist-to-hip ratio)	1 per beneficiary			
BENEFIT BOOSTER				
Benefit Booster Benefit includes: GP specialist, biokineticist, physiotherapy and alternative healthcare consultation(s), paramedical services, acute and over-the-counter medicine, non-surgical procedures, blood tests and X-rays	R940 per family Consultations and treatment paid at 100% of the Bonitas Rate			

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MANAGING YOUR MEDICAL AID IS EASY

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- Check your benefits
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- Save and access information for emergency contacts
- Access your digital membership card
- Update important information for you and everyone on your plan
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You can:

- Get your statements
- Save your electronic membership card
- View claims for the last 90 days
- Download your tax certificate or certificate of membership
- Chat live to resolve queries



AMP UP YOUR WELLNESS!

AMP is a brand-new section in the app which aims to change the health and wellness behaviour of our members and beneficiaries, guiding you to a healthier you. It's absolutely free and available to all members and beneficiaries who are 18 years and older.

- Create your own avatar
- Get a health score for yourself and each of your dependants
- Receive nudges to educate and guide you to a healthier lifestyle
- Earn badges (and bragging rights!) for completing health questionnaires or a health risk assessment
- Get access to bespoke eating plans from EatForLife
- Access virtual gym sessions
- Access the AVO store which offers:
 - Lifestyle rewards
 - Discounted deals from more than 7 000 different merchants
 - 1% cashback on all purchases
 - Free delivery on orders over R450

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