

# StratumBenefits<sup>+</sup>



## DAY-TO-DAY BENEFIT OPTION

### WHO'S COVERED?

This health insurance policy covers you, your spouse and any child dependant of whom you are the parent or legal guardian.

Ask your employer if your spouse and dependants may also join.

Employer groups are covered if **2 or more** employees join through their employer.

Premiums for employer groups are determined by factors like the employer group's size, average age and if cover is compulsory or voluntary.



### GP PRE-AUTH WAIVER

Add the **GP PRE-AUTH WAIVER** for an additional premium per policy per month.

## ASK US FOR A QUOTE

**Health Insurance is not a medical aid, does not provide similar cover as medical aid and cannot be substituted for a medical aid membership.**



## DAY-TO-DAY BENEFIT OPTION

Through a national network of providers who've contracted with **Unity Health**, our health insurance administrator, you have access to more than 4 000 GPs, various pharmacies, pathologists and radiologists.

Download the **Unity Health** mobile app to find your nearest providers.

Visit [www.stratumbenefits.co.za/health-insurance-downloads/](http://www.stratumbenefits.co.za/health-insurance-downloads/) for a guide on how to download the app and the useful features it offers.

**Unity Health** has contracted with the following providers:

### PARTNERS IN MEDICINE



### PARTNERS IN TELEMEDICINE



### PARTNERS IN OPTOMETRY



#### PRE-AUTHORISATION

For consultations that require pre-authorization, please call us on 011 781 4488 before you see the healthcare provider.

## CONSULTATION COVER



### GP CONSULTATIONS AND MEDICAL PROCEDURES

You may visit any network GP **as often as needed**.

Basic medical and surgical procedures can be performed in the doctor's room based on a list of **approved procedures**, such as stitching a wound, circumcision and applying a cast to a broken arm.

**Pre-authorization** for each network GP consultation is required.



#### GP PRE-AUTH WAIVER

Add the **GP PRE-AUTH WAIVER** for an additional premium per policy per month to see your network GP without prior approval.

**Good to know:** If you don't add this benefit when you join, you can do so for the new benefit year beginning 1 January 2025.



### OUT-OF-NETWORK GP CONSULTATIONS

Visit any out-of-network GP when you can't get to your network GP.

You'll be refunded up to **R 310 per consultation**, limited to **2 consultations per person per year**.



### INTERCARE ONLINE GP CONSULTATIONS

You may have a virtual GP consultation with an **Intercare** healthcare provider **as often as needed**.

Access this benefit in the **Unity Health** mobile app or online portal.



### TELEMEDICINE GP CONSULTATIONS

Virtual GP consultations can be arranged during one of your nurse consultations. The nurse will determine if it's necessary to consult with a GP and help set up a virtual consultation through a video conference link.

Virtual GP consultations at **Alpha Pharm**, **Dis-Chem** and **Local Choice** pharmacy clinics are **unlimited**.

Download the **Unity Health** mobile app to find your nearest approved pharmacy with a nurse clinic that is partnered with **Healthforce** or **AlphaDoc**.



## NURSE CONSULTATIONS

The nurse at your nearest **Alpha Pharm**, **Clicks**, **Dis-Chem** or **Local Choice** pharmacy clinic can treat minor ailments and provide up to **Schedule 2** medication.

There's **no limit** to the number of times you may see a nurse.

Acute medication is subject to the **approved medicine formulary** and has **no benefit limit**.



## SPECIALIST CONSULTATIONS

When the medical treatment provided by your network GP fails, and you need more specialised care, your GP must **refer** you, and the specialist consultation must be **pre-authorized**.

You'll be refunded up to **R 1 500 per consultation**, limited to **R 3 150 per family per year**.

This benefit will be prorated depending on your cover start date.

*If the specialist refers you for blood tests and x-rays that are on the list of approved codes, it will be covered from the **BLOOD TESTS AND X-RAYS BENEFIT**.*

*If it's not on the list, it will be covered from the **SPECIALIST CONSULTATION BENEFIT** up to the available benefit limit.*

*The **ACUTE MEDICATION BENEFIT** covers medication the specialist prescribes if it's on the **approved formulary**.*

*If it's not on the formulary, it will be covered from the **SPECIALIST CONSULTATION BENEFIT** up to the available benefit limit.*



## PRE-BIRTH CONSULTATIONS

Soon-to-be moms can visit any gynaecologist of their choice for check-ups and scans before the delivery.

You'll be refunded for **2 consultations** and **2 ultrasound scans (2D)**, limited to **R 3 800 per family per year**.

**Pre-authorization** is required for the consultations and ultrasound scans.

*This benefit covers the cost of consultations and ultrasound scans before the delivery, not any costs related to childbirth.*

## MEDICINE COVER



### ACUTE MEDICATION

#### DISPENSING NETWORK GP

Acute medication that your network GP gives to you in the room from the **approved Mediscor formulary** has **no benefit limit**.

#### NON-DISPENSING NETWORK GP

If your network GP isn't a dispensing doctor, you'll be given a prescription to collect the medication at a network pharmacy.

Acute medication that your network GP prescribes from the **approved Mediscor formulary** has **no benefit limit**.

#### APPROVED MEDICINE FORMULARY

*The medication your network GP, the nurse or the specialist prescribes or the medication that may be prescribed during a virtual GP or Intercare virtual GP consultation will be covered if it's on the **approved Mediscor formulary**.*

*Mediscor is a pharmaceutical benefits management organisation.*

*A formulary is an **approved list of medicines** Unity Health covers in full.*

*Sometimes, non-formulary medicines may be prescribed if it's best for your health. When this happens, and there's no generic equivalent on the formulary, the cost will be for your pocket.*



## CHRONIC MEDICATION

You're covered for chronic medication that your network GP prescribes from the **approved Mediscor formulary** for the following chronic conditions or diseases:

- Addison's disease;
- asthma;
- bi-polar mood disorder;
- bronchiectasis;
- cardiac failure;
- cardiomyopathy disease;
- chronic renal disease;
- coronary artery disease;
- Crohn's disease;
- chronic obstructive pulmonary disorder;
- diabetes insipidus;
- diabetes mellitus type 1 & 2;
- dysrhythmia;
- glaucoma;
- epilepsy;
- haemophilia;
- HIV/AIDS;
- hyperlipidaemia;
- hypertension;
- hyperlipidaemia;
- hypothyroidism;
- multiple sclerosis;
- Parkinson's disease;
- rheumatoid arthritis;
- schizophrenia;
- systemic lupus erythematosus;
- tuberculosis; and
- ulcerative colitis.

Your network GP can help register you on the **Chronic Medication Programme with Mediscor**.

Once you're registered to receive chronic medication, your medication can be delivered, or you can collect it at your nearest network pharmacy.

## BLOODS, X-RAYS, DENTAL AND EYE CARE COVER



### BLOOD TESTS AND X-RAYS

When you need a blood test, such as a cholesterol or glucose test, your network GP will **refer** you to the nearest **Ampath, Lancet** or **PathCare** pathology facility.

You're also covered for a **Covid-19 PCR screening test** if your network GP **refers** you, **pre-authorisation** is obtained and if you test **positive** for **Covid-19**.

Limited to **1 test per person per year**.

Basic black-and-white x-rays, such as a chest x-ray, are covered when your network GP **refers** you to a radiology facility during one of your visits.

Blood tests and x-rays on the list of **approved codes** are **unlimited**, but specific diagnostic blood tests are limited if the tests aren't part of an approved chronic disease treatment plan.

*Specialised radiology, such as MRI and CT scans, aren't covered.*



### DENTAL CARE

Visit **any** dentist for basic or emergency dental treatment.

**Pre-authorisation** for certain dental fillings is required.

This benefit covers full mouth assessments, intraoral radiographs, scaling and polishing, extractions, emergency root canal treatments, fillings, and pain and sepsis treatments according to a list of **approved codes** and **agreed rates**.

Limited to **R 1 375 per consultation** and **R 4 100 per family per year**.

This benefit will be prorated depending on your cover start date.

*Find a recommended dentist on the **Unity Health** mobile app.*



## EYE CARE

**Unity Health** has an exclusive network arrangement with **Specsavers** and **Execuspecs**.

Visit your nearest network optometrist for:

- 1 eye test **per person every 2 years**;
- 1 standard frame to the value of **R 499 per person every 2 years**; and
- 1 pair of clear, standard spectacle lenses **per person every 2 years**.

*Specsavers and Execuspecs are part of the **Preferred Provider Network (PPN)**, the largest optical network in the country.*

*To find your nearest **Specsavers** or **Execuspecs** optometrist, visit [www.ppn.co.za](http://www.ppn.co.za).*

*Optional extras, like tinting or scratch resistant coatings, aren't covered.*

## WELLNESS BENEFITS



### WELLNESS ASSESSMENT

As an employee of a registered employer group, you're covered for **1 wellness assessment per person per year** for the following on-site **basic health checks** when an Employee Wellness Day is scheduled for **15 or more** employees:

- blood pressure;
- body mass index;
- cholesterol;
- glucose levels;
- waist circumference; and
- HIV/AIDS, including counselling before and after testing.

**Additional health checks** can be done during the Wellness Day:

- breast screening using a **Breastlight™** device for all female employees;
- eye test;
- prostate screening every **2 years** for males aged **50 years or older**; and
- tuberculosis rapid test for all high-risk employees.

If you miss the Wellness Day, you may visit your nearest **Alpha Pharm, Clicks, Dis-Chem** and **Local Choice** pharmacy clinic to have your **basic health checks** and **prostate screening** done.

*Your dependants may have their basic health checks and prostate screening done at their nearest **Alpha Pharm, Clicks, Dis-Chem** or **Local Choice** pharmacy clinic.*



### PREVENTATIVE CARE

You have access to the following vaccinations and preventative tests:

#### VACCINATIONS

- 1 flu vaccination **per person per year** to be administered by the **31st of May**;
- 1 pneumococcal vaccination **every 5 years** for individuals **60 years or older**, or for individuals with a medically proven compromised immune system;

*Pre-authorisation for a pneumococcal vaccination is required.*

- 1 hepatitis A and B vaccination **once-off per person**; and
- 1 tetanus vaccination **per person every 10 years**.

#### TESTS AND SCREENINGS

- 1 pap smear **every 3 years** for females aged **21 years or older**; or

*Ask your network GP about having a pap smear done in the room during one of your consultations.*

- 1 prostate screening every **2 years** for males aged **50 years or older**.

*PSA pathology tests aren't covered.*

**ESSENTIAL ASSISTANCE PROGRAMME (EAP)**

Get **unlimited 24/7** telephonic advice and counselling services through **Reality Wellness Group** for:

- financial advice;
- legal advice;
- HIV/AIDS counselling; and
- trauma counselling.

*Virtual counselling sessions can be arranged but face-to-face counselling isn't covered.*

**WAITING PERIODS****UNDERWRITING APPLICABLE TO EMPLOYER GROUPS**

Waiting periods don't apply to employer groups when it's compulsory for **20 or more** employees to join.

When **20 or less** employees join, or when it's voluntary for employees to join, the following waiting periods apply:

**1 MONTH GENERAL WAITING PERIOD**

There's no cover during this period for the **DAY-TO-DAY BENEFITS**, **WELLNESS ASSESSMENT** and **PREVENTATIVE CARE BENEFITS**.

**9 MONTH PRE-BIRTH CONSULTATION WAITING PERIOD****12 MONTH CHRONIC MEDICATION WAITING PERIOD****12 MONTH EYE CARE WAITING PERIOD****EXCEPTION TO THE RULE**

Waiting periods don't apply to the **ESSENTIAL ASSISTANCE PROGRAMME (EAP)**.

**GENERAL EXCLUSIONS**

The Company isn't liable for bodily injury, disease, hospitalisation, medical treatment, or sickness directly or indirectly caused by, related to or in consequence of:

1. medical events that occurred before your cover start date.
2. medical events during waiting periods, except for accidents and emergencies, where applicable.
3. medical events when benefit limits have been reached.
4. medical events your policy doesn't cover or provide an appropriate benefit to claim from.
5. medical events for which pre-authorisation or a healthcare provider referral hasn't been obtained, where applicable.
6. more than one general practitioner, nurse, or virtual general practitioner consultation on the same day for the same insured person.
7. medical events when using healthcare or service providers not part of the provider network, except if your policy offers a benefit.
8. healthcare services, procedures, or medication not part of the list of approved tariff codes or formularies, where applicable.
9. allied healthcare providers' consultations, such as physiotherapists and speech therapists, under the **SPECIALIST CONSULTATION BENEFIT**.
10. eye care, except an eye test, frame and spectacle lenses under the **EYE CARE BENEFIT**.
11. costs that, in the opinion of the Underwriting Manager's clinical review team:
  - a. aren't medically necessary or clinically appropriate;
  - b. don't meet the healthcare needs of the insured person; or
  - c. aren't consistent in type, frequency, or duration of treatment.
12. failure to follow medical advice or adherence to treatment as prescribed.
13. cosmetic surgery or surgery directly or indirectly caused by, related to or in consequence of cosmetic surgery.
14. investigations, treatment, surgery for obesity, or any medical treatment directly or indirectly caused by or related to any condition that is a consequence of a claimable event.
15. external prosthetic devices or medical items, such as artificial limbs and wheelchairs.
16. artificial insemination, infertility treatment or contraceptives.
17. robotic surgery, specialised mechanical or computerised appliances, or equipment.
18. routine physical procedures of a purely diagnostic nature or examinations with no objective indication of impairment in normal health, including laboratory diagnostic or x-ray examinations, except in the course of a medical condition or disability established by a prior call or attendance of a medical practitioner.
19. participation or any act or activity which is calculated or directed to bring about riots, wars, war-like operations (whether war be declared or not), invasions, acts of foreign enemies, hostilities, public disorder, terrorism, civil commotions, civil wars, labour disturbances, strikes, activities of locked-out workers.
20. mutiny, military rising, military or usurped power, martial law or state of siege, or any other event or cause which determines the proclamation or maintenance of martial law or state of siege, insurrection, rebellion or revolution.
21. any claim, cost, damage, expense, liability, or loss which results or arises from or is contributed by any other cause or event that contributes concurrently or in sequence to the loss, damage, expense, liability, or loss where that other cause or event isn't expressly insured, or is expressly excluded under this policy.
22. any act which is calculated or directed to bring about loss or damage to further any political aim, objective or cause, or to bring about any social or economic change, or in protest against any state or government or any provincial, local or tribal authority, or for the purpose of inspiring fear in the public or any section thereof.
23. deliberate criminal or fraudulent acts, or any illegal activity conducted by you or a member of your household which directly or indirectly results in loss, damage or injury.
24. attempted suicide, suicide, intentional self-injury, or deliberate exposure to exceptional danger, except if trying to save a human life.
25. events where the use of drugs, narcotics or alcohol are involved, including any illness or addiction caused by using such substances.
26. participation in:
  - a. active military, police or police reservist duty;
  - b. aviation, other than as a passenger;
  - c. any competitive or professional sport or activity; or
  - d. any race or speed test, except on foot or involving any non-mechanically propelled vehicle, vessel, craft or aircraft.
27. nuclear weapons, nuclear material, ionising radiation, contamination by radioactivity from any nuclear fuel or nuclear waste, or from the combustion of nuclear fuel, including any self-sustaining process of nuclear fission.
28. events that occur for which the actual damage is provided for by legislation, including contractual liability and consequential loss.
29. non-disclosure of material information that is likely to affect the assessment or acceptance of risk.
30. dual insurance where cover is provided by more than one health insurance policy through different insurers, or the same insurer.
31. the failure of any electricity grid. This is applicable to any loss, damage, cost, expense or liability of whatsoever nature.

**This brochure is a summary and does not replace any information provided in your Policy Schedule. If there are any differences, please refer to your Policy Schedule. Terms and conditions apply.**