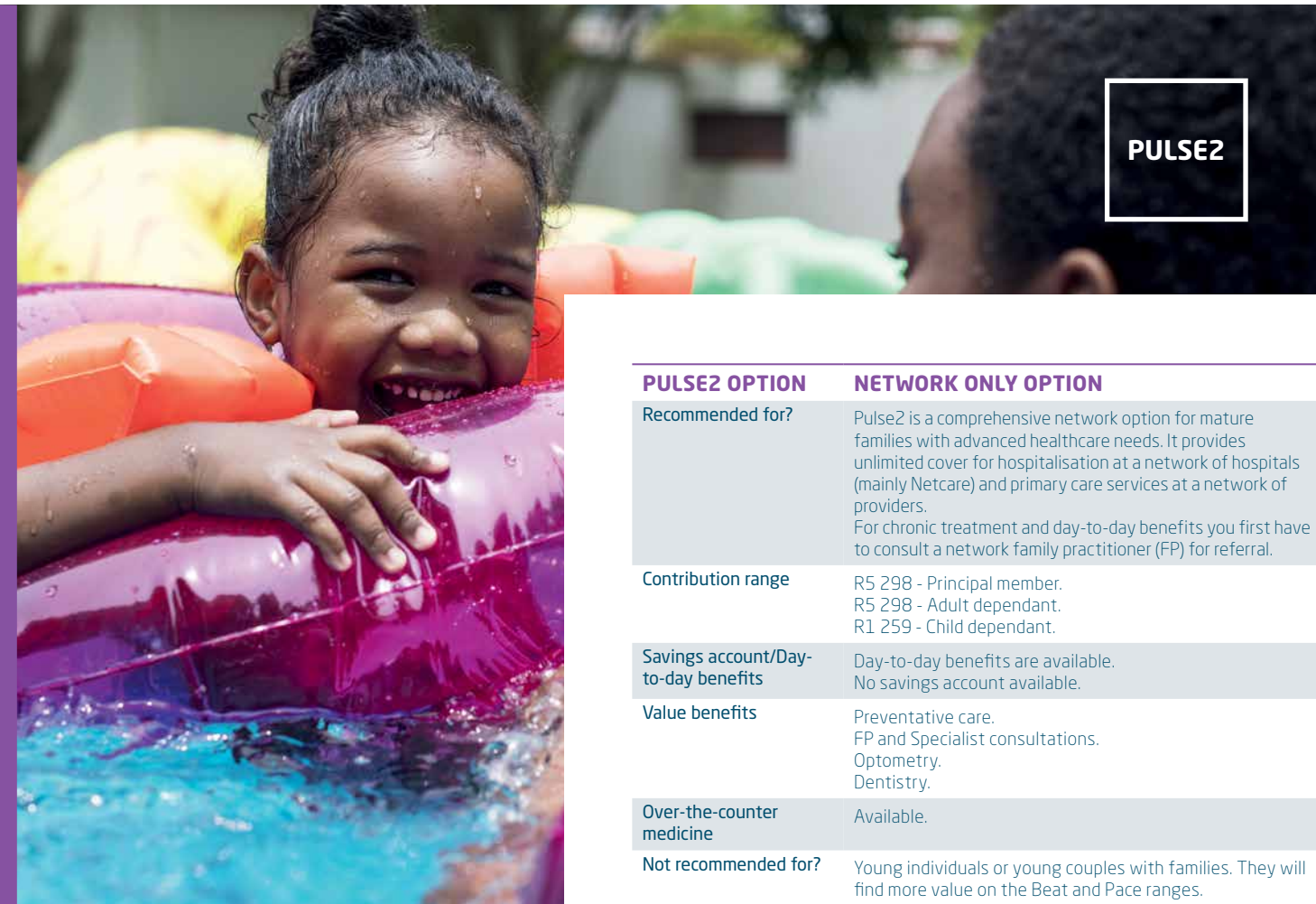


A photograph of a family of three walking away from the camera through a vast field of purple flowers. The sun is setting on the horizon, creating a warm, golden glow. The woman on the left is wearing a blue jacket and a red skirt. The man on the right is wearing a checkered shirt and dark pants. A small child in a white hoodie is walking between them, holding their hands. The sky is a mix of orange, yellow, and light blue.

PULSE2

Benefit
Summary
2019



PULSE2

| PULSE2 OPTION | NETWORK ONLY OPTION |
|--|---|
| Recommended for? | Pulse2 is a comprehensive network option for mature families with advanced healthcare needs. It provides unlimited cover for hospitalisation at a network of hospitals (mainly Netcare) and primary care services at a network of providers. For chronic treatment and day-to-day benefits you first have to consult a network family practitioner (FP) for referral. |
| Contribution range | R5 298 - Principal member. R5 298 - Adult dependant. R1 259 - Child dependant. |
| Savings account/Day-to-day benefits | Day-to-day benefits are available. No savings account available. |
| Value benefits | Preventative care. FP and Specialist consultations. Optometry. Dentistry. |
| Over-the-counter medicine | Available. |
| Not recommended for? | Young individuals or young couples with families. They will find more value on the Beat and Pace ranges. |

Method of benefit payment

On the Pulse2 option in-hospital services are paid from Scheme risk benefit. The Bestmed Pulse2 network covers most out-of-hospital services. Some day-to-day services and preventative care services are available from the Scheme risk benefit.

Pulse2 members must make use of the Pulse Specialist DSP network.

In-hospital benefits

Please familiarise yourself with the Designated Service Providers (DSPs) and networks for this option. This includes Pulse Specialist DSPs and DSP hospitals. Hospital costs will be covered unlimited at the Scheme negotiated tariff at the Bestmed Pulse hospital network as listed on the website, subject to pre-authorization.

The DSP hospital network consists of all Netcare hospitals in South Africa. In areas where there are no Netcare hospitals other hospitals are contracted as DSPs.

Please refer to the Bestmed website on www.bestmed.co.za for a list of the DSP hospitals.

Voluntary use of a non-DSP hospital (except in the case of an emergency) will result in a co-payment of up to R10 750 for the member's account.

Process for hospital authorisation:

- All members on the Pulse2 option must make use of Bestmed family practitioners (FPs).
- The Bestmed network FP will refer the member to a Pulse Specialist DSP should a specialist consultation be required.
- Should the Bestmed DSP indicate that hospitalisation is required the member needs to contact Bestmed on 080 022 0106 for pre-authorization. Bestmed will only authorise admissions to contracted DSP hospitals.

Emergency admittance in a non-DSP hospital:

- Should a member be admitted for an emergency condition to a non-DSP hospital Bestmed will require the patient to be stabilised in that non-DSP hospital.

- As soon as the patient is stabilised he/she will be transferred to the closest DSP hospital by ER24.
- All hospital benefits below may be subject to pre-authorization and clinical protocols and designated hospital networks.
- Bestmed clinical funding protocols and limits may apply.

| MEDICAL EVENT | SCHEME BENEFIT |
|--|--|
| Accommodation (hospital stay) and theatre fees | 100% Scheme tariff at a Designated Service Provider (DSP) hospital. |
| Take-home medicine | 100% Scheme tariff. Limited to 7 days' medicine. |
| Treatment in mental health clinics | 100% Scheme tariff. Limited to 21 days per beneficiary. |
| Treatment of chemical and substance abuse | 100% Scheme tariff. Limited to 21 days or R29 240 per beneficiary. Subject to network facilities. |
| Consultations and procedures | 100% Scheme tariff. |
| Surgical procedures and anaesthetics | 100% Scheme tariff. |
| Organ transplants | 100% Scheme tariff. (Only PMBs) |
| Major medical maxillo-facial surgery strictly related to certain conditions | 100% Scheme tariff. |
| Dental and oral surgery | 100% Scheme tariff. |

MEDICAL EVENT

SCHEME BENEFIT

Prosthesis
(Subject to preferred provider, otherwise limits and co-payments apply)

100% Scheme tariff.
Limited to R96 213 per family.

Prosthesis – Internal
Note: Sub-limit subject to the prosthesis limit
*Functional: Items utilised towards treating or supporting a bodily function

Sub-limits per beneficiary:

- *Functional R15 964
- Vascular R37 195
- Pacemaker (dual chamber) R50 418
- Endovascular - no benefit
- Spinal R37 195
- Artificial disc R16 340
- Drug-eluting stents R16 340
- Mesh R16 340
- Gynaecology/Urology R12 148
- Lens implants R10 428 per lens
- Joint replacements:
 - Hip replacement and other major joints R44 505
 - Knee replacement R51 976
 - Minor joints R19 350

Prosthesis – External
Limit of R23 220 per family.

Orthopaedic and medical appliances
100% Scheme tariff.

Pathology
100% Scheme tariff.

Diagnostic imaging
100% Scheme tariff.

Specialised diagnostic imaging
100% Scheme tariff.

Oncology
Oncology programme - make use of Independent Clinical Oncology Network (ICON) as the DSP.

Peritoneal dialysis and haemodialysis
100% Scheme tariff.
Only DSPs.
Subject to pre-authorisation.

MEDICAL EVENT

SCHEME BENEFIT

Confinements
100% Scheme tariff.

Refractive surgery and all types of procedures to improve or stabilise vision (excluding cataracts)
100% Scheme tariff.
Limited to R8 546 per eye.

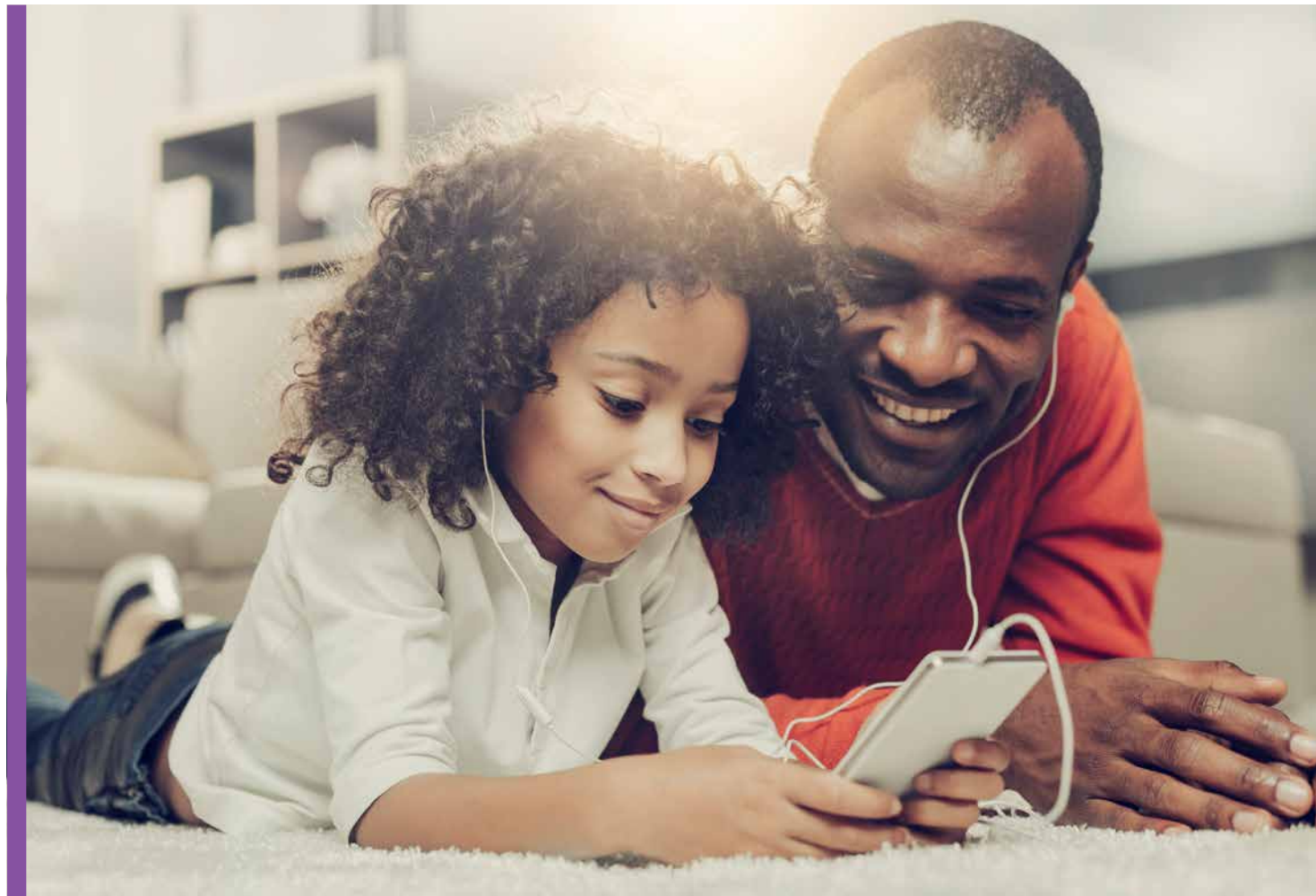
Midwife-assisted births
100% Network tariff.

Supplementary services
100% Scheme tariff.

Alternatives to hospitalisation
100% Scheme tariff.

Emergency evacuation
Services rendered by ER24.

Co-payments
Co-payment of up to R10 750 per event for voluntary use of a non-DSP hospital.



Out-of-hospital benefits

- Most out-of-hospital benefits are paid through Bestmed at the 100% negotiated network tariff.
- The Bestmed FP and Pulse dental networks are conveniently located across South Africa.
- Members on Pulse2 are required to make use of the Bestmed FP provider network for primary healthcare services.
- For a comprehensive list of Bestmed providers please go to www.bestmed.co.za.

Bestmed Pulse Specialist DSP Network

- All members must use the Bestmed Pulse Specialist DSP Network as the contracted Designated Service Provider (DSP).
- The list of providers can be obtained by logging onto the secure website via www.bestmed.co.za.

Alternatively members can contact Bestmed to obtain the contact information of the closest Pulse Specialist DSP.

| MEDICAL EVENT | SCHEME BENEFIT |
|---------------------------------|---|
| Overall day-to-day limit | M = R13 168, M1+ = R26 176. |
| FP consultations | Unlimited FP visits at a Bestmed FP network provider. Casualty visits: <ul style="list-style-type: none"> • Limited to R1 398 per family per year. • Radiology and pathology that falls within formulary if received as a result of the casualty visit will be paid from the R1 398 casualty visit limit. • Member to pay for the visit up front and then claim back from the scheme. |



| MEDICAL EVENT | SCHEME BENEFIT |
|---|---|
| Specialist consultations | 100% Scheme tariff. Limited to M = R2 903, M1+ = R5 590. (Subject to overall day-to-day limit) Referral by the network FP is required for specialist consultations. Subject to Bestmed Pulse Specialist DSP. Minor procedures performed in rooms must be pre-approved by Bestmed. |
| Basic and specialised dentistry | 100% Scheme tariff. Subject to the Bestmed Pulse2 approved tariff list, Pulse dentistry network and Protocols. Specialised dentistry inclusive of dentures are subject to pre-authorisation. Limited to a sub-limit of M = R6 611 and M1+ = R 8 385. The sub-limit is subject to the day-to-day overall limit. Only at Bestmed Pulse dental network providers in accordance with the Pulse2 list of approved codes. |
| Medical aids, apparatus and appliances including wheelchairs and hearing aids | 100% Scheme tariff. Limited to R9 353 per family. Limit on wheelchairs of R12 040 per family per 48 months. Limit on hearing aids of R26 015 per beneficiary per 24 months at DSP. Subject to quotation, motivation and audiogram. |
| Supplementary services (Services rendered by dieticians, chiropractors, homeopaths, orthoptists, acupuncturists, speech therapists, audiologists, occupational therapists, chiropractists, biokineticists, psychologists and social workers) | 100% Scheme tariff. Limited to M = R3 870, M1+ = R7 686. (Subject to overall day-to-day limit) Must be referred by a network provider only. |
| Diagnostic imaging and pathology | Subject to NP protocols and day-to-day overall limit. |

| MEDICAL EVENT | SCHEME BENEFIT |
|--|---|
| Maternity benefits | 100% Scheme tariff - at Network Providers only. <ul style="list-style-type: none"> • 9 x antenatal consultations at either FP/ Gynaecologist/Midwife. • 1x 2D ultrasound nuchal translucency scan at 10-12 weeks at Gynaecologist. • 1x 2D ultrasound scan at 20-24 weeks at Gynaecologist. • 1x 2D ultrasound scan first trimester at radiologist. • 1x 2D ultrasound scan second trimester at radiologist. • Antenatal iron supplements (9 fills). • Antenatal folic acid (9 fills). • Please ensure that tests you undergo are covered. Tests, including urine dipstick tests and other tests are covered. • 1x post-natal consultation at FP/ Gynaecologist/Midwife. |
| These benefits are unlocked by completing a Health Risk Assessment at a contracted pharmacy. | |
| Specialised diagnostic imaging | MRI/CT scans: Maximum of 3 scans per beneficiary. PET scan: 1 scan per beneficiary. Subject to pre-authorisation |
| Wound care benefit (incl. dressings, negative pressure wound therapy (NPWT) treatment and related nursing services - out-of-hospital) | 100% Scheme tariff. Limited to R9 030 per family. |

MEDICAL EVENT

SCHEME BENEFIT

| | |
|---|--|
| Optometry benefit (PPN capitation provider) | Benefits available every 24 months from date of service. Network Provider (PPN) <ul style="list-style-type: none">• Consultation - 1 free per beneficiary every 24 months.• Frame = R825 covered AND• 100% of cost of standard lenses (single vision/bifocal/multifocal/contact lenses). OR Non-network Provider <ul style="list-style-type: none">• Consultation - R300 fee at non-network provider• Frame = R550 AND• Single vision lenses = R175 OR• Bifocal lenses = R410 OR• Multifocal lenses = R710 OR• Contact lenses = R1 435 |
| Oncology | Oncology programme - make use of Independent Clinical Oncology Network (ICON) as the DSP. |
| Peritoneal dialysis and haemodialysis | 100% Scheme tariff. Subject to pre-authorisation and DSPs. National Renal Care (NRC). |
| Rehabilitation services after trauma | No benefit. |



Medicine

Note:

All benefits below are subject to approval, pre-authorisation, formularies, funding guidelines and the Mediscor Reference Price (MRP).

*Please note that the approved CDL, PMB and non-CDL chronic medicine costs will be paid from the non-CDL limit first. Thereafter, approved CDL and PMB chronic medicine costs will continue to be paid (unlimited) from Scheme risk.

| BENEFIT DESCRIPTION | SCHEME BENEFIT |
|--|---|
| CDL and PMB chronic medicine* | 100% Scheme tariff. Unlimited. Must be prescribed by a network provider and obtained from a network pharmacy. Co-payment of 25% for non-formulary medicine. |
| Non-CDL chronic medicine* | 85% of Scheme tariff. 16 conditions. Limited to M = R6 235, M1+ = R12 470. Must be prescribed by a network provider and obtained from a network pharmacy. Co-payment of 25% for non-formulary medicine. |
| Biologicals and other high-cost medicine | 100% Scheme tariff. Limited to R141 900 per beneficiary. |
| Acute medicine | 100% Scheme tariff. Limited M = R4 139, M1+ = R8 385. (Subject to overall day-to-day limit) Must be prescribed by a network provider and obtained from a network pharmacy. No benefit for medicine not on the acute medicine formulary. |
| Over-the-counter (OTC) medicine | Limited to R550 per family. |

Chronic Conditions List

CDL

| | |
|--------|--|
| CDL 1 | Addison's disease |
| CDL 2 | Asthma |
| CDL 3 | Bipolar mood disorder |
| CDL 4 | Bronchiectasis |
| CDL 5 | Cardiomyopathy |
| CDL 6 | Chronic renal disease |
| CDL 7 | Chronic obstructive pulmonary disease (COPD) |
| CDL 8 | Cardiac failure |
| CDL 9 | Coronary artery disease |
| CDL 10 | Crohn's disease |
| CDL 11 | Diabetes insipidus |
| CDL 12 | Diabetes mellitus type 1 |
| CDL 13 | Diabetes mellitus type 2 |
| CDL 14 | Dysrhythmias |
| CDL 15 | Severe epilepsy |
| CDL 16 | Glaucoma |
| CDL 17 | Haemophilia |
| CDL 18 | Hyperlipidaemia |
| CDL 19 | Hypertension |
| CDL 20 | Hypothyroidism |
| CDL 21 | Multiple sclerosis |
| CDL 22 | Parkinson's disease |

CDL

| | |
|--------|------------------------------------|
| CDL 23 | Rheumatoid arthritis |
| CDL 24 | Schizophrenia |
| CDL 25 | Systemic lupus erythematosus (SLE) |
| CDL 26 | Ulcerative colitis |

NON-CDL

| | |
|------------|---|
| Non-CDL 1 | Acne - severe |
| Non-CDL 2 | Attention Deficit Disorder/ Attention Deficit Hyperactivity Disorder (ADD/ADHD) |
| Non-CDL 3 | Allergic rhinitis |
| Non-CDL 4 | Eczema - severe |
| Non-CDL 5 | Migraine prophylaxis |
| Non-CDL 6 | Gout prophylaxis |
| Non-CDL 7 | Major depression |
| Non-CDL 8 | Obsessive compulsive disorder |
| Non-CDL 9 | Osteoporosis |
| Non-CDL 10 | Psoriasis |
| Non-CDL 11 | Urinary incontinence |
| Non-CDL 12 | Paget's disease |
| Non-CDL 13 | Gastro oesophageal reflux disease (GORD) |
| Non-CDL 14 | Osteoarthritis |
| Non-CDL 15 | Alzheimer's disease |
| Non-CDL 16 | Neuropathy |

PMB

| | |
|--------|-------------------------------------|
| PMB 1 | Aplastic anaemia |
| PMB 2 | Chronic anaemia |
| PMB 3 | Benign prostatic hypertrophy |
| PMB 4 | Cushing's disease |
| PMB 5 | Cystic fibrosis |
| PMB 6 | Endometriosis |
| PMB 7 | Female menopause |
| PMB 8 | Fibrosing alveolitis |
| PMB 9 | Graves' disease |
| PMB 10 | Hyperthyroidism |
| PMB 11 | Hypophyseal adenoma |
| PMB 12 | Idiopathic thrombocytopenic purpura |
| PMB 13 | Paraplegia/Quadriplegia |
| PMB 14 | Polycystic ovarian syndrome |
| PMB 15 | Pulmonary embolism |
| PMB 16 | Stroke |



Preventative Care benefits

Note:

100% Scheme tariff. Subject to Scheme protocols. Benefits below may be subject to the Mediscor Reference Price (MRP).

| PREVENTATIVE CARE BENEFIT | GENDER AND AGE GROUP | QUANTITY AND FREQUENCY | BENEFIT CRITERIA |
|--------------------------------------|--|---|--|
| Flu vaccines | All ages. | 1 per beneficiary per year. | Flu vaccine via Bestmed Network Pharmacy or FP. |
| Pneumonia vaccines | Children <2 years. High-risk adult group. | Children: As per schedule of the Department of Health. Adults: Twice in a lifetime with booster above 65 years of age. | Adults: Bestmed will identify certain high-risk individuals who will be advised by the Scheme to be immunised. |
| Paediatric immunisations | Babies and children. | Funding for all paediatric vaccines according to the state-recommended programme. | |
| Female contraceptives | All females of child-bearing age. | Quantity and frequency depending on product up to the maximum allowed amount. Mirena device - 1 device every 60 months. | Limited to R2 096 per family per year. Includes all items classified in the category of female contraceptives. |
| HPV vaccinations | Females of 9 -26 years old. | 3 x vaccinations per beneficiary | |
| Back and neck preventative programme | All ages. | Subject to pre-authorisation. | Preferred providers (DBC/Workability Clinics). For serious spinal and/or back problems that may require surgery. The Scheme may identify appropriate participants. Based on the first assessment, a rehabilitation treatment plan is drawn up and initiated over an uninterrupted period that will be specified by the provider. |

PREVENTATIVE CARE BENEFIT

Bestmed Wellness Programme

Note: Completing your Health Risk Assessment unlocks the other Wellness Programme benefits.

Health Risk Assessment (biometric screening) at contracted pharmacy. 1 per beneficiary per year (age 21+).

- Fitness assessment at a contracted biokineticist: 1 per beneficiary per year (age 13+), thereafter 3 biokineticist consultations per beneficiary per year. Pre-approval required.
- Nutritional assessment: 1 per beneficiary per year (age 18+), thereafter 3 dietician consultations per beneficiary per year. Pre-approval required.
- Occupational therapy assessment: 1 per beneficiary per year (ages 3-13 years).
- Baby growth assessment: At a contracted pharmacy clinic, 3 per beneficiary per year (ages 0-35 months).

Disclaimer: General and option-specific exclusions apply. Please refer to www.bestmed.co.za for more details.





Midwife-assisted births are covered at 100% of Network tariff on all Pulse options.

Maternity Care programme

Finding out you are pregnant comes with a whole lot of emotions, questions and information. Sometimes just knowing where to start and which information you can trust can be a challenge.

Pregnant members and dependants have access to the Maternity Care programme. The programme provides comprehensive information and services and was designed with the needs of expectant parents and their support network in mind. We aim to give you support, education and advice through all stages of your pregnancy, the confinement and postnatal (after birth) period.

After registering on this programme and going for a Health Risk Assessment (HRA) you will receive:

- A welcome pack containing an informative pregnancy book about the stages of pregnancy.
- Discount vouchers.
- A beautiful baby bag. (Sent by month 5 of your pregnancy. You will receive an SMS.)
- Various baby items.
- Access to a 24-hour medical advice line.
- Benefits through each phase of your pregnancy.

How to register:

Send an e-mail to maternity@bestmed.co.za or call us on 012 472 6243. Please include your contact details (postal/delivery addresses), your medical scheme number and your expected delivery date in the e-mail. Go for a Health Risk Assessment (HRA) at any network pharmacy to finalise your registration.

Contributions

| | PRINCIPAL MEMBER | ADULT DEPENDANT | CHILD DEPENDANT* |
|-----------------------------------|------------------|-----------------|------------------|
| Risk amount | R5 298 | R5 298 | R1 259 |
| Savings amount | R0 | R0 | R0 |
| Total monthly contribution | R5 298 | R5 298 | R1 259 |

* You only pay for a maximum of four children. All other children can join as beneficiaries of the Scheme free of charge.

Abbreviations

ADD/ADHD = Attention deficit disorder/attention deficit hyperactivity disorder; CDL = Chronic Disease List; DBC = Documentation Based Care (back rehabilitation programme); DSP = Designated Service Provider; GORD = Gastro oesophageal reflux disease; FP = Family Practitioner or Doctor; M = Member; M1+ = Member and family; MRI/CT Scans = Magnetic Resonance Imaging/Computed Tomography Scans; MRP = Mediscor Reference Price; NP = Network Provider; NPWT = Negative Pressure Wound Therapy; OCD = Obsessive compulsive disorder; PET Scan = Positron Emission Tomography Scan.



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012 472 6500



www.bestmed.co.za



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HOSPITAL AUTHORISATION

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E-mail: authorisations@bestmed.co.za

CHRONIC MEDICINE

Tel: 086 000 2378

E-mail: medicine@bestmed.co.za

Fax: 012 472 6760

CLAIMS

Tel: 086 000 2378

E-mail: service@bestmed.co.za (queries)

claims@bestmed.co.za (claim submissions)

MATERNITY CARE

Tel: 012 472 6243

E-mail: maternity@bestmed.co.za

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Pretoria, 0081, South Africa

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Pretoria, 0001, South Africa

ER24

Tel: 084 124

INTERNATIONAL TRAVEL INSURANCE (BRYTE INSURANCE)

Tel: 0860 329 329 (RSA only) during
office hours / 084 124 after hours

E-mail: er24@brytesa.com

Claims: travelclaims@brytesa.com

BESTMED HOTLINE, OPERATED BY KPMG

Should you be aware of any fraudulent, corrupt or unethical practices involving Bestmed, members, service providers or employees, please report this anonymously to KPMG.

Hotline: 080 111 0210 toll-free from any Telkom line

Hotfax: 080 020 0796

Hotmail: fraud@kpmg.co.za

Postal: KPMG Hotpost, at BNT 371,
PO Box 14671, Sinoville,
0129, South Africa

For a more detailed overview of your benefit option and to receive a membership guide please contact service@bestmed.co.za.

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