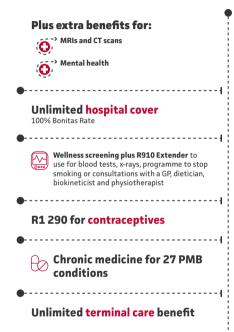
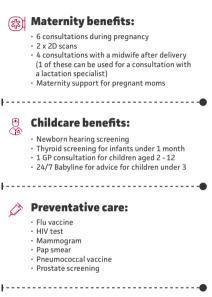


BONESSENTIAL







Managed Care programmes:

Back and neckCancerDiabetesHIV/AIDS

What you pay

Main member R1 877

Adult dependant R1 436

Child dependant R550

You only pay for a maximum of three children. Full-time students pay child rates up to age 24 years.

Additional benefits

We believe in giving you more value. These additional benefits will not affect your other benefit limits.

Contraceptives				
For women aged up to 50 R1 290 per family You must use the Designated Service Provider for pharmacy-dispensed contraceptives				
Maternity care				
Per pregnancy	6 antenatal consultations with a gynaecologist, GP or midwife 2 2D ultrasound scans 1 amniocentesis 4 consultations with a midwife after delivery (1 of these can be used for a consultation with a lactation specialist) Maternity support for pregnant moms			
Childcare				
Hearing screening	For newborns, in or out-of-hospital			
Congenital hypothyroidism screening	For infants under 1 month old			
Babyline	24/7 helpline for medical advice for children under 3 years			
GP consultations	1 consultation per child between ages 2 and 12			
Preventative care				
General health	1 HIV test per beneficiary 1 flu vaccine per beneficiary			
Women's health	1 mammogram every 2 years, for women over 40 1 pap smear every 3 years, for women between ages 21 and 65			
Men's health	1 prostate screening antigen test for men between ages 45 and 69, who are considered to be at high risk for prostate cancer			

Elderly health	1 pneumococcal vaccine every 5 years, for members aged 65 and over
-	1 stool test for colon cancer, for members between ages 50 and 75
Wellness benefits	
Wellness screening	1 wellness screening per beneficiary at a participating pharmacy, biokineticist or a Bonitas wellness day Wellness screening includes the following tests: Blood pressure Glucose Cholesterol Body mass index Waist-to-hip ratio
Wellness extender	R910 per family which can be used for: GP consultations only Biokineticist consultations and treatment Physiotherapist consultations and treatment A programme to stop smoking X-rays as per formulary Blood tests as per formulary Available after completing a wellness screening Child dependants can access the wellness extender once an adult beneficiary has completed a wellness screening
International travel benefit	
Per trip	Cover for medical emergencies when you travel outside South Africa You must register for this benefit

Chronic benefits

BonEssential ensures that you are covered for the 27 Prescribed Minimum Benefits listed below. You must use Pharmacy Direct, our Designated Service Provider, to get your medicine. If you choose not to use Pharmacy Direct or if you choose to use medicine that is not on the formulary, you will have to pay a 40% co-payment.

Prescribed Minimum Benefits covered

1.	Addison's Disease	10. Crohn's Disease	19. Hyperlipidaemia
2.	Asthma	11. Diabetes Insipidus	20. Hypertension
3.	Bipolar Mood Disorder	12. Diabetes Type 1	21. Hypothyroidism
4.	Bronchiectasis	13. Diabetes Type 2	22. Multiple Sclerosis
5.	Cardiac Failure	14. Dysrhythmias	23. Parkinson's Disease
6.	Cardiomyopathy	15. Epilepsy	24. Rheumatoid Arthritis
7.	Chronic Obstructive Pulmonary Disease	16. Glaucoma	25. Schizophrenia
8.	Chronic Renal Disease	17. Haemophilia	26. Systemic Lupus Erythematosus
9.	Coronary Artery Disease	18. HIV/AIDS	27. Ulcerative Colitis

Managed Care programmes

We offer a range of Managed Care programmes to support you and help put you on the path to good health. These programmes empower you to manage your condition effectively in the most clinically-proven way, ensuring your benefits last longer.

You will need to register to join these programmes.

Back and neck	Helps manage severe back and neck pain Offers a personalised treatment plan for up to 6 weeks Includes assistance from doctors, physiotherapists and biokineticists Gives access to a home care plan to maintain long-term results We cover the full cost of the programme so it won't impact your savings or day-to-day benefits Highly effective and low-risk, with an excellent success rate Uses the DBC network
Cancer	Puts you first, offering emotional and medical support Delivers cost-effective care of the highest quality Liaises with your doctor to ensure your treatment plan is clinically appropriate to meet your needs Matches the treatment plan to your benefits to ensure you have the cover you need Access to a social worker for you and your loved ones Uses the ICON network of oncology specialists Uses the Bonitas Oncology Medicine Network (20% co-payment applies for use of a non-network provider)
Diabetes management	Empowers you to make the right decisions to stay healthy Offers a personalised care plan for your specific needs Provides cover for the tests required for the management of diabetes as well as other chronic conditions Helps you track the results of the required tests Offers access to diabetes doctors, dieticians and podiatrists Helps you better understand your condition through diabetes education Gives access to a dedicated Health Coach to answer any questions you may have

Helps in finding a registered counsellor for emotional support
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In-hospital benefits

This benefit offers cover for major medical events that result in a beneficiary being admitted to hospital. We negotiate extensively with private hospitals to ensure the best possible value for our members.

Pre-authorisation is required.

Specialist consultations/treatment	Unlimited, network specialists covered in full at the Bonitas Rate Unlimited, non-network specialists paid at 100% of the Bonitas Rate				
GP consultations/treatment	Unlimited, covered at 100% of the Bonitas Rate				
Blood tests and other laboratory tests	Unlimited, covered at 100% of the Bonitas Rate				
X-rays and ultrasounds	Unlimited, covered at 100% of the Bonitas Rate				
MRIs and CT scans (specialised radiology)	R16 070 per family, in and out-of-hospital Pre-authorisation required				
Paramedical/Allied medical professionals (such as physiotherapists, occupational therapists, dieticians and biokineticists)	PMB only Your therapist must get a referral from the doctor treating you in hospital				
Internal prosthesis	R32 130 per family (excluding joint replacement prosthesis) Managed Care protocols apply You must use a preferred supplier				
External prosthesis	PMB only Managed Care protocols apply You must use a preferred supplier				
Mental health hospitalisation	R32 210 per family Physiotherapy will be excluded for all mental health admissions You must use a Designated Service Provider				
Take-home medicine	R390 per beneficiary, per hospital stay				
Physical rehabilitation	R50 600 per family				
Alternatives to hospital (hospice, step-down facilities)	R16 880 per family				
Terminal care	Unlimited Including hospice/private nursing, home oxygen, pain management, psychologist and social worker support				

Cancer treatment	R344 500 per family You must use a preferred provider Sublimit of R44 220 per beneficiary for Brachytherapy
Organ transplants (excluding corneal grafts)	Unlimited
Kidney dialysis	You must use a Designated Service Provider, or a 20% co-payment will apply
HIV/AIDS	Unlimited, if you register on the HIV/AIDS programme Chronic medicine must be obtained from Pharmacy Direct

A co	a co-payment will apply to the following procedures in hospital:					
R1 520 co-payment		R3	R3 850 co-payment		R7 580 co-payment	
1.	Colonoscopy	1.	Arthroscopy	1.	Back Surgery including Spinal Fusion	
2.	Conservative Back Treatment	2.	Diagnostic Laparoscopy	2.	Joint Replacements	
3.	Cystoscopy	3.	Laparoscopic Hysterectomy	3.	Laparoscopic Pyeloplasty	
4.	Facet Joint Injections	4.	Percutaneous Radiofrequency Ablations (Percutaneous Rhizotomies)	4.	Laparoscopic Radical Prostatectomy	
5.	Flexible Sigmoidoscopy			5.	Nissen Fundoplication (Reflux Surgery)	
6.	Functional Nasal Surgery					
7.	Gastroscopy					
8.	Hysteroscopy (not Endometrial Ablation)					
9.	Myringotomy					

Tonsillectomy and Adenoidectomy

Umbilical Hernia Repair Varicose Vein Surgery

10. 11.

12.

Notes			

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Please note: Product rules, limits, terms and conditions apply. Where there is a discrepancy between the content provided in this brochure, the website and the Fund Rules, the Fund Rules will prevail. The Fund Rules are available at www.bonitas.co.za or on request. Benefits are subject to approval from the Council for Medical Schemes.