



Be Smart. Keep it Simple.

# EQUILIBRIUM

## BENEFITS BROCHURE 2022

### Our new generation, hybrid comprehensive cover option









#### Why this is the right option for you – smart reasons for a simple choice






You understand that paying a little bit more for a lot more cover will give you peace of mind. You know how to manage and balance your income and expenses, and your medical aid cover is no exception. Whether you're single, married, planning or raising a family and looking for smart stability, KeyHealth's Equilibrium Option is the simple choice for you. Equilibrium offers unlimited private hospital cover, day-to-day benefits with a medical savings account, a separate, conservative dentistry and orthodontics benefit, and cover for 29 chronic medical conditions. Strike a simple balance with Equilibrium.



**KeyHealth**  
MEDICAL SCHEME

# EQUILIBRIUM OPTION

	MAJOR MEDICAL BENEFITS	MST(≤)	BENEFIT	EXPLANATORY NOTES / BENEFIT SUMMARY
	<b>HOSPITALISATION</b>			Unlimited. Pre-authorisation compulsory.
	<b>Varicose vein and reflux surgery</b>			PMB entitlement only.
	Private hospitals			Unlimited. 100% of agreed tariff, subject to use of DSP hospital (Netcare or Life Healthcare countrywide and Mediclinic in Western Cape only). (30% co-payment at non-DSP hospital)
	State hospitals			Unlimited, up to 100% of agreed tariff.
	Specialist and anaesthetist services	100%		Unlimited, subject to use of DSP.
	Medication on discharge	100%	R575	Per admission.
	Maternity	100%		Private ward for 3 days for natural birth.
<b>MAJOR MEDICAL OCCURRENCES</b>				
	<b>SUB-ACUTE FACILITIES &amp; WOUND CARE</b>			Pre-authorisation compulsory and subject to case management and Scheme protocols. PMB entitlement only.
	Hospice, private nursing, rehabilitation, step-down facilities and wound care	100%		
	<b>TRANSPLANTS (Solid organs, tissue and corneas)</b>			Pre-authorisation compulsory and subject to case management. PMB entitlement in DSP hospitals only.
	Hospitalisation, harvesting and drugs for immuno-suppressive therapy	100%		
	<b>DIALYSIS</b>			Pre-authorisation compulsory and subject to case management and Scheme protocols. PMB entitlement only.
		100%		
	<b>ONCOLOGY</b>			Pfpa. Pre-authorisation compulsory and subject to case management, Scheme protocols and use of DSP.
		100%	R169 000	
	<b>PALLIATIVE CARE</b>			In lieu of hospital admission. Pre-authorisation compulsory and subject to case management and Scheme protocols.
		100%		
	<b>RADIOLOGY</b>			Pre-authorisation: specialised radiology, including MRI, CT and PET scans. Hospitalisation not covered if radiology is for investigative purposes only. (MSA / day-to-day benefits will then apply)
	MRI and CT scans		R17 800	Pfpa. Combined benefit in- or out-of-hospital.
	X-rays			Unlimited.
	PET scans			No benefit.
		100%		
	<b>PATHOLOGY</b>			Unlimited.
		100%		

	OUT-OF-HOSPITAL BENEFITS	MST(≤)	BENEFIT	EXPLANATORY NOTES / BENEFIT SUMMARY
<b>DAY-TO-DAY BENEFITS</b>				
	<b>ROUTINE MEDICAL EXPENSES</b>			<b>Annual Medical Savings Account (MSA):</b> Principal Member: R2 064 pa Adult Dependant: R1 272 pa Child Dependant: R636 pa
	General practitioner and specialist consultations (virtual consultations), radiology (incl. nuclear medicine study and bone density scans), prescribed and over-the-counter medication, optical and auxiliary services, e.g. physiotherapy, occupational therapy and biokinetics	100%		<b>Additional day-to-day benefits:</b> Principal Member: R3 090 pa Adult Dependant: R2 125 pa Child Dependant: R945 pa
	(This is a family benefit, which means that one member of the family can use the total benefit allocation)			
	<b>Over-the-counter medication</b>	100%		Subject to MSA / day-to-day benefit.
	<b>Over-the-counter reading glasses</b>		R120	Pbpa. 1 pair per year. Subject to MSA / day-to-day benefit.
	<b>PATHOLOGY</b>	100%		Subject to MSA / day-to-day benefit.
	<b>OPTICAL SERVICES</b>			Optical management applicable. Benefit confirmation compulsory.
	Frames			Subject to MSA / day-to-day benefit.
	Lenses			Subject to MSA / day-to-day benefit.
	Eye test			Subject to MSA / day-to-day benefit.
	Contact lenses			Subject to MSA / day-to-day benefit.
	Refractive surgery			No benefit. Subject to MSA.
		100%		
	<b>DENTISTRY</b>			Subject to DENIS protocols, managed care interventions and Scheme rules. Exclusions apply in accordance with Scheme rules.
	<b>CONSERVATIVE DENTISTRY</b>			
	Consultations	100%		1 check-up pbpa. 3 specific (emergency) consultations pbpa.
	X-rays: Intra-oral	100%		4 intra-oral radiographs pbpa.
	X-rays: Extra-oral	100%		1 pbp3a.
	Preventative care	100%		1 scale and polish treatment pbpa.
	Fillings	100%		1 per tooth per 720 days. A treatment plan and X-rays may be required for multiple fillings. Re-treatment of a tooth subject to clinical protocols.
	Tooth extractions and root canal treatment	100%		Root canal therapy on primary (milk) teeth, wisdom teeth (3rd molars), as well as direct / indirect pulp capping procedures, are excluded.
	Plastic dentures	100%		1 set plastic dentures (upper and lower jaw) pbp4a. DENIS pre-authorisation compulsory.

<b>DENTISTRY</b>			
<b>SPECIALISED DENTISTRY</b>			
Orthodontics (non-cosmetic treatment only)	100%		DENIS pre-authorisation compulsory. Cases will be clinically assessed using orthodontic indices where function is impaired. Not for cosmetic reasons; laboratory costs also excluded. Only 1 beneficiary per family may commence treatment per calendar year. Limited to beneficiaries aged 9-18 years.
<b>Maxillo-facial and oral surgery</b>	100%		Subject to DENIS protocols, managed care interventions and Scheme rules. Exclusions apply in accordance with Scheme rules.
Surgery in dental chair	100%		DENIS pre-authorisation not required. Removal of impacted teeth only.
Surgery in-hospital (general anaesthesia)	100%		DENIS pre-authorisation compulsory. (See hospitalisation below)
<b>Hospitalisation and anaesthetics</b>			Subject to DENIS protocols, managed care interventions and Scheme rules. Exclusions apply in accordance with Scheme rules.
Hospitalisation (general anaesthesia)	100%		DENIS pre-authorisation compulsory. Limited to extensive dental treatment for children <5 years, and the removal of impacted teeth.
Inhalation sedation in dental rooms	100%		DENIS pre-authorisation not required.
Moderate / deep sedation in dental rooms	100%		DENIS pre-authorisation compulsory. Limited to extensive dental treatment.

**PAY ALL DENTAL CO-PAYMENTS DIRECTLY TO THE RELEVANT SERVICE PROVIDER**

<b>CHRONIC BENEFITS</b>			
	<b>MST(≤)</b>	<b>BENEFIT</b>	<b>EXPLANATORY NOTES / BENEFIT SUMMARY</b>
<b>CHRONIC MEDICATION</b>			
Category <b>A</b> (CDL)	100%		Unlimited – subject to reference pricing and protocols. Registration on Chronic Disease Programme compulsory.
Category <b>B</b> (other)	100%		Additional 3 non-PMB / CDL conditions (acne / ADHD or ADD / rhinitis) for children up to the age of 21.

<b>SUPPLEMENTARY BENEFITS</b>			
	<b>MST(≤)</b>	<b>BENEFIT</b>	<b>EXPLANATORY NOTES / BENEFIT SUMMARY</b>
<b>PSYCHIATRIC TREATMENT</b>	100%	R21 500	Pfpa. Pre-authorisation compulsory and subject to case management. In-hospital benefit only. Out-of-hospital: PMB entitlement.
<b>BLOOD TRANSFUSION</b>	100%		Unlimited. Pre-authorisation compulsory.
<b>PROSTHETICS / PROsthESIS</b> (Internal, external, fixation devices and implanted devices)	100%	R3 500	Pfpa. Pre-authorisation compulsory and subject to case management, reference pricing, DSP and Scheme protocols.
<b>DOCUMENT BASED CARE (DBC)</b> (Back and neck)			Conservative back and neck treatment in lieu of surgery. Pre-authorisation compulsory and subject to case management and Scheme protocols at approved DBC facilities.
<b>HIV / AIDS</b>	100%		Unlimited. Chronic Disease Programme managed by LifeSense.
<b>AMBULANCE SERVICES</b>	100%		For emergency transport contact 082 911. Unlimited, subject to protocols.
<b>MEDICAL APPLIANCES</b>			
Wheelchairs, orthopaedic appliances and incontinence equipment (incl. contraceptive devices)	100%	R7 900	Pfpa. Combined in- and out-of-hospital benefit, subject to quantities and protocols. No pre-authorisation required.
Oxygen / nebuliser / glucometer / blood pressure monitor			Pre-authorisation compulsory and subject to protocols.
Hearing aids and maintenance (batteries included)			No benefit. Subject to MSA.
<b>ENDOSCOPIC PROCEDURES (SCOPES)</b>	100%		
Colonoscopy and / or gastroscopy			Pre-authorisation compulsory. No co-payment if done in DSP hospital, out-of-hospital and in the case of PMB conditions.
All other endoscopic procedures			Pre-authorisation compulsory. No co-payment if done in DSP hospital, out-of-hospital and in the case of PMB conditions.

<b>MONTHLY CONTRIBUTION</b>			
	<b>Principal Member</b>	<b>Adult Dependant</b>	<b>Child Dependant</b>
Monthly contribution	R2 196	R1 357	R674
Monthly savings	R172	R106	R53
<b>Total monthly contribution</b>	<b>R2 368</b>	<b>R1 463</b>	<b>R727</b>

**\*Members only pay for a maximum of three Child Dependants**

# HEALTH BOOSTER

The Health Booster provides additional benefits to members at no extra cost. It is aimed at preventive treatment and therefore also gives access to free screening tests.

Only those benefits stated in the benefit structure under Health Booster will be paid by the Scheme, up to a maximum rand value which is determined according to specific tariff codes.

## QUALIFICATION:

Members qualify automatically for Health Booster benefits according to the set criteria.

- However, pre-authorization is required in order to access the maternity benefits and weight loss benefits on Health Booster. Contact the Pre-authorization Department on **0860 671 060** to obtain authorisation. (Failing to do this will result in the service costs being deducted from day-to-day benefits)
- Verify the tariff code or maximum rand value with the call centre consultant.
- Inform the service provider involved accordingly.

## SCREENING TESTS:

One of the benefits available on the Health Booster Programme is the Health Assessment (HA). This assessment comprises the following screening tests:

- Body mass index (BMI)
- Blood sugar (finger prick test)
- Cholesterol (finger prick test)
- Blood pressure (systolic and diastolic)
- Prostate phlebotomy for PSA test

Principal Members and their beneficiaries will be entitled to one Health Assessment (HA) per calendar year and can have this done at any pharmacy.

A Health Assessment (HA) form can be obtained at any pharmacy or downloaded from [www.keyhealthmedical.co.za](http://www.keyhealthmedical.co.za).

No authorisation is required for these screening tests.

Results can be submitted by either the member or the service provider and can be faxed to **0860 111 390** or emailed to [disease.management@keyhealthmedical.co.za](mailto:disease.management@keyhealthmedical.co.za).

## TYPE OF TEST WHO & HOW OFTEN

TYPE OF TEST	WHO & HOW OFTEN
<b>PREVENTIVE CARE</b>	
Baby immunisation	Child Dependants aged ≤6 – as required by the Department of Health.
Flu vaccination	All beneficiaries.
COVID-19 vaccination	All beneficiaries.
Tetanus diphtheria injection	All beneficiaries – as and when required.
Pneumococcal vaccination (Prevenar not included)	All beneficiaries.
Malaria medication	All beneficiaries – R415 once per year.
HPV vaccination	Female beneficiaries aged 9-14 years – 2 doses per lifetime.
Baby growth assessments	3 baby growth assessments at a pharmacy / baby clinic for beneficiaries aged ≥35 months – per year.
Contraceptive medication - tablets/patches	Female beneficiaries aged ≥16 – R164 every 20 days
Contraceptive medication - injectables	Female beneficiaries aged ≥16 – R492 every 72 days

## EARLY DETECTION TESTS

Pap smear (pathologist)	Female beneficiaries aged ≥15 – once per year.
Pap smear (including consultation and pelvic organs ultrasound: GP or gynaecologist)	Female beneficiaries aged ≥15 – once per year.
Mammogram	Female beneficiaries aged ≥40 – once per year.
Prostate specific antigen (PSA) (pathologist)	Male beneficiaries aged ≥40 – once per year.
HIV / AIDS test (pathologist)	All beneficiaries – once per year.
<b>HA:</b> Body Mass Index (BMI), blood pressure measurement, cholesterol test (finger prick), blood sugar test (finger prick), PSA (finger prick)	All beneficiaries – once per year.

## WEIGHT LOSS (Pre-authorization essential to access benefits)

Weight Loss Programme	All beneficiaries with HA BMI ≥30: <ul style="list-style-type: none"> <li>• 3 x dietician consultations (1 per week).</li> <li>• 3 x additional dietician consultations (1 per week, provided that a weight loss chart was received from dietician proving weight loss after first 3 weeks).</li> <li>• 1 biokineticist consultation (to create a home exercise programme for the member).</li> <li>• 1 x follow-up consultation with biokineticist.</li> </ul>
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## MATERNITY (Pre-authorization essential to access benefits)

Ante-natal visits (GP, gynaecologist or midwife) and urine test (dipstick)#	Female beneficiaries. Pre-notification of and pre-authorization by the Scheme compulsory. 12 visits.
Ultrasounds (GP or gynaecologist) – one before the 24th week and one thereafter#	Female beneficiaries. Pre-notification of and pre-authorization by the Scheme compulsory. 2 pregnancy scans.
Short payments / co-payments for services rendered (#above) and birthing fees	Covered to the value of R1 290 per pregnancy.

## TYPE OF TEST WHO & HOW OFTEN

<b>MATERNITY (Pre-authorization essential to access benefits)</b>	
Paediatrician visits	Baby registered on Scheme. 2 visits in baby's 1st year. 1 visit in baby's 2nd year.
Ante-natal vitamins	Covered to the value of R2 180 per pregnancy.
Ante-natal classes	Covered to the value of R2 180 for first pregnancy.

# GLOSSARY

Agreed tariff	A tariff agreed to from time to time between the Scheme and service providers, e.g. hospital groups
Chronic Disease List (CDL)	A list of chronic illness conditions that are covered in terms of legislation
Day-to-day benefit	A combined out-of-hospital limit which may be used by any beneficiary in respect of general practitioners, specialists, radiology, optical, pathology, prescribed medication and auxiliary services, and which may include a sublimit for self-medication
DENIS (Dental Information Systems)	A service provider contracted by the Scheme to manage dental benefits on behalf of the Scheme according to protocols
Designated Service Provider (DSP)	A provider that renders healthcare services to members at an agreed tariff and has to be used to qualify for certain benefits
Emergency	An emergency medical condition means the sudden and unexpected onset of a health condition that requires immediate medical treatment and / or an operation. If the treatment is not available, the emergency could result in weakened bodily functions, serious and lasting damage to organs, limbs or other body parts, or even death
Health Booster	An additional benefit for preventative healthcare
Medical Scheme Tariff (MST)	Also referred to as Key-Health tariff. A set of tariffs the Scheme pays for services rendered by service providers
Optical management	A cost and quality optical management programme provided by OptiClear
Phlebotomy	The process of making an incision in a vein when collecting blood
Physical trauma	A severe bodily injury due to violence or an accident, e.g. gunshot, knife wound, fracture or motor vehicle accident. Serious and life-threatening physical injury, potentially resulting in secondary complications such as shock, respiratory failure and death. This includes penetrating, perforating and blunt force trauma
OTC	Over-the-counter (medication or glasses)
MSA	Medical Savings Account
Medication on discharge	Medication given to members upon discharge from a hospital. Does not include medication obtained from a script received upon discharge
pbpa	per beneficiary per annum (per year)
pbp2a	per beneficiary biennially (every 2 [second] year[s])
pfpa	per family per annum (per year)
pfp2a	per family biennially (every 2 [second] year[s])
2pfpa	2 per family per annum (per year)

## CHOOSE EASY-ER – SO YOU DON'T GET HURT TWICE

- Easy-ER offers all KeyHealth members direct and free access to any hospital's emergency room (ER) for medical treatment in emergency situations.
- Easy-ER guarantees full payment without any hidden costs or unexpected fees.

## BENEFITS OF EASY-ER

- No upfront payment required.
- Guaranteed payment of the full ER event – in case of an emergency.
- Not paid from day-to-day benefits or medical savings accounts.

## WHAT QUALIFIES AS AN EASY-ER EMERGENCY?

- Car accidents
- Sport injuries
- Dental injuries (from a direct external blow to the mouth or face)
- Playground accidents

Find out if an injury or illness qualifies as an Easy-ER emergency, by calling KeyHealth's free 24-hour call centre on 080 111 0215.

## UNSURE OF WHEN TO GO TO THE ER?

- Contact **Netcare 911's 24-hour Health-on-Line** service on **082 911** to speak to a registered nurse about medical advice, information and your KeyHealth Easy-ER cover.
- Visit **Netcare 911's** website **www.netcare911.co.za** for information on first aid, emergencies, childhood illnesses and baby/child safety.

## DENTAL EMERGENCIES

- In a dental emergency, if a tooth is broken or knocked out, Easy-ER guarantees the payment of all dental treatment needed to restore the damaged tooth to functional use.
- In the case of such a dental emergency, the beneficiary can go directly to the dental practitioner for treatment.



## IMPORTANT

- Easy-ER is available to ALL KeyHealth members.
- The Easy-ER benefit does not include pharmacy or medical appliance claims.
- Any further hospitalisation needed, after emergency medical treatment, will be covered under the normal in-hospital benefit.
- If emergency transport is needed (e.g. ambulance services), KeyHealth's emergency transport provider, **Netcare 911**, must be called on **082 911**.
- Access to emergency treatment at any hospital is guaranteed on confirmation of KeyHealth membership by a Client Service Centre agent.



# SMART BABY PROGRAMME



## GUIDANCE WHEN YOU NEED IT MOST

KeyHealth's Smart Baby Programme offers support and general advice on health and wellness during pregnancy and peace-of-mind for mothers- and fathers-to-be.

## THE SMART BABY PROGRAMME PROVIDES

- Health Booster cover for short/co-payments for ante-natal visits (GP, gynaecologist or midwife), scans and birthing fees.
- Information about KeyHealth's maternity benefits and how to access them.
- *The New Baby and Childcare Handbook* by Marina Petropulos for first-time parents.
- Access to the KeyHealth pregnancy and childcare Facebook group for information and answers to questions about pregnancy and parenthood.
- Information about baby's first year (e.g. vaccinations, Easy-ER, etc.).
- Access to **Netcare 911's 24-hour Health-on-Line** service on **082 911** for medical advice and information from a registered nurse.

## SMART BABY PROGRAMME BENEFITS

The benefits available to mothers (and babies) on the Smart Baby programme are part of KeyHealth's Health Booster and therefore free and separate from day-to-day benefits and medical savings accounts.

<b>Ante-natal visits (GP / gynaecologist) and dipstick urine test)</b>	12 visits, 1 of which is following baby's birth
<b>Ultrasound (scans)</b>	2 pregnancy ultrasounds
<b>Paediatrician visits (once baby is a registered member)</b>	2 visits in baby's first year
<b>Ante-natal vitamins</b>	R2 180 per pregnancy
<b>Ante-natal classes</b>	R2 180 for first pregnancy

## HOW TO BENEFIT FROM THE SMART BABY PROGRAMME

- Register on the Smart Baby programme during the first trimester (first 12 weeks of the pregnancy).
- Make use of KeyHealth's Designated Service Provider (DSP) network of hospitals and specialists to avoid short payments.
- Make sure the DSP hospital and / or specialist clearly indicates the relevant diagnosis code (**ICD10 code**) on claims.
- Verify tariff codes or maximum rand values with the KeyHealth Client Service Centre on **0860 671 050**.
- **Get pre-authorisation for the delivery** after the second trimester (after week 24 of the pregnancy) by calling the Pre-authorisation Department on **0860 671 060**.
- Register baby as a KeyHealth member after birth.

## HOW TO REGISTER FOR THE SMART BABY PROGRAMME

- Register using the KeyHealth mobi app which can be downloaded on Android, iOS and Huawei operating systems, or
- Complete the registration form online at [www.keyhealthmedical.co.za](http://www.keyhealthmedical.co.za)

