

ANNEXURE E

PREVENTATIVE HEALTHCARE BENEFIT 2021

REGISTERED BY ME ON

2021/11/03

REGISTRAR OF MEDICAL SCHEMES

This benefit allows for risk assessment tests to ensure the early detection of conditions that may be completely cured or successfully managed if treated early.

All services as per specified benefit to be covered from the in-hospital benefits and will not deplete your out-of-hospital benefits.

MEASURE AND ICD-10 CODES	CARE, SCREENING, TEST
FULL MEDICAL EXAMINATION	
One wellness measure per year (tariff code 5550) inclusive of: • Blood pressure test • Body mass index (BMI) test • Cholesterol screening (Z13.8) • Consultation • Glucose screening (Z13.1) • Healthy diet counselling (Z71.3) • Lipid disorder screening for age > 40 years • Occult blood test (screening for peptic ulcer disease) • Risk assessment tests: ○ Baby immunisations (as per the DOH guidelines) ○ Bone densitometry scan <u>for members 65 years and older</u> ○ Circumcision ○ Contraceptives (as per the DOH guidelines) ○ Dental screening (codes 8101, 8151 and 8102) ○ Flu vaccine ○ Glaucoma screening ○ HIV tests ○ HPV screening once every five years for females aged 21 years and older ○ HPV vaccine for girls aged 10-17 years ○ Mammogram ○ Pap smear ○ Pneumococcal vaccine ○ Prostate screening ○ Psycho-social services • Waist-to-hip ratio measurement	Annually 100% of POLMED rate or agreed tariff where applicable Early detection screening limited to periods specified Possible indication of peptic ulcers: Members over the age of 50 years Funded from the risk pool; the benefit shall not accrue to the overall out-of-hospital limit
CHILD HEALTH	
All child immunisation provided by the Department of Health (DOH) for children twelve (12) years old and younger	As per DOH age schedule as per the Road to Health chart

FEMALE HEALTH (women and adolescent girls)	
Cervical cancer screening ICD: Z12.4 For all females aged 21-64 years old, except for those women who have had a complete hysterectomy with no residual cervix Human papilloma virus (HPV) vaccination for girls aged 10-17 years HPV screening	PAP smear test once every third year Total of two HPV vaccinations are funded Once every five years to females aged 21 years and older
Breast cancer screening ICD: Z12.3 and ICD: Z01.6 Mammogram: all women aged 40-69 years old	Once every two years, unless motivated
Contraceptives ICD: Z30	As recommended by NDOH
DENTAL HEALTH	
Consultation and topical fluoride application for children aged 0-6 years	Annually
Topical fluoride application for children aged 7-16 years	Annually
Caries risk assessment for children aged 0-14 years (Clinical information to be submitted to managed care)	Once every second year
Periodontal disease and caries risk assessment for adults 19 years of age and older (Clinical information to be submitted to managed care)	Once every second year
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HIV COUNSELLING AND TESTING	
HIV counselling and pre-counselling	Annually
HCT consultation, rapid testing and post counselling	Annually
HIV Testing Elisa: 3932 Confirmation test: Western Blot (payable after HCT or ELISA tests)	Annually
OTHER	
Flu vaccine	Annually
Hib titer for 60 years and older (Serology: IgM: specific antibody titer)	Annually

Prostate cancer screening For all males aged between 50 and 75 years	Annually
Glaucoma screening	Once every third year, unless motivated
Circumcision	Subject to clinical protocols
Post-trauma debriefing session Only for active principal members of SAPS, utilising the Psycho-Social Network	Four individual sessions or four group debriefing sessions per year
Weight Management Program A 12 week exercise program provided by BASA (Biokineticist Association of South Africa). It includes a HRA (Health Risk Assessment), group or individual exercise sessions, consultation with a dietician and psychologist	100% of the negotiated fee, or, in the absence of such fee, 100% of the lower of the cost or Scheme Tariff
REGISTERED BY ME ON 2021/11/03 REGISTRAR OF MEDICAL SCHEMES	<u>One enrolment per beneficiary per annum subject to clinical protocols</u> <u>A separate basket to be funded from Risk</u>
GoSmoke Free Program GOSMOKE Free Program is delivered by a trained nurse through HealthCraft accredited pharmacies. The approach includes motivational behavioural change, clinical measures (carbon monoxide readings), follow-ups to manage relapse rates.	100% of the negotiated fee or in the absence of such fee, 100% of the lower of the cost or Scheme Tariff <u>One enrolment per beneficiary per annum</u> <u>Funded from Risk as part of the Preventative HealthCare benefit</u> <u>Nicotine Replacement Therapy to be funded from acute benefit for members enrolled on the program</u>

Disclaimer: POLMED has outlined the services that are covered under the ‘preventative care benefit’. Best clinical practice dictates that the doctor should follow the best clinical management as per guidelines even when they are not specified under this benefit.