



BEAT1

**Benefit  
Summary  
2023**

**bestMed**  
personally yours



## BEAT1

### BEAT1 OPTION

### HOSPITAL PLAN

#### Recommended for?

You are an individual that is looking for a hospital plan that offers good value for money and extensive hospital cover.

#### Contributions

	Non-network /network	Principal member	Adult dependant	Child dependant
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#### Risk amount

NN	R1 901	R1 475	R799
N	R1 710	R1 329	R720

#### Medical savings account

NN	N/A	N/A	N/A
N	N/A	N/A	N/A

#### Total monthly contribution

<b>NN</b>	<b>R1 901</b>	<b>R1 475</b>	<b>R799</b>
<b>N</b>	<b>R1 710</b>	<b>R1 329</b>	<b>R720</b>

\* You pay for a maximum of three children. Any additional children can join as beneficiaries of the Scheme at no additional cost.

**Children under the age of 24 and registered students up to the age of 26 years qualify for child dependant rates.**

## BEAT1 OPTION

## HOSPITAL PLAN

In-hospital cover only.

## Method of benefit payment

On the Beat1 option in-hospital benefits are paid from Scheme risk and general ad hoc out-of-hospital services are for the member's own account. Some preventative care benefits are available from the Scheme risk benefit.

Benefits relating to conditions that meet the criteria for PMBs will be covered in full when using DSPs.

## Network option

- Beat 1, 2 and 3 also offer you the option to lower your monthly contribution in the form of a network option.
- The network option provides you with a list of designated hospitals for you to use and also saves on your monthly contribution.
- The non-network option provides you with access to any hospital of your choice. This is the standard option.
- Please refer to the contributions table for more information regarding the monthly contributions.

## In-hospital benefits

### Note:

- Members are required to obtain pre-authorisation for all planned procedures at least 14 (fourteen) days before the event. However, in the case of an emergency, the member, their representative or the hospital must notify Bestmed of the member's hospitalisation as soon as possible or on the first working day after admission to hospital.
- Clinical protocols, preferred providers (PPs), designated service providers (DSPs), formularies, funding guidelines and the Mediscor Reference Price (MRP) may apply.
- Should a member voluntarily choose not to make use of a hospital forming part of a hospital network for the Beat Network benefit option, a maximum co-payment of R13 078 shall apply.

### MEDICAL EVENT

### SCHEME BENEFIT

#### Accommodation (hospital stay) and theatre fees

100% Scheme tariff.

#### Take-home medicine

100% Scheme tariff.  
Limited to 7 days' medicine.

#### Biological medicine during hospitalisation

Limited to R10 570 per family per annum. Subject to pre-authorisation and funding guidelines.

#### 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 R35 573 per beneficiary.  
Subject to network facilities.

#### Consultations and procedures

100% Scheme tariff.

#### Surgical procedures and anaesthetics

100% Scheme tariff.

#### Organ transplants

100% Scheme tariff. (PMBs only)

MEDICAL EVENT	SCHEME BENEFIT
<b>Major medical maxillo-facial surgery strictly related to certain conditions</b>	PMBs only at DSP day hospitals.
<b>Dental and oral surgery (In- or out of hospital)</b>	PMBs only at DSP day hospitals.
<b>Prosthesis (Subject to preferred provider, otherwise limits and co-payments apply)</b>	100% Scheme tariff. Limited to R86 841 per family.
<b>Prosthesis – Internal</b> <b>Note: Sub-limit subject to the overall annual prosthesis limit.</b>	Sub-limits per beneficiary: <ul style="list-style-type: none"> <li>*Functional limited to R31 000.</li> <li>Pacemaker (dual chamber) R47 344.</li> <li>Vascular R50 000.</li> <li>Endovascular and catheter-based procedures - no benefit.</li> <li>Spinal including artificial disc R34 661.</li> <li>Drug-eluting stents - PMBs and DSP products only.</li> <li>Mesh R12 164.</li> <li>Gynaecology/Urology R9 940.</li> <li>Lens implants R7 585 a lens per eye.</li> </ul>
<b>*Functional: Item utilised towards treating or supporting a bodily function.</b>	
<b>Prosthesis – External</b>	No benefit. (PMBs only).
<b>Exclusions, limits and co-payments apply. Preferred provider network available.</b>	Joint replacement surgery (except for PMBs). PMBs subject to prosthesis limits: <ul style="list-style-type: none"> <li>Hip replacement and other major joints R36 489.</li> <li>Knee replacement R44 990.</li> <li>Other minor joints R13 995.</li> </ul>

MEDICAL EVENT	SCHEME BENEFIT
<b>Mammary surgery (Breast cancer)</b>	Treatment of the <b>unaffected (non-cancerous) breast</b> shall be limited to PMB provisions and is subject to pre-authorisation and funding guidelines.
<b>Orthopaedic and medical appliances</b>	100% Scheme tariff.
<b>Pathology</b>	100% Scheme tariff.
<b>Basic radiology</b>	100% Scheme tariff.
<b>Specialised diagnostic (Including MRI scans, CT scans and isotope studies).</b>	100% Scheme tariff.
<b>Oncology</b>	100% Scheme tariff. Subject to pre-authorisation and DSP.
<b>Peritoneal dialysis and haemodialysis</b>	100% Scheme tariff. Subject to pre-authorisation and DSPs.
<b>Confinements (Birthing)</b>	100% Scheme tariff.
<b>HIV/AIDS</b>	100% Scheme tariff. Subject to pre-authorisation and DSPs.
<b>Refractive surgery and all types of procedures to improve or stabilise vision (except cataracts)</b>	PMBs only.
<b>Midwife-assisted births</b>	100% Scheme tariff.
<b>Supplementary services</b>	100% Scheme tariff.
<b>Alternatives to hospitalisation</b>	100% Scheme tariff.
<b>Palliative and home-based care in lieu of hospitalisation</b>	100% Scheme tariff, limited to R63 420 per beneficiary per annum. Subject to available benefit, pre-authorisation and treatment plan.

## MEDICAL EVENT

### Day procedures at a day-hospital facility

## SCHEME BENEFIT

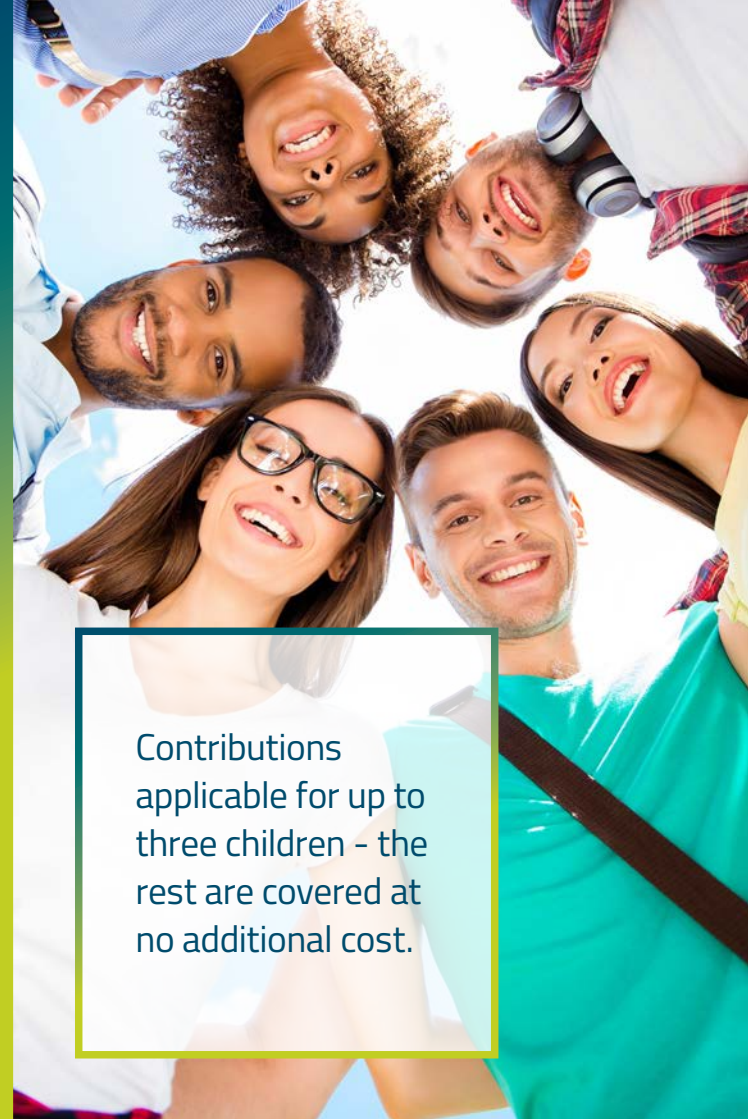
Day procedures at day-hospitals or day-clinics will be funded at 100% network or Scheme tariff. Voluntary use of a non-DSP specialist at private hospitals **OR** voluntary use of private hospitals will result in a co-payment of R2500 per event.

### International travel cover

- Leisure Travel: Limited to 45 days and R500 000 cover for travel to the USA. All other countries covered up to 90 days, with R3 million for a family i.e. member and dependants.
- Business Travel: Limited to 45 days and R500 000 cover for travel to the USA. All other countries covered up to 45 days, with R3 million for a family i.e. member and dependants.

### Co-payments

Co-payment for voluntary use of non-network hospital R13 078 for network option.



Contributions applicable for up to three children - the rest are covered at no additional cost.

## Out-of-hospital benefits

### Note:

- Benefits below may be subject to pre-authorisation, clinical protocols, preferred providers (PPs), designated service providers (DSPs), formularies, funding guidelines and the Mediscor Reference Price (MRP).
- Members are required to obtain pre-authorisation for all planned treatments and/or procedures.
- Members choosing the network option are required to make use of Scheme-contracted service providers such as network hospitals.
- Non-network pharmacies and non-network DSP specialists will be reimbursed at Scheme tariff, including for treatment of PMBs.

### MEDICAL EVENT

### SCHEME BENEFIT

**Wound care benefit (incl. dressings, negative pressure wound therapy NPWT treatment and related nursing services - out-of-hospital)**

100% Scheme tariff.  
Limited to R3 885 per family.

**Oncology**

Oncology programme at 100% of Scheme tariff. Subject to pre-authorisation and DSP.

**Peritoneal dialysis and haemodialysis**

100% Scheme tariff. Subject to pre-authorisation and DSPs.

**HIV/AIDS**

100% Scheme tariff. Subject to pre-authorisation and DSPs.

**Specialised diagnostic imaging (Including MRI scans, CT scans and isotope studies. PET scans excluded.)**

100% Scheme tariff.  
Limited to R5 885 per family.

**Rehabilitation services after trauma**

PMBs only. Subject to pre-authorisation and DSPs.

## Medicine

### Note:

- Benefits below may be subject to pre-authorisation, clinical protocols, preferred providers (PPs), designated service providers (DSPs), formularies, funding guidelines, the Mediscor Reference Price (MRP) and the exclusions referred to in Annexure C of the registered Rules.
- Members will not incur co-payments for PMB medications that are on the formulary for which there is no generic alternative.
- Members choosing the network option are required to make use of Scheme-contracted pharmacies to obtain their medicine.

### BENEFIT DESCRIPTION

### SCHEME BENEFIT

**CDL and PMB chronic medicine**

100% Scheme tariff. Co-payment of 30% for non-formulary medicine.

**Non-CDL chronic medicine**

No benefit.

**Biological medicine**

PMBs only as per funding protocol. Subject to pre-authorisation.

**Other high-cost medicine**

PMBs only as per funding protocol. Subject to pre-authorisation.

**Acute medicine**

No benefit.

**Over-the-counter (OTC) medicine**

No benefit.

## Chronic conditions list

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### CDL

**CDL 1** Addison's disease

**CDL 2** Asthma

**CDL 3** Bipolar mood disorder

**CDL 4** Bronchiectasis

**CDL 5** Cardiac failure

**CDL 6** Cardiomyopathy

**CDL 7** Chronic obstructive pulmonary disease (COPD)

**CDL 8** Chronic renal disease

**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** Epilepsy

**CDL 16** Glaucoma

**CDL 17** Haemophilia

**CDL 18** HIV/AIDS

**CDL 19** Hyperlipidaemia

**CDL 20** Hypertension

**CDL 21** Hypothyroidism

**CDL 22** Multiple sclerosis

**CDL 23** Parkinson's disease

### CDL

**CDL 24** Rheumatoid arthritis

**CDL 25** Schizophrenia

**CDL 26** Systemic lupus erythematosus (SLE)

**CDL 27** Ulcerative colitis

### PMB

**PMB 1** Aplastic anaemia

**PMB 2** Benign prostatic hypertrophy

**PMB 3** Cerebral palsy

**PMB 4** Chronic anaemia

**PMB 5** COVID-19

**PMB 6** Cushing's disease

**PMB 7** Cystic fibrosis

**PMB 8** Endometriosis

**PMB 9** Female menopause

**PMB 10** Fibrosing alveolitis

**PMB 11** Graves' disease

**PMB 12** Hyperthyroidism

**PMB 13** Hypophyseal adenoma

**PMB 14** Idiopathic thrombocytopenic purpura

**PMB 15** Paraplegia/Quadriplegia

**PMB 16** Polycystic ovarian syndrome

**PMB 17** Pulmonary embolism

**PMB 18** Stroke

## Preventative care benefits

**Note:** Benefits below may be subject to pre-authorisation, clinical protocols, preferred providers (PPs), designated service providers (DSPs), formularies, funding guidelines and the Mediscor Reference Price (MRP).

PREVENTATIVE CARE BENEFIT	GENDER AND AGE GROUP	QUANTITY AND FREQUENCY	BENEFIT CRITERIA
<b>Flu vaccines</b>	All ages.	1 per beneficiary per year.	Applicable to all active members and beneficiaries.
<b>Pneumonia vaccines</b>	Children <2 years. High-risk adult group.	Children: As per schedule of Department of Health. Adults: Twice in a lifetime with booster above 65 years of age.	Adults: The Scheme will identify certain high-risk individuals who will be advised to be immunised.
<b>Baby growth and development assessments</b>	0-2 years.	3 assessments per year.	Assessments are done at a Bestmed Network Pharmacy Clinic.
<b>Female contraceptives</b>	All females of child-bearing age.	Quantity and frequency depending on product up to the maximum allowed amount.	Limited to R2 550 per beneficiary per year. Includes all items classified in the category of female contraceptives.
<b>HPV vaccinations</b>	Females 9-26 years of age.	3 vaccinations per beneficiary.	Vaccinations will be funded at MRP.
<b>Mammogram</b>	Females 40 years and older.	Once every 24 months.	100% Scheme tariff.
<b>Back and neck preventative programme</b>	All ages.	Subject to pre-authorisation.	Preferred providers (DBC/Workability Clinics). This is a preventative programme with the objective of preventing back and neck 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. Use of this programme is in lieu of surgery.
<b>Pap smear</b>	Females 18 years and older.	Once every 24 months.	Can be done at a gynaecologist, FP or pharmacy clinic. Consultation will be for member's own account.

Disclaimer: General and option specific exclusions apply. Please refer to [www.bestmed.co.za](http://www.bestmed.co.za) for more details.



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## BESTMED TEMPO WELLNESS PROGRAMME

**Note: Completing your Health Assessment (HA) unlocks the other Bestmed Tempo benefits.**

The Bestmed Tempo wellness programme is focused on supporting you on your path to improving your health and realising the rewards that come with it. To ensure you achieve this, you will have access to the following benefits:

**Tempo Health Assessment (HA) for adults (beneficiaries 16 years and older) which includes one of each of the following per year per adult beneficiary:**

- The Tempo lifestyle questionnaire
- Blood pressure check
- Cholesterol check
- Glucose check
- Height, weight and waist circumference

These assessments need to be done at a contracted pharmacy or on-site at participating employer groups.

**Bestmed Tempo Fitness and Nutrition programmes (beneficiaries 16 and older):**

### **Fitness**

- 1 x (face-to-face) fitness assessment at a Tempo partner biokineticist
- 1 x follow-up (virtual or face-to-face) consult to obtain your personalised fitness/exercise plan from the Tempo partner biokineticist

These fitness benefits are intended to assist you on your Tempo Get Active Journey.

### **Nutrition**

- 1 x (face-to-face) nutrition assessment at a Tempo partner dietitian
- 1 x follow-up (virtual or face-to-face) consult to obtain your personalised healthy-eating plan from the Tempo partner dietitian

These nutrition benefits are intended to assist you on your Tempo Nutritional Health Journey.

**Emotional Wellbeing Journey:**

This journey was developed by qualified psychologists and healthcare providers, and will assist you to identify and manage your emotions and the affect they have on your mental health. This Journey provides you with access to:

- lifestyle related information that will help you deal with life's changes and curve balls.
- practical challenges that will enable you to practice the new skills you have to acquire to progress from your current emotional and mental state to your desired state.

**Emotional Wellbeing Journey (via the Bestmed App and website):**

- Two questionnaires that assess whether the participant experiences symptoms of depression and/or anxiety (for beneficiaries 21 years and older).
- Access to the educational information, challenges, recordings, videos, and support group details (for beneficiaries 16 years and older).

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## PREVENTATIVE CARE BENEFIT

### Maternity benefits

100% Scheme tariff. Subject to the following benefits:

#### Consultations:

- 6 antenatal consultations at a FP OR gynaecologist OR midwife.

#### Ultrasounds:

- 1 x 2D ultrasound scan at 1st trimester (between 10 to 12 weeks) at a FP OR gynaecologist OR radiologist.
- 1 x 2D ultrasound scan at 2nd trimester (between 20 to 24 weeks) at a FP OR gynaecologist OR radiologist.

Disclaimer: General and option specific exclusions apply. Please refer to [www.bestmed.co.za](http://www.bestmed.co.za) for more details.

## 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.

Members need to register on the Bestmed Maternity care programme as soon as they receive confirmation of their pregnancy by means of a pathology test and/or scan from your family practitioner or gynaecologist. After you complete your registration, a consultant will contact you. If your pregnancy is associated with risks, the information will be forwarded to Bestmed's case managers who will contact you to help monitor your progress.

Please note that registering on the Maternity care programme does not confirm any other maternity benefits nor does it provide authorisation for the delivery as these benefits are subject to the Scheme's rules and underwriting. To enquire about these benefits please contact [service@bestmed.co.za](mailto:service@bestmed.co.za).

### How to register:

Send an email to [maternity@bestmed.co.za](mailto:maternity@bestmed.co.za) or call us on 012 472 6797.

Please include your medical scheme number and your expected delivery date in the email.

**After registration on the Maternity care programme, you will also receive the Bestmed Maternity care programme registration confirmation letter, indicating all necessary information as stated below:**

Our third-party service provider, DLA, will be in contact within the next two to three weeks via email, requesting you to complete a registration form. Keep an eye on your inbox (including the spam folder) for this email. Completing this form will ensure you are registered on their database to ensure you receive maternity information, additional support if the pregnancy is identified as a high-risk pregnancy and a gift on behalf of Bestmed after 14 weeks gestation. DLA will guide you through the process of selecting a gift.

The registration form and gift selection form must be returned to DLA directly. The maternity gift will only be sent after week 14 of your pregnancy.

Registration also provides you with access to a 24-hour medical advice line and benefits through each phase of your pregnancy.

### Abbreviations

CDL = Chronic Disease List; DBC = Documentation Based Care (back rehabilitation programme); DSP = Designated Service Provider; FP = Family Practitioner or Doctor; MRP = Mediscor Reference Price; NPWT = Negative pressure wound therapy; PMB = Prescribed Minimum Benefit.

Midwife-assisted births are covered at 100% of Scheme tariff on all Beat options.



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#### HOSPITAL AUTHORISATION

Tel: 080 022 0106  
Email: [authorisations@bestmed.co.za](mailto:authorisations@bestmed.co.za)

#### CHRONIC MEDICINE

Tel: 086 000 2378  
Email: [medicine@bestmed.co.za](mailto:medicine@bestmed.co.za)  
Fax: 012 472 6760

#### CLAIMS

Tel: 086 000 2378  
Email: [service@bestmed.co.za](mailto:service@bestmed.co.za) (queries)  
[claims@bestmed.co.za](mailto:claims@bestmed.co.za) (claim submissions)

#### MATERNITY CARE

Tel: 012 472 6797  
Email: [maternity@bestmed.co.za](mailto:maternity@bestmed.co.za)

#### WALK-IN FACILITY

Block A, Glenfield Office Park,  
361 Oberon Avenue, Faerie Glen,  
Pretoria, 0081, South Africa

#### POSTAL ADDRESS

PO Box 2297, Arcadia,  
Pretoria, 0001, South Africa

#### ER24

Tel: 084 124

#### INTERNATIONAL TRAVEL INSURANCE (EUROP ASSISTANCE)

Tel: 0861 838 333  
Claims and emergencies: [assist@europassistance.co.za](mailto:assist@europassistance.co.za)  
Travel registrations: [bestmed-assist@linkham.com](mailto:bestmed-assist@linkham.com)

#### PMB

Tel: 086 000 2378  
Email: [pmb@bestmed.co.za](mailto:pmb@bestmed.co.za)

#### 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](mailto:fraud@kpmg.co.za)  
**Postal:** KPMG Hotpost, at BNT 371,  
PO Box 14671, Sinoville,  
0129, South Africa

#### INDIVIDUAL CLIENTS APPLYING FOR NEW MEMBERSHIP AFTER THE FINAL DEBIT ORDER CLOSING DATE, WILL BE SUBJECT TO REGISTRATION DATE CHANGE. PLEASE CONSULT YOUR ADVISOR OR BESTMED FOR MORE INFORMATION.

For a more detailed overview of your benefit option and to receive a membership guide please contact [service@bestmed.co.za](mailto:service@bestmed.co.za).

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Please visit [www.bestmed.co.za](http://www.bestmed.co.za) for the complete liability and responsibility disclaimer for Bestmed Medical Scheme as well as the latest Scheme Rules.

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personally yours