

Preventative Care Benefits 2023



| BENEFIT | QUANTITY AND FREQUENCY | BENEFIT CRITERIA | BEAT | PACE | RHYTHM |
|--|--|--|--------------------------------------|--------------------------------------|-----------------------|
| Flu vaccines | 1 per beneficiary per year | Applicable to all active members and beneficiaries | ✓ | ✓ | ✓ |
| Pneumonia vaccines | Children: As per schedule of Department of Health. Adults: Twice in a lifetime with booster above 65 years of age | The Scheme will identify high-risk individuals for immunisation | ✓ | ✓ | ✓ |
| Travel vaccines | Quantity and frequency depending on product up to the maximum allowed amount. | Mandatory travel vaccines for typhoid, yellow fever, tetanus, meningitis, hepatitis and cholera | *Available on Beat2, Beat3 and Beat4 | ✓ | ✓ |
| Paediatric immunisation | According to the Bestmed vaccine schedule | | *Available on Beat2, Beat3 and Beat4 | ✓ | ✓ |
| Baby growth and development assessments | 3 assessments per year for beneficiaries 0-2 years | Assessments are done at a Bestmed partner pharmacy clinic | ✓ | ✓ | ✓ |
| Female contraceptives | Quantity and frequency dependent on product and subject to maximum amount. | R2 550 per beneficiary per year | ✓ | ✓ | ✓ |
| Intrauterine device (IUD) insertion (consultation and procedure) | Once every 5 years | Consultation and procedure by a gynaecologist or FP | *Available on Beat4 | ✓ | X |
| Back and neck preventative programme | Preferred providers (Documented Based Care (DBC)/ Workability Clinics). This is a preventative programme with the objective of preventing back and neck surgery. The Scheme may identify appropriate participants. Use of this programme is in lieu of surgery | Preferred providers (DBC/Workability Clinics) | ✓ | ✓ | ✓ |
| Mammogram | Females 40 years and older. Once every 24 months | Scheme tariff applies | ✓ | ✓ | *Available on Rhythm2 |
| HPV vaccinations | 3 vaccinations per beneficiary. Females 9 - 26 years | Vaccinations funded at MRP | ✓ | ✓ | *Available on Rhythm2 |
| PSA Screening | Males 50 years and older. Once every 24 months | Can be done at a urologist or FP. Consultation paid from the available savings/consultation benefit. | *Available on Beat2, Beat3 and Beat4 | ✓ | *Available on Rhythm2 |
| Bone densitometry | Beneficiaries 45 years and older. Once every 24 months. | | X | *Available on Pace2, Pace3 and Pace4 | X |
| Pap smear | 18 years and older. Once every 24 months | At any gynaecologist or FP. Consultation is paid from available savings or consultation benefit | ✓ | ✓ | *Available on Rhythm2 |
| Preventative dentistry | Dependent on the type of procedure required | Subject to pre-authorisation, clinical protocols and funding guidelines | *Available on Beat2, Beat3 and Beat4 | ✓ | ✓ |

Note: The Rhythm range offers preventative services under the basic dentistry benefit.

Benefits mentioned above may be subject to pre-authorisation, clinical protocols, formularies, funding guidelines and the Mediscor Reference Price (MRP).

Preventative Dentistry Benefits 2023



| DESCRIPTION OF SERVICE | AGE | FREQUENCY | BEAT | PACE | RHYTHM |
|---|--|---------------------------------------|--------------------------------------|------|--------|
| General full-mouth examination by a general dentist (incl. gloves and use of sterile equipment for the visit) | 12 years and above | Once a year | *Available on Beat2, Beat3 and Beat4 | √ | √ |
| | Under 12 years | Twice a year | *Available on Beat2, Beat3 and Beat4 | √ | √ |
| Full-mouth intra-oral radiographs | All ages | Once every 36 months | *Available on Beat2, Beat3 and Beat4 | √ | √ |
| Intra-oral radiographs | All ages | 2 photos per year | *Available on Beat2, Beat3 and Beat4 | √ | √ |
| Scaling and/or polishing | All ages | Twice a year | *Available on Beat2, Beat3 and Beat4 | √ | √ |
| Fluoride treatment | All ages | Twice a year | *Available on Beat2, Beat3 and Beat4 | √ | √ |
| Fissure sealing | Up to and including 21 years | In accordance with accepted protocols | *Available on Beat2, Beat3 and Beat4 | √ | √ |
| Space maintainers | During primary and mixed denture stage | Once per space | *Available on Beat2, Beat3 and Beat4 | √ | √ |

**Subject to pre-authorisation, clinical protocols and funding guidelines.*

Note: The Rhythm range offers preventative services under the basic dentistry benefit.