Discovery

DISCOVER MORE with HealthID

HOW TO LOAD AN OHPMB APPLICATION ON HEALTHID

DISCOVERY HEALTH
2025

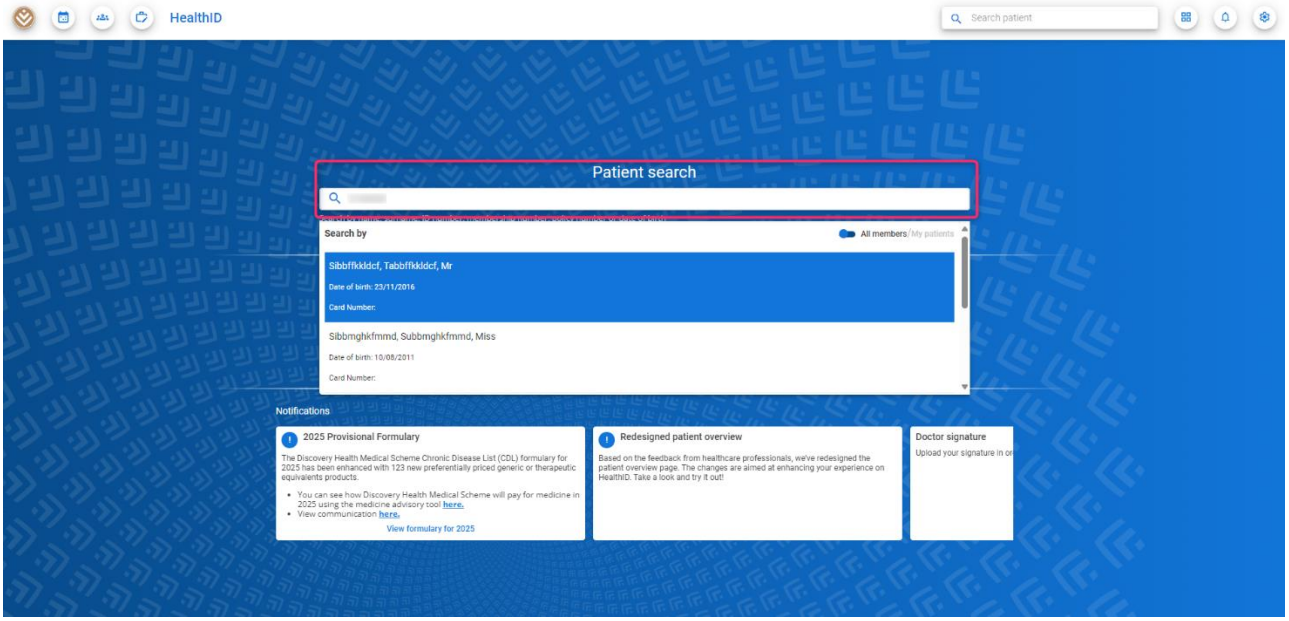
Discovery Health (Pty) Ltd; registration number 1997/013480/07, is an authorised financial services provider and administrator of medical schemes.

Out of Hospital – PMB Application for Psychotherapy

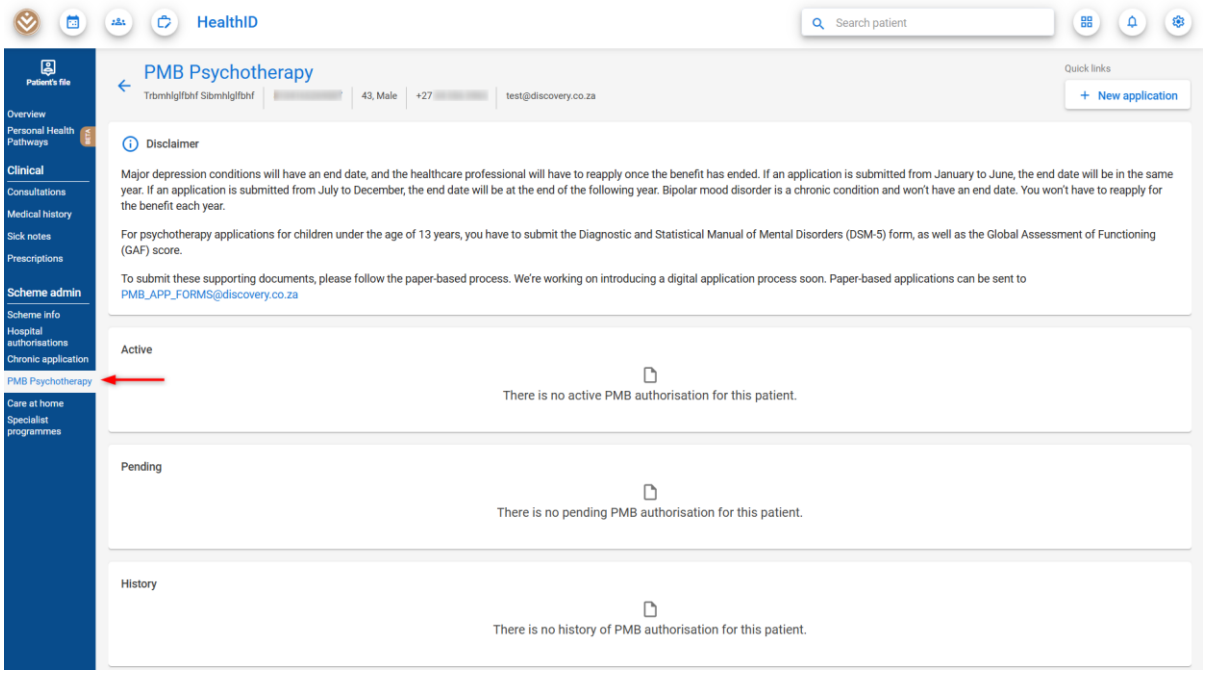
This application can be completed when a member needs additional out-of-hospital treatment for psychotherapy that falls outside of the basic level of care.
Follow the steps below to load an Out of Hospital (OHPMB) authorisation for Psychotherapy.

- Log into Discovery HealthID - https://digitalhealth.discovery.co.za/d2hp/ui/login

- Once logged in, use the search functionality under "Patient search" by entering the patient's ID or membership number to complete an application. You will need to get consent from your patient if you have not already done previously.



- Thereafter click on the "PMB Psychotherapy" tab on the bottom of the menu bar on the left of the page and click on "New Application" to start the application process.



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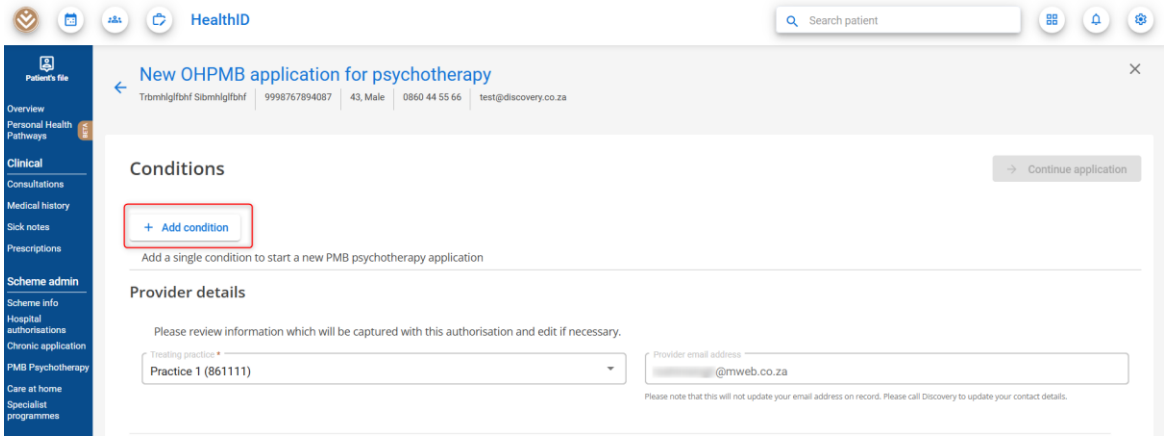
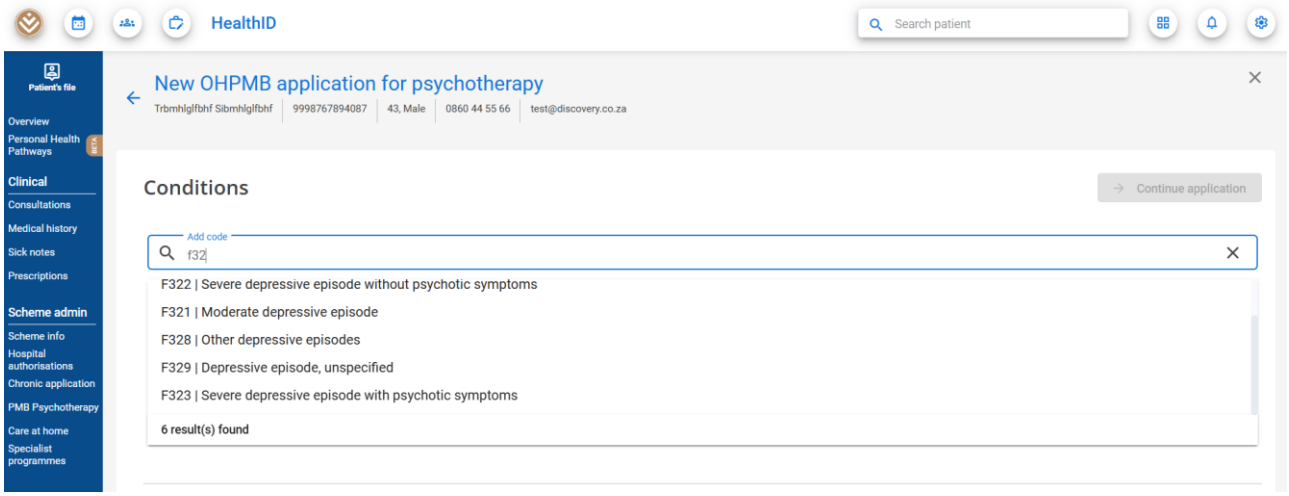
1. You can start the process by clicking on “Add Condition” to select the condition. On this page you can also confirm your practice details to ensure that the correct billing practice number is selected, and the email address is correct.

   Please note that the application process is only applicable to the below practice types:

- 014/015 - General Practitioners
- 086 - Psychologists
- 022 - Psychiatrists
- 018 - Physicians
- 020 - Neurologists
- 035 - Emergency doctors
- 089 - Clinical Social Workers



1.1 The next step is to confirm the diagnosis code, and you can select this by typing in the first few letters of the condition or the ICD-10 code to search for it. Once found you can click on it to select it and note that multiple conditions can be added at the same time if required. Please note the diagnoses codes are restricted to the PMB diagnostic codes for Major depression and Bipolar mood disorder.
Thereafter choose the date diagnosed from the calendar icon.



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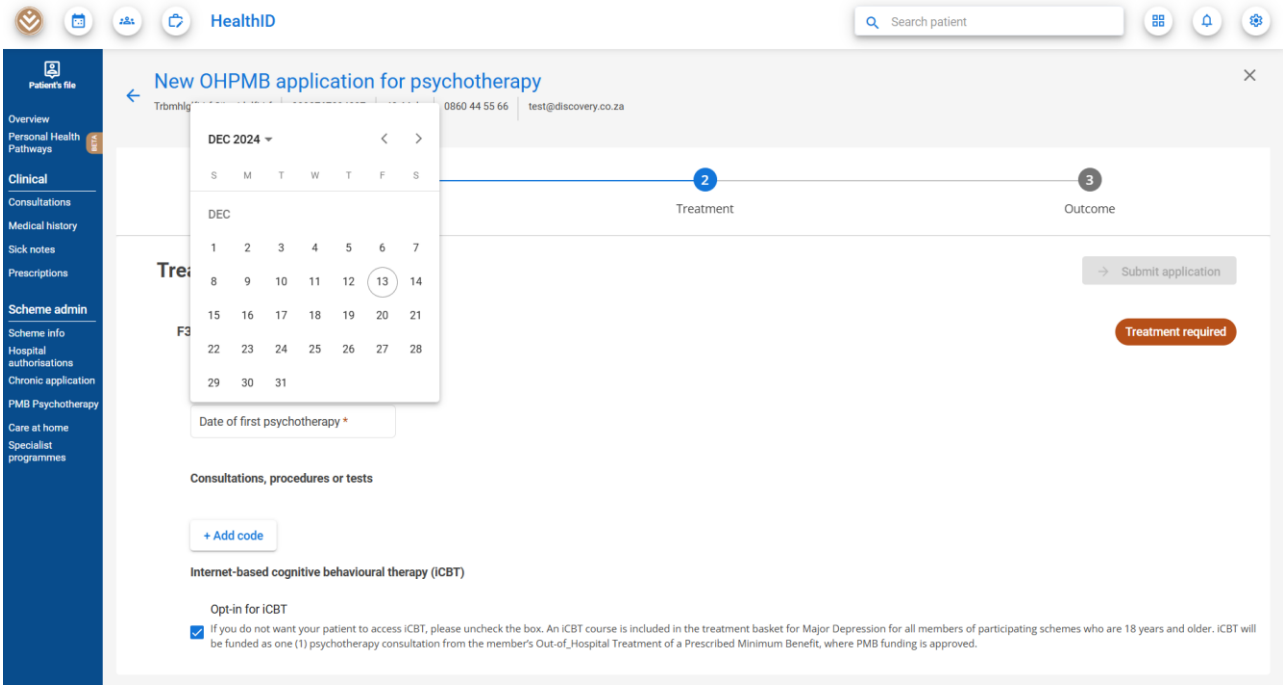
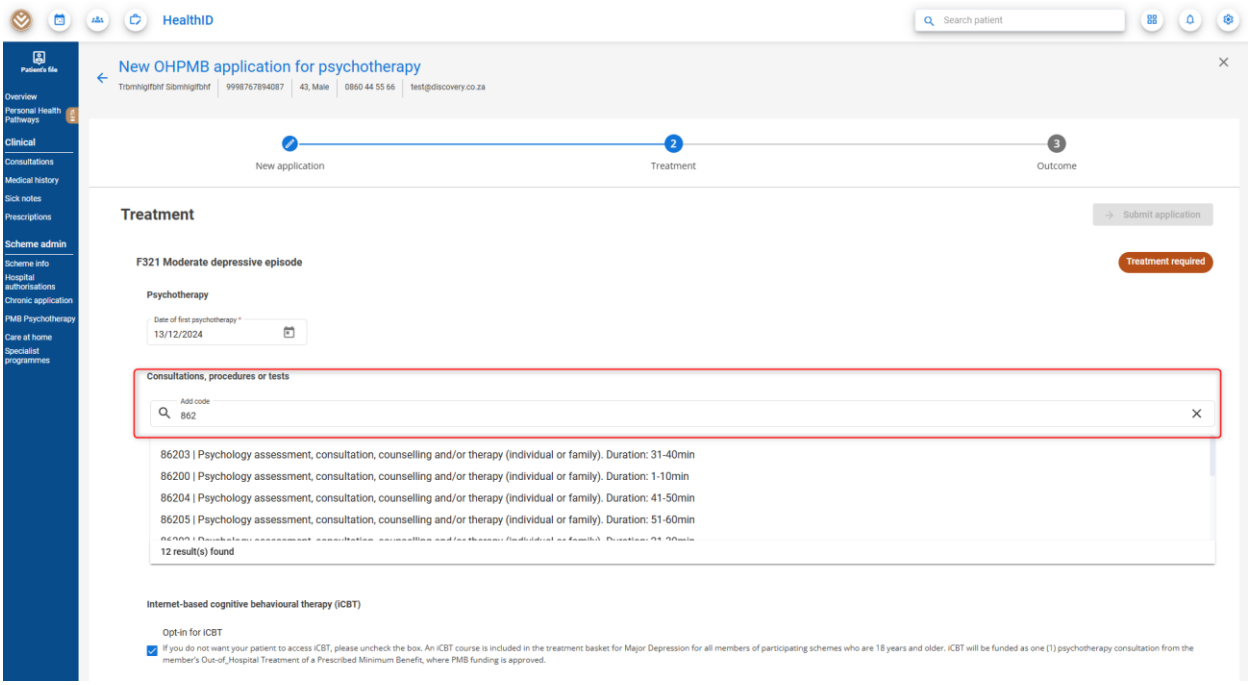
2. On Step 2 of the process, please add the date of first psychotherapy treatment for the current benefit year.



2.1 Thereafter add the relevant treatment tariff codes required for approval.



2.2 Multiple codes can be added based on the treatment required.

2.3 **Internet-based Cognitive Behavioural Therapy** (iCBT) has been demonstrated to be a helpful adjunct to treatment for people with Major Depression. An iCBT course is included in the treatment basket for Major Depression for all members of participating schemes who are 18 years and older. Qualifying members will be alerted that they have access to an iCBT course.

2.4 ICBT is automatically selected but can be deselected if not required. There-after click on the "Submit Application" button once all information has been captured.

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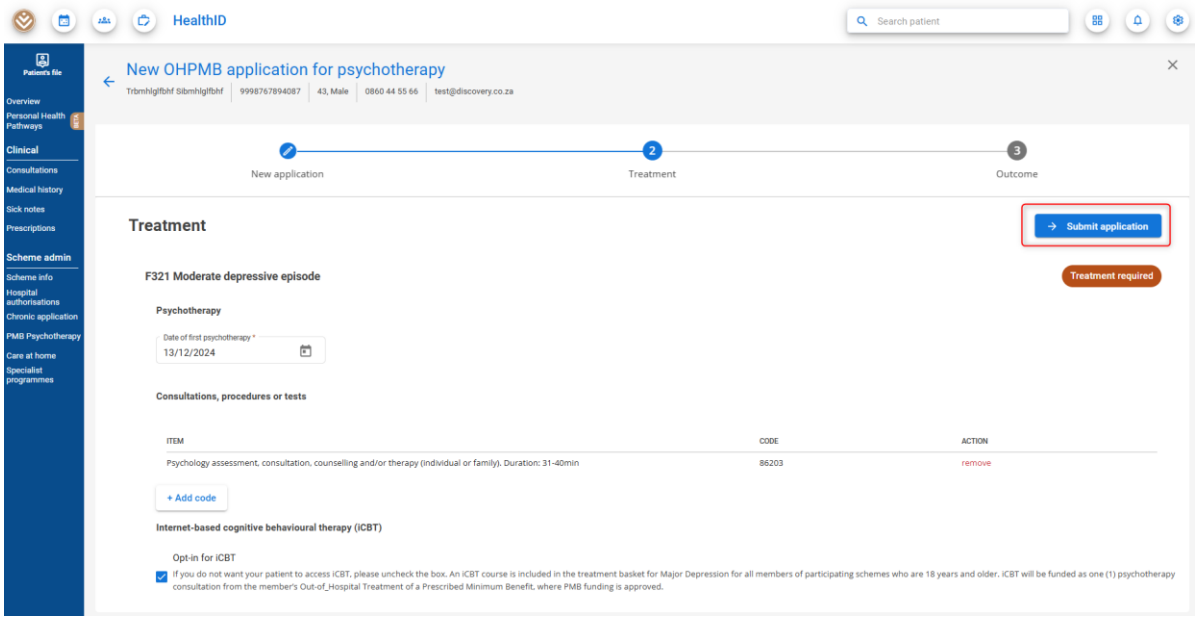
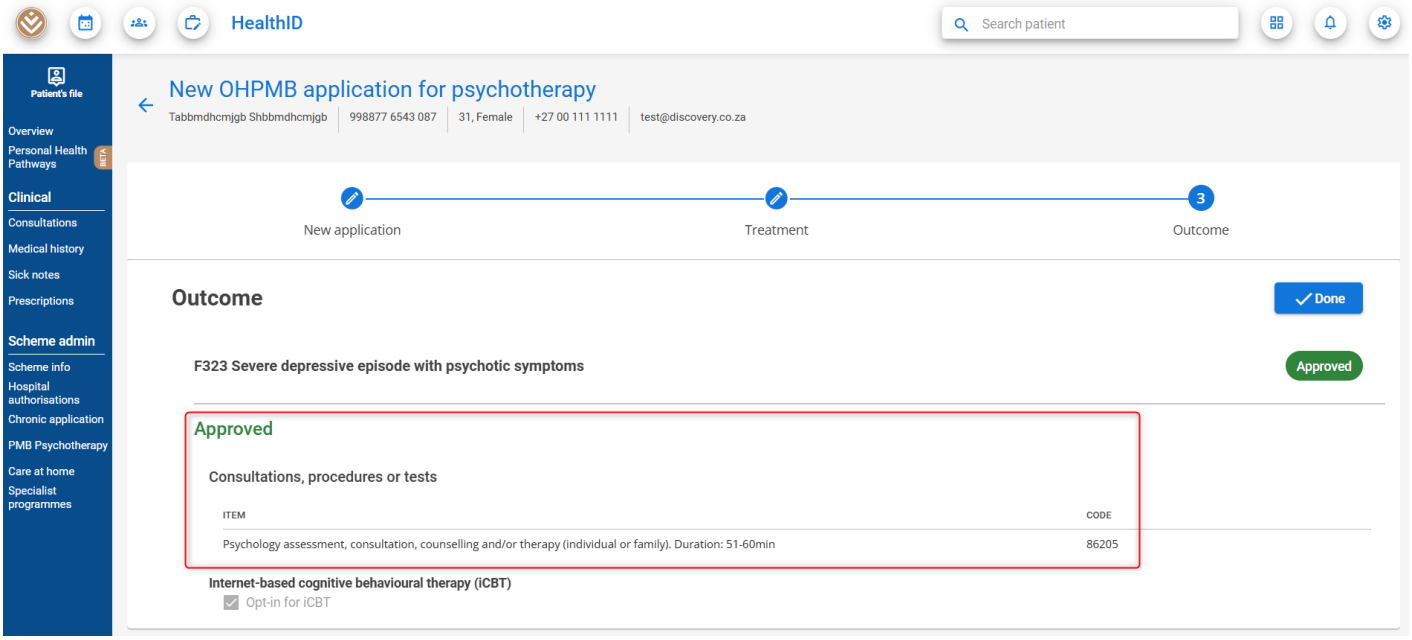


3. Once submitted you will get a response status with the relevant decision on the request.



- After completing the application, you can go back to the home page and the application should reflect on the history page as active or pending.

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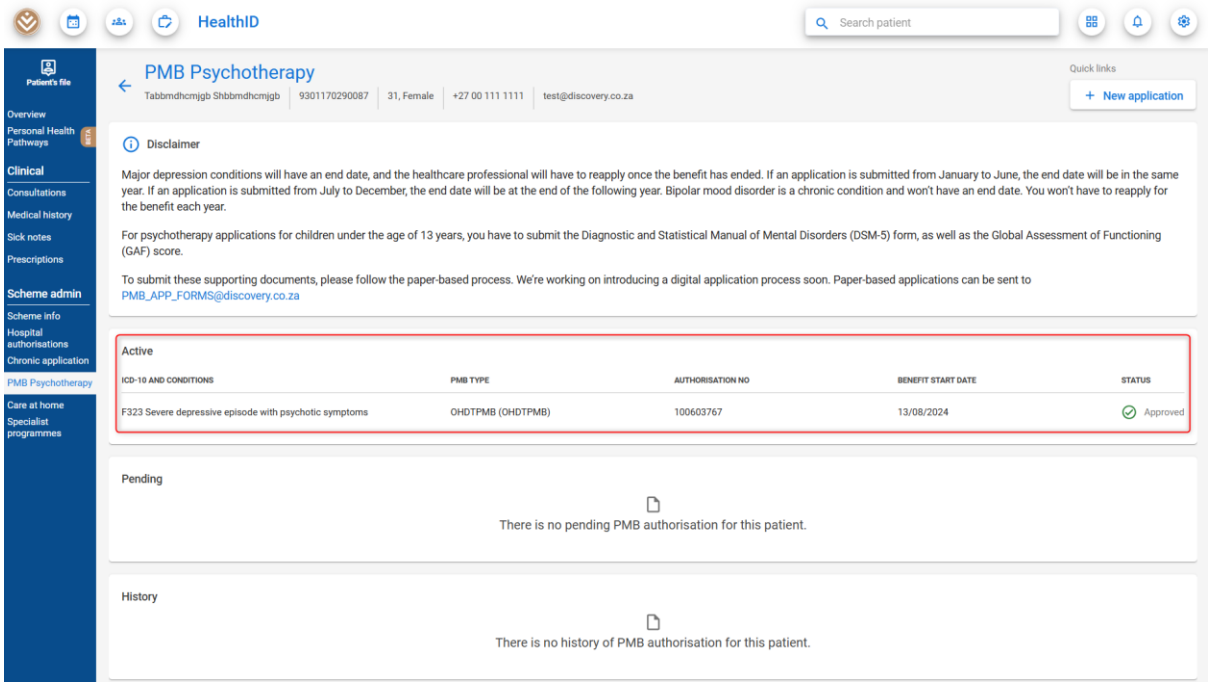

This is the end of the guide to the OHPMB application process on HealthID and should you have any questions or concerns please contact our chronic department on 0860 400 600.