For complete peace of mind

Widest range of plans to choose from:
- Choose from 23 health plan options designed to suit your individual health and financial needs.

Rich benefits tailored to your health needs:
- Unmatched benefits with unlimited private hospital cover and full cover in our networks.

Real value through affordable contributions:
- Contributions are an average 16.4% lower than other South African medical aids.

Highest financial stability rating:
- Our industry-leading financial stability means you can have complete peace of mind.

Access to the most advanced digital health technology:
- Seamless support is just one click away for you at every step of your healthcare journey.

Get rewarded for being healthy:
- You have access to the world’s leading science-based wellness programme, Vitality.

Vitality is a separate wellness product sold and administered by Discovery Vitality (Pty) Ltd, registration number 1999/007736/07, an authorised financial services provider. The reference to the lower cost analysis is a comparison of our contributions with those of open scheme competitors, based on an internal analysis of publicly available marketing material.

Discovery Health Medical Scheme
Join SA’s leading medical aid

Discovery Health Medical Scheme gives you complete peace of mind that your healthcare is in good hands at every stage of your health journey.
A world of digital support is one click away

Manage your health plan anywhere, anytime, in the palm of your hand

Ask Discovery
- Our chat bot powered by artificial intelligence is available 24/7 to provide instant answers online
- If you need an important document or need to know about your benefits, start a conversation by saying ‘Hello, and Ask Discovery will process your request or answer your question

Easily find doctors and hospitals
Get the best care
- Fully interactive, real-time technology helps you find doctors and hospitals, on our networks, near you
- Give your doctor consent to view your health records before your consultation
- Choose a doctor that suits your needs, view the doctor’s practice information to schedule your appointment
- Book a follow-up video consultation with your doctor at your convenience

Manage your health
Positive support
- Understand your health risks with key apps and access progress dashboards for specific chronic conditions
- Unlock additional benefits when you are pregnant and after your baby is born

Download key documents
Hassle free access
- Download your tax certificates and travel documents when you need them
- View information on hospital services for your authorised hospital admissions

Doctor advice on your device
Anywhere anytime
- When it’s simply not possible to see your doctor, get trusted advice from doctors on the Discovery app at no additional cost

Manage benefits and track claims
Real time, on the go
- Submit and track your claims and benefits real time

Track your health
Get rewarded for managing your health
- Follow personal health checks, get rewarded for you, to help you track and manage your health
- You will also get tips on how you can improve your weight, nutrition and exercise levels and get rewarded along the way

Your medicine comes to you
Never queue, no fuss
- Order your medicine on the Discovery app from MedXpress and have it delivered to your door, or collect at a network pharmacy near you

Never forget to take your medicine
Get reminders on your phone
- Stay on track with your prescribed medicine
- Get monthly reminders to refill your prescription

Download the Discovery app or visit www.discovery.co.za

Track your health and associated rewards are brought to you by Discovery Health (Pty) Ltd, registration number 1996/003384/07, an authorised financial services provider and administrator of medical schemes. Discovery Vitality (Pty) Ltd, registration number 1999/007736/07, an authorised financial services provider, and administers Vitality. Ask Discovery, DrConnect, HealthID, MedXpress, and the Discovery app are brought to you by Discovery Health (Pty) Ltd, registration number 1996/003384/07, an authorised financial services provider and administrator of medical schemes. Visit www.discovery.co.za or click on find a provider in the Discovery app to find hospitals or providers in our network.
Core Series

Key benefits

Unlimited private hospital cover

Guaranteed full cover in hospital for specialists who we have a payment arrangement with, and up to 200% of the Discovery Health Rate (DHR) on Classic plans and up to 100% of the DHR on Essential and Coastal plans for other healthcare professionals.

Full cover for chronic medicine on our formulary for all Chronic Disease List conditions when you use MedXpress or a MedXpress network pharmacy.

Comprehensive pre- and postnatal healthcare services for maternity and early childhood.

Cover for medical emergencies when travelling.

Vitality is not part of Discovery Health Medical Scheme. Vitality is a separate wellness product, sold and administered by Discovery Vitality (Pty) Ltd, registration number 1999/007736/07, an authorised financial services provider. MedXpress is brought to you by Discovery Health (Pty) Ltd, registration number 1997/013480/07, an authorised financial services provider.
The Core Series has five health plan options

The five plan options have differences in benefits, as indicated below.
All other benefits not mentioned in the table are the same across all five plan options.

<table>
<thead>
<tr>
<th>Hospital cover</th>
<th>Classic</th>
<th>Classic Delta</th>
<th>Essential</th>
<th>Essential Delta</th>
<th>Coastal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital network</td>
<td>Any private hospital</td>
<td>Private hospitals in the Delta Network</td>
<td>Any private hospital</td>
<td>Private hospitals in the Delta Network</td>
<td>Any hospital in the four coastal provinces</td>
</tr>
<tr>
<td>Cover for healthcare professionals in hospital</td>
<td>200% of the Discovery Health Rate (DHR)</td>
<td>100% of the Discovery Health Rate (DHR)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Defined list of procedures in a day surgery network</td>
<td>Private day surgery facility in the defined list of network facilities</td>
<td>Private day surgery facility in the defined list of Delta network facilities</td>
<td>Private day surgery facility in the defined list of network facilities</td>
<td>Private day surgery facility in the defined list of Delta network facilities</td>
<td>Private day surgery facility in the defined list of Coastal network facilities</td>
</tr>
</tbody>
</table>

Visit www.discovery.co.za or click on find a provider in the Discovery app to find hospitals or providers in our network.
You have unlimited hospital cover

All Discovery Health Medical Scheme plans offer unlimited hospital cover. Your hospital cover includes the account from the hospital and the accounts from your admitting doctor, anaesthetist and any other approved healthcare professional.

Unlimited cover in private hospitals

For any planned or non-emergency admission, you need to contact us to confirm your admission.

The Delta and Coastal options offer cover for planned admissions in a defined network.

On the Delta options, for planned admissions at hospitals outside the Delta Hospital Network, you have to pay a portion of the hospital account.

On the Coastal options, you must go to a hospital in one of the four coastal provinces for a planned admission. If you don’t use a coastal hospital, we pay up to a maximum of 70% of the hospital account and you must pay the difference.

You have full cover for a defined list of procedures in our day surgery network. An upfront payment will apply if you choose to have these procedures performed outside the network facilities.

What is the Discovery Health Rate (DHR)?

This is a rate set by us. We pay for healthcare services from hospitals, pharmacies and healthcare professionals at this rate.

How we cover your hospital and related accounts

We cover your hospital account from your Hospital Benefit.

Doctors, specialists and other healthcare professionals we have a payment arrangement with are covered in full for approved procedures in hospital. You benefit from access to the broadest range of specialists, which represent over 90% of our members’ specialist interactions. If you use healthcare professionals that we don’t have payment arrangements with, we will pay at the rate applicable to your chosen plan and you may have a co-payment.

PG 13 FOR THE DEFINED LIST OF PROCEDURES

Visit www.discovery.co.za or click on find a provider in the Discovery app to find hospitals or providers in our network.
Prescribed Minimum Benefit (PMB) conditions

In terms of the Medical Schemes Act 131 of 1998 and its Regulations, all medical schemes have to cover the costs related to the diagnosis, treatment and care of:

- An emergency medical condition
- A defined list of 270 diagnoses
- A defined list of 27 chronic conditions.

To access Prescribed Minimum Benefits, there are rules that apply:

- Your medical condition must qualify for cover and be part of the defined list of Prescribed Minimum Benefit conditions.
- The treatment needed must match the treatments in the defined benefits.
- You must use designated service providers (DSPs) in our network. This does not apply in emergencies. However, even in these cases, where appropriate and according to the rules of the Scheme, you may be transferred to a hospital or other service providers in our network once your condition has stabilised.

If your treatment doesn’t meet the above criteria, we will pay up to 80% of the Discovery Health Rate (DHR). You will be responsible for the difference between what we pay and the actual cost of your treatment.

What is an emergency?

An emergency medical condition, also referred to as an emergency, is the sudden and unexpected onset of a health condition that requires immediate medical and surgical treatment. Failure to provide medical or surgical treatment would result in serious impairment to bodily functions or serious dysfunction of a bodily organ or part or would place the person's life in serious jeopardy.

An emergency does not necessarily require a hospital admission. We may ask you or your treating provider for additional information to confirm the emergency.
You have cover for a defined list of procedures in our day surgery network

We cover the following procedures in our day surgery network:

**Biopsies:** Skin*, subcutaneous tissue, soft tissue, muscle, bone, lymph, eye, mouth, throat, breast, cervix, vulva, prostate, penis, testes

**Breast***: Mastectomy for gynaecomastia, lumpectomy (fibroadenoma)

**Ear, Nose and Throat**
- Tonsillectomy and/or adenoidectomy
- Repair nasal turbinates*, nasal septum*, ear fistula
- Simple procedures for nose bleed (extensive cautery)
- Sinus procedures* (ethmoidectomy, sinusotomy and lavage)
- Scopes (nasal endoscopy*, laryngoscopy)
- Middle ear procedures ( tympanoplasty, mastoidectomy, myringoplasty, stapledectomy, myringotomy and/or grommets)
- Cochlear implant*

**Eye**
- Corneal transplant*
- Cataract surgery
- Treatment of glaucoma
- Other eye procedures (removal of foreign body, conjunctival surgery (repair laceration, pterygium), glaucoma surgery, probing & repair of tear ducts, vitrectomy, retinal surgery, eyelid surgery, strabismus repair)

**Gastrointestinal**
- Gastrointestinal scopes* (oesophagoscopy, gastroscope, colonoscopy, sigmoidoscopy, proctoscope, anoscopy)
- Anorectal procedures (treatment of haemorrhoids, fissure, fistula)

**Gynaecological**
- Cerclage of uterine cervix
- D&C (dilatation and curettage)
- Endometrial ablation
- Hysteroscopy
- Sterilisation
- Laparoscopic gynaecological procedures (aspiration ovarian cyst, myomectomy, salpingectomy, fulguration/ablation/lysis of lesions)

**Incision and Drainage of abscess and/or cyst:** Skin*, subcutaneous tissue, soft tissue, bone, bursa, mouth, tonsil, pilonidal, ovary, Bartholin’s gland, vagina

**Orthopaedic**
- Arthroscopy, arthrootomy (shoulder, elbow, knee, ankle, hand, wrist, foot, temporomandibular joint), arthrodesis (hand, wrist, foot)*
- Minor joint procedures (intercarpal, carpometacarpal and metacarpophalangeal, interphalangeal joint arthroplasty*)
- Tendon and/or ligament repair, muscle debridement, fascia procedures (tenotomy, tenodesis, tenolysis, repair/reconstruction, capsulotomy, capsulectomy, synovectomy, excision tendon sheath lesion, fasciotomy, fasciectomy)*. Subject to individual case review.
- Repair bunion or toe deformity*
- Treatment of simple closed fractures and/or dislocations, removal of pins and plates. Subject to individual case review

**Removal of foreign body**
- Subcutaneous tissue, muscle, external auditory canal under general anaesthesia

**Simple superficial lymphadenectomy**

**Skin:** Debridement, removal of lesions*, (dependent on size and diameter), simple repair of superficial wound repair

**Urological**
- Cystoscopy
- Removal of ureteral stones
- Repair of bladder prolapse
- Male genital procedures (circumcision, repair of penis, exploration of testes and scrotum, orchietomy, epididymectomy, excision hydrocoele, excision varicocele, vasectomy)

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Visit www.discovery.co.za or click on find a provider in the Discovery app to find hospitals or providers in our network.
You have cover for chronic conditions

*Get the best care and support for your chronic conditions*

**Prescribed Minimum Benefit (PMB) conditions**

You have access to treatment for a list of medical conditions under the Prescribed Minimum Benefits (PMBs). The PMBs cover the 27 chronic conditions on the Chronic Disease List (CDL).

Our plans offer benefits that are richer than the PMBs. Cover depends on the plan you choose. To access PMBs, certain rules apply.

**Chronic Illness Benefit (CIB)**

The Chronic Illness Benefit (CIB) covers you for a defined list of chronic conditions. You need to apply to have your medicine covered for your chronic condition.

**How we pay for medicine**

We pay for medicine up to a maximum of the Discovery Health Rate (DHR). The DHR for medicine is the price of the medicine and the fee for dispensing it.

**Medicine cover for the Chronic Disease List**

You get full cover if you use a network provider for approved chronic medicine on our medicine list. For medicine not on our list, we cover you up to a set monthly rand amount called the Chronic Drug Amount (CDA).

Visit [www.discovery.co.za](http://www.discovery.co.za) or click on find a provider in the Discovery app to find out more about chronic medicine and to find a pharmacy network provider or MedXpress network pharmacy.
### Chronic conditions covered

**Chronic Disease List (CDL) conditions**

<table>
<thead>
<tr>
<th>Letter</th>
<th>Conditions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A</strong></td>
<td>Addison's disease, asthma</td>
</tr>
<tr>
<td><strong>B</strong></td>
<td>Bipolar mood disorder, bronchiectasis</td>
</tr>
<tr>
<td><strong>C</strong></td>
<td>Cardiac failure, cardiomyopathy, chronic obstructive pulmonary disease, chronic renal disease, coronary artery disease, Crohn's disease</td>
</tr>
<tr>
<td><strong>D</strong></td>
<td>Diabetes insipidus, diabetes Type 1, diabetes Type 2, dysrhythmia</td>
</tr>
<tr>
<td><strong>E</strong></td>
<td>Epilepsy</td>
</tr>
<tr>
<td><strong>G</strong></td>
<td>Glaucoma</td>
</tr>
<tr>
<td><strong>H</strong></td>
<td>Haemophilia, HIV, hyperlipidaemia, hypertension, hypothyroidism</td>
</tr>
<tr>
<td><strong>M</strong></td>
<td>Multiple sclerosis</td>
</tr>
<tr>
<td><strong>P</strong></td>
<td>Parkinson's disease</td>
</tr>
<tr>
<td><strong>R</strong></td>
<td>Rheumatoid arthritis</td>
</tr>
<tr>
<td><strong>S</strong></td>
<td>Schizophrenia, systemic lupus erythematosus</td>
</tr>
<tr>
<td><strong>U</strong></td>
<td>Ulcerative colitis</td>
</tr>
</tbody>
</table>
Where to get your medicine

Avoid co-payments by using MedXpress and MedXpress Network Pharmacies

What is MedXpress?
A convenient medicine ordering service

- Quick, convenient and free delivery when ordering your medicine through MedXpress
- Use MedXpress to get full cover with no co-payments for medicine on our medicine list
- Order your medicine online and have it delivered to your door
  or
- Order your medicine online and collect instore at a MedXpress Network Pharmacy
  or
- Fill a prescription as usual at any MedXpress Network Pharmacy
- Reorder your chronic medicine when it’s convenient for you.

MedXpress and MedXpress Network Pharmacies

Avoid a 20% co-payment on your chronic medicine by using these Designated Service Providers (DSPs):

- MedXpress or MedXpress Network Pharmacies

How to order

- Discovery app
- www.discovery.co.za
- medxpress@discovery.co.za

MedXpress is brought to you by Discovery Health (Pty) Ltd, registration number 1997/013480/07, an authorised financial services provider. Visit www.discovery.co.za or click on find a provider in the Discovery app to find hospitals or providers in our network.
You have access to condition-specific care programmes through your Premier Plus GP

*Our condition-specific care programmes together, with your Premier Plus GP, help you manage specific conditions*

**Premier Plus GP**

*A Premier Plus GP is a network GP who has contracted with us to provide you with quality healthcare for your condition. You have to be registered on these condition-specific care programmes to unlock additional benefits and services. You and your GP can track progress on a personalised dashboard to identify the next steps to optimally manage your condition and stay healthy over time.*

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**HIV Care programme**

If you are registered on the HIV programme, you are covered for the care you need, which includes additional cover for social workers. You can be assured of confidentiality at all times. You have to see a Premier Plus GP to avoid a 20% co-payment. You need to get your medicine from a designated service provider (DSP) to avoid a 20% co-payment.

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**Cardio Care programme**

If you are registered on the Chronic Illness Benefit for hypertension, hyperlipidaemia and ischaemic heart disease you have access to a defined basket of care and an annual cardiovascular assessment, if referred by your Premier Plus GP and enrolled on the Cardio Care programme.

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**Diabetes Care programme**

If you are registered on the Chronic Illness Benefit for diabetes, you can join the Diabetes Care programme. The programme unlocks cover for additional consultations with dietitians and biokineticists. You also have access to a nurse educator to help you with the day-to-day management of your condition. You have to see a Premier Plus GP to avoid a 20% co-payment.

---

**Mental Health Care programme**

If you meet the Scheme’s clinical entry criteria you have access to defined cover for the management of episodes of major depression. Enrollment on the programme unlocks cover for prescribed medicine, and additional GP consultations to allow for effective evaluation, tracking and monitoring of treatment.

Visit [www.discovery.co.za](http://www.discovery.co.za) or click on find a provider in the Discovery app to find hospitals or providers in our network.
Track your health

Get healthier with goals tailored to your specific health needs

If you are at risk of developing or diagnosed with cardiovascular disease or diabetes, we will provide you with tailored goals you need to take to help you manage your health and track your progress.

**Health checks**
Tailored recommendations about general screening tests, as well as additional tests you may need to complete based on your age, gender and health profile

Clinical entry criteria may apply to some of these tests.

SEE PG 20 FOR A LIST OF SCREENING TESTS THAT ARE COVERED BY THE SCHEME

**Exercise goals**
You will get personalised weekly exercise goals to help you get healthy

**HealthyFood**
Get recommendations on which foods to buy more or less of based on your food purchasing behaviour

**Medicine tracker**
Reminders and prompts to keep you on track with taking medicine on time and as prescribed

You will **get rewarded** for **achieving** each of your recommended **personalised goals**

**Weight management**
A tailored weight loss journey designed to help you achieve or maintain your recommended weight goal

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Track your health and associated rewards are brought to you by Discovery Health (Pty) Ltd, registration number 1997/013480/07, an authorised financial services provider and administrator of medical schemes.
You have comprehensive cover for cancer

**Oncology Benefit**

If you are diagnosed with cancer and once we have approved your cancer treatment, you are covered by the Oncology Care Programme. We cover the first R200 000 of your approved cancer treatment over a 12-month cycle.

If your treatment costs more than the cover amount, we will cover up to 80% of the subsequent additional costs.

All cancer-related healthcare services are covered up to 100% of the Discovery Health Rate (DHR). You might have a co-payment if your healthcare professional charges above this rate.

**Prescribed Minimum Benefits (PMB)**

Cancer treatment that is a Prescribed Minimum Benefit (PMB), is always covered in full. All PMB treatment costs add up to the cover amount. If your treatment costs more than the cover amount we will continue to cover your PMB cancer treatment in full.

**Advanced Illness Benefit**

Members with cancer have access to a comprehensive palliative care programme. This programme offers unlimited cover for approved care at home.

You need to get your approved oncology medicine on our medicine list from a Designated Service Provider (DSP) to avoid a 20% co-payment. Speak to your treating doctor to confirm that they are using our DSPs for your medicine and treatment received in rooms or at a treatment facility.

Visit www.discovery.co.za or click on find a provider in the Discovery app to find hospitals or providers in our network.
You get screening and prevention benefits

Preventive screening is important to ensure that medical conditions are detected early

As a Discovery Health Medical Scheme member, you have access to screening and prevention benefits at any one of our wellness providers

Screening for adults
The Screening and Prevention Benefit covers certain tests such as blood glucose, blood pressure, cholesterol, body mass index and HIV screening at one of our wellness providers.
We also cover a mammogram every two years, a Pap smear once every three years and a PSA test (prostate screening) each year.

Screening for kids
This benefit covers growth assessment tests, including height, weight, head circumference and health and milestone tracking at any one of our wellness providers.

How we pay
These tests and consultations do not affect your day-to-day benefits as they are paid from the Screening and Prevention Benefit. Consultations that do not form part of PMBs will be paid from your available day-to-day benefits.

You may qualify for the following additional tests:

- Defined diabetes and cholesterol screening tests
- Breast MRI or mammogram and once-off BRCA testing for breast screening
- Pap smear for cervical screening
- Seasonal flu vaccine for members:
  - during pregnancy
  - 65 years or older
  - registered for certain chronic conditions

Clinical entry criteria may apply to some of these tests.
Visit www.discovery.co.za to find out more.

Visit www.discovery.co.za to find screening providers in our network.
You also have additional benefits that enhance your cover

**International second opinion services**
Through your specialist, you have access to second opinion services from Cleveland Clinic for life-threatening and life-changing conditions. We cover 50% of the cost of the second opinion service.

**International travel**
You have cover for emergency medical costs of up to R5 million for each person on each journey while you travel outside of South Africa. This cover is for a period of 90 days from your departure from South Africa. We may cover you at equivalent local costs for elective treatment received outside of South Africa, as long as the treatment is readily and freely available in South Africa and it would normally be covered by your plan according to the Scheme Rules. Pre-existing conditions are excluded.

**Africa evacuation cover**
You have cover for emergency medical evacuations from certain sub-Saharan African countries back to South Africa. Pre-existing conditions are excluded.

**Home-based care**
Discovery HomeCare is a unique home-based service that offers you quality care in the comfort of your own home when recommended by your doctor as an alternative to a hospital stay when appropriate, with minimum disruption to your normal routine and family life. Cover includes postnatal care, end-of-life care, IV infusions (drips) and wound care. These services are paid from the Hospital Benefit, subject to approval. Discovery HomeCare is the designated service provider (DSP) for administration of defined intravenous infusions. Avoid a 20% co-payment by using Discovery HomeCare for these infusions.

**Compassionate Care**
The CompassionateCare Benefit gives you access to holistic home-based end-of-life care up to R62,200 for each person in their lifetime.

**Frames and lenses**
Your cover for eye care depends on the plan you choose. Enjoy savings of 20% for frames and lenses at an optometrist in the network. Your discount is immediate at the point of sale. Not available on KeyCare plans.

**Non-invasive prenatal testing**
For expecting mothers who meet the Scheme’s clinical entry criteria, we will cover non-invasive prenatal screening from your available maternity benefits at the agreed rate.
Hospital cover

*We cover you in hospital for emergency and planned hospital admissions*

There is no overall limit for your hospital cover. This is how we cover your hospital account and accounts from your admitting doctor, anaesthetist or other approved healthcare professionals (related accounts).

<table>
<thead>
<tr>
<th>Hospital cover</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital account</td>
</tr>
<tr>
<td>On the Delta options, an upfront payment applies for admissions to hospitals outside of the Delta Hospital Network.</td>
</tr>
<tr>
<td>An upfront payment applies for a defined list of procedures performed outside of the day surgery network.</td>
</tr>
</tbody>
</table>

On the Coastal Plan, you must go to a hospital in one of the four coastal provinces for a planned admission. If you use a hospital outside of the coastal region, we will pay up to a maximum of 70% of the Discovery Health Rate (DHR) for the hospital account.

<table>
<thead>
<tr>
<th>Related accounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Specialists we have a payment arrangement with</td>
</tr>
<tr>
<td>Specialists we don’t have a payment arrangement with and other healthcare professionals</td>
</tr>
<tr>
<td>Radiology and pathology</td>
</tr>
<tr>
<td>MRI and CT scans</td>
</tr>
<tr>
<td>Scopes (gastroscopy, colonoscopy, sigmoidoscopy and proctoscopy)</td>
</tr>
</tbody>
</table>
Hospital cover

Healthcare services with an annual limit

**Cochlear implants, auditory brain implants and processors**
- R223 700 for each person for each benefit

**Internal nerve stimulators**
- R153 600 for each person

**Shoulder joint prostheses**
- There is no overall limit if you get your prosthesis from our preferred suppliers. If you choose not to, a limit of R41 700 applies to each prosthesis.

**Major joints surgery**
- We cover planned hip and knee joint replacements in full when you use a provider in our network. If you go elsewhere, we will pay up to 80% of the Discovery Health Rate (DHR) for the hospital account. A limit of R30 000 applies to each prosthesis for each admission. This network will not apply to emergency and trauma-related surgeries.

**Alcohol and drug rehabilitation**
- 21 days for each person

**Spinal surgery**
- There is no overall limit if you get your prosthesis from our preferred suppliers. If you choose not to, a limit of R25 500 applies for the first level and R51 000 for two or more levels, limited to one procedure for each person each year.

**Mental health**
- 21 days for admissions or up to 15 out-of-hospital consultations for each person for major affective disorders, anorexia and bulimia, and up to 12 out-of-hospital consultations for acute stress disorder accompanied by recent significant trauma.
- 21 days for all other mental health admissions.
  - All mental health admissions are covered in full at a network facility. If you go elsewhere, we will pay up to 80% of the Discovery Health Rate (DHR) for the hospital account.

**Chronic dialysis**
- We cover these expenses in full if we have approved your treatment plan and you use a provider in our network. If you go elsewhere, we will pay up to 80% of the Discovery Health Rate (DHR).
Severe dental and oral surgery
The Severe Dental and Oral Surgery Benefit covers a defined list of procedures, with no upfront payment and no overall limit. Certain procedures are covered in our day surgery network. This benefit is subject to authorisation and the Scheme’s rules.

Other dental treatment in hospital
You need to pay a portion of your hospital or day clinic account upfront for dental admissions. This amount varies, depending on your age and the place of treatment.

We pay the balance of the hospital account from your Hospital Benefit, up to 100% of the Discovery Health Rate (DHR). We pay the related accounts, which include the dental surgeon’s account, from your Hospital Benefit, up to 100% of the DHR. On Classic plans, we pay anaesthetists up to 200% of the DHR.

Dental limit
You are responsible for paying the cost of all dental appliances, their placements and orthodontic treatment (including the related accounts for orthognathic surgery).

Amount you need to pay upfront for dental treatment

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Younger than 13</th>
<th>13 and older</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>R2 400</td>
<td>R6 200</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day clinic</th>
<th>Younger than 13</th>
<th>13 and older</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>R1 100</td>
<td>R4 000</td>
</tr>
</tbody>
</table>
Maternity benefits

Cover for maternity and early childhood

These healthcare services for maternity and early childhood are covered from the Maternity Benefit at the Discovery Health Rate. This cover does not affect your day-to-day benefits. Benefits will be activated once your pregnancy profile is created in the Discovery app, on our website at www.discovery.co.za, when you preauthorise your delivery or when you register your baby on the Scheme. These benefits are available per pregnancy per child, up to two years after birth.

Antenatal consultations
You are covered for eight consultations with your gynaecologist, GP or midwife.

Ultrasound scans and prenatal screening
You are covered for up to two 2D ultrasound scans, including one nuchal translucency test. 3D and 4D scans are paid up to the rate we pay for 2D scans. You are also covered for one Non-Invasive Prenatal Test (NIPT) if you meet the clinical entry criteria.

Blood tests
You get cover for a defined basket of blood tests per pregnancy.

Pre- and postnatal care
You have cover for up to five pre- or postnatal classes or consultations, up until two years after birth, with a registered nurse. You are also covered for one breastfeeding consultation with a registered nurse or breastfeeding specialist.

GP and specialist care after birth
Your baby under the age of two years is covered for two visits to a GP, paediatrician or an ear, nose and throat specialist.

Other healthcare services
You are covered for one flu vaccination during your pregnancy. You also have access to postnatal care, which includes a postnatal consultation within six-weeks post-birth, a nutritional assessment with a dietitian and two mental healthcare consultations with a counsellor or psychologist.
## Contributions

<table>
<thead>
<tr>
<th></th>
<th>Main Member</th>
<th>Adult</th>
<th>Child*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Classic</strong></td>
<td>R2 248</td>
<td>R1 772</td>
<td>R900</td>
</tr>
<tr>
<td><strong>Classic Delta</strong></td>
<td>R1 799</td>
<td>R1 418</td>
<td>R720</td>
</tr>
<tr>
<td><strong>Essential</strong></td>
<td>R1 931</td>
<td>R1 448</td>
<td>R776</td>
</tr>
<tr>
<td><strong>Essential Delta</strong></td>
<td>R1 543</td>
<td>R1 161</td>
<td>R620</td>
</tr>
<tr>
<td><strong>Coastal</strong></td>
<td>R1 770</td>
<td>R1 330</td>
<td>R704</td>
</tr>
</tbody>
</table>

* We count a maximum of three children when we calculate the monthly contributions.
Delta Hospital Network

Applicable to Classic Delta Core and Essential Delta Core network options. You are covered in full at hospitals in the Delta Hospital Network in accordance with your health plan benefits. For planned admissions to any other private hospital, you must pay an upfront amount of R7 650. This does not apply in an emergency.

Gauteng

- Arwyp Medical Centre
- Life Bedford Gardens Hospital
- Netcare Bougainville Private Hospital
- Life Brenthurst Clinic
- Life Carstenhof Clinic
- Dr S K Matseke Memorial Hospital
- Clinix Naledi-Nkanyezi Private Hospital
- Netcare Clinton Clinic
- Life Genesis Clinic
- Mediclinic Emfuleni
- Netcare Femina Hospital
- Life Fourways Hospital
- Mediclinic Legae Private Hospital
- Lenmed Ahmed Kathrada Private Hospital
- Life Groenkloof Hospital
- Louis Pasteur Hospital
- Midvaal Private Hospital
- Mediclinic Morningside
- Life Robinson Private Hospital
- Life Roseacres Clinic
- Life Suikerbosrand Clinic
- Wits Donald Gordon Medical Centre
- Life Wilgeheuwel Hospital

Exception hospitals

- Sunninghill hospital (Cardiac electrophysiology centre – arrhythmia conditions only)
- Zuid-Afrikaans hospital (Cardiac electrophysiology centre – arrhythmia conditions only)
- Life Wilgers hospital (Cathlab related procedures only)
- Mediclinic Midstream (Cardiac electrophysiology centre – arrhythmia conditions only)
- Netcare Milpark (Cardiac electrophysiology centre – arrhythmia conditions only)
- Mediclinic Medforum (Maternity related)

Eastern Cape

- Life Mercantile Hospital

KwaZulu Natal

- Life Chatsmed Garden Hospital
- Life Entabeni Hospital
- Midlands Medical Centre
- Life Westville Hospital
- Ethekwini Hospital and Heart Centre

The hospital network lists can change at any time. Please go to www.discovery.co.za to see the latest list before any planned admissions.
Exception hospitals

- St Augustine’s (Cardiac electrophysiology centre – arrhythmia conditions only)
- Gateway (Cardiac electrophysiology centre – arrhythmia conditions only)

North West

- Netcare Ferncrest Hospital

Free State

- Life Rosepark Hospital
- Netcare Universitas Private Hospital
- Horizon Eye Care Centre

Western Cape

- Mediclinic Cape Town
- Life Vincent Pallotti Hospital
- Melomed Mitchells Plain
- Mediclinic Panorama
- Mediclinic Stellenbosch
- Mediclinic Vergelegen
- Life Peninsula Hospital
- Melomed Gatesville

Exception hospitals

- Melomed Bellville (Cardiac electrophysiology centre – arrhythmia conditions only)
- Life Kingsbury Hospital (Ophthalmology and peripheral vascular surgery only)
- Christiaan Barnard Memorial hospital (Cardiac electrophysiology centre – arrhythmia conditions only)
- Melomed Tokai (Cardiac electrophysiology centre – arrhythmia conditions only)
- Origin family-centred maternity hospital (Maternity only)
General exclusions

*Discovery Health Medical Scheme has certain exclusions. We do not pay for healthcare services related to the following, except where stipulated as part of a defined benefit or under the Prescribed Minimum Benefits (PMBs). For a full list of exclusions, please visit www.discovery.co.za*

**The general exclusion list includes:**

- Reconstructive treatment and surgery, including cosmetic procedures and treatments
- Otoplasty for bat ears, port-wine stains and blepharoplasty (eyelid surgery)
- Breast reductions or enlargements and gynaecomastia
- Obesity
- Frail care
- Infertility
- Alcohol, drug or solvent abuse
- Wilful and material violation of the law
- Wilful participation in war, terrorist activity, riot, civil commotion, rebellion or uprising
- Injuries sustained or healthcare services arising during travel to or in a country at war
- Experimental, unproven or unregistered treatments or practices
- Search and rescue

We also do not cover the complications or the direct or indirect expenses that arise from any of the exclusions listed above, except where stipulated as part of a defined benefit or under the Prescribed Minimum Benefits.

**Waiting periods**

If we apply waiting periods because you have never belonged to a medical scheme or you have had a break in membership of more than 90 days before joining Discovery Health Medical Scheme, you will not have access to the Prescribed Minimum Benefits during your waiting periods. This includes cover for emergency admissions.

If you had a break in cover of less than 90 days before joining Discovery Health Medical Scheme, you may have access to Prescribed Minimum Benefits during waiting periods.
Exclusive access to value-added offers

*Our members have exclusive access to value-added offers outside of the Discovery Health Medical Scheme benefits and rules.*

**Access to Vitality to get healthier**

You have the opportunity to join the world’s leading science-based wellness programme, Vitality, which rewards you for getting healthier. Not only is a healthy lifestyle more enjoyable, it is clinically proven that Vitality members live healthier, longer lives.

**Savings on stem cell banking**

You get access to an exclusive offer with Netcells that gives expectant parents the opportunity to cryogenically store their newborn baby’s umbilical cord blood and tissue stem cells for potential future medical use, at a discounted rate.

**Savings on personal and family care items**

You can sign up for Healthy Care, to get savings on a vast range of personal and family care products at any Clicks or Dis-Chem.

Healthy Care items include a list of baby care, dental care, eye care, foot care, sun care and hand care products, as well as first aid and emergency items and over-the-counter medicine.

Go to [www.discovery.co.za](http://www.discovery.co.za) to access these value-added offers.
Complaints

Discovery Health Medical Scheme is committed to providing you with the highest standard of service and your feedback is important to us. The following channels are available for your complaints and we encourage you to follow the process.

01 | To take your query further

If you have already contacted Discovery Health Medical Scheme and feel that your query has still not been resolved, please complete our online complaints form on www.discovery.co.za. We would also love to hear from you if we have exceeded your expectations.

02 | To contact the Principal Officer

If you are still not satisfied with the resolution of your complaint after following the process in Step 1 you are able to escalate your complaint to the Principal Officer of the Discovery Health Medical Scheme. You may lodge a query or complaint with Discovery Health Medical Scheme by completing the online form on www.discovery.co.za or by e-mailing principalofficer@discovery.co.za.

03 | To lodge a dispute

If you have received a final decision from Discovery Health Medical Scheme and want to challenge it, you may lodge a formal dispute. You can find more information of the Scheme's dispute process on the website.

04 | To contact the Council for Medical Schemes

Discovery Health Medical Scheme is regulated by the Council for Medical Schemes. You may contact the Council at any stage of the complaints process, but we encourage you to first follow the steps above to resolve your complaint before contacting the Council. Contact details for the Council for Medical Schemes: Council for Medical Schemes Complaints Unit, Block A, Eco Glades 2 Office Park, 420 Witch-Hazel Avenue, Eco Park, Centurion 0157 | complaints@medicalschemes.com | 0861 123 267 | www.medicalschemes.com