



**2021**

DISCOVERY HEALTH MEDICAL SCHEME

PRESCRIBED MINIMUM  
BENEFITS BASKET OF CARE FOR  
WHO GLOBAL OUTBREAK  
BENEFIT

## Overview

From time to time, there are viruses or diseases that affect world health. Each outbreak is closely monitored by the World Health Organization (WHO) and, depending on the severity and spread, declared as a pandemic that places the global population's health at risk.

We recognise the importance of being responsive to these public health emergencies. Through careful benefit design and in support of public health initiatives aimed at containing and mitigating the spread of such outbreak diseases, our members have access to supportive benefits during the outbreak period. The outbreak is actively monitored by a dedicated team within Discovery Health that closely assesses the evolution and progression of such outbreaks. Having a timely and effective response to global epidemics helps to improve the health outcomes for our members.

Cover is subject to the Scheme's preferred providers (where applicable), protocols and the treatment meeting the Scheme's entry criteria and guidelines. Any recommended treatment and healthcare services that are not included in the basket of care are covered according to the benefits available on your chosen health plan or in accordance with Prescribed Minimum Benefits (PMBs) where applicable. Please refer to the Council for Medical Schemes (CMS) website [www.medicalschemes.co.za](http://www.medicalschemes.co.za) for PMB definitions, details and a list of all PMB conditions.

Discovery Health Medical Scheme health plans are structured in such a way as to maximise cover no matter which health plan a member chooses. Some health plans cost more but offer more comprehensive benefits while others have lower contributions with fewer benefits. Regardless of this, all our plans cover more than just the minimum benefits required by law.

This document provides information about the Prescribed Minimum Benefits (PMBs) basket of care for treatment of acute COVID-19 and long COVID as part of the WHO Global Outbreak Benefit. The WHO Global Outbreak Benefit provides cover for global disease outbreaks recognised by the World Health Organization (WHO) such as COVID-19. This benefit offers cover for the vaccine, testing, diagnosis, out-of-hospital management and appropriate supportive treatment.

## About some of the terms we use in this document

There may be some terms we refer to in the document that you may not be familiar with. Here are the meanings of these terms.

TERMINOLOGY	DESCRIPTION
Day-to-day benefits	These are the available funds allocated to the Medical Savings Account (MSA) and Above Threshold Benefit (ATB), where applicable. Depending on the plan you choose, you may have cover for a defined set of day-to-day benefits. The level of day-to-day benefits depends on the plan you choose.
Designated service provider (DSP)	A healthcare provider (for example doctor, specialist, allied healthcare professional, pharmacist or hospital) who we have an agreement with to provide treatment or services at a contracted rate. Visit <a href="http://www.discovery.co.za">www.discovery.co.za</a> or click on Find a healthcare provider on the Discovery app to view the full list of DSPs.
Discovery Health Rate (DHR)	This is a rate we pay for healthcare services from hospitals, pharmacies, healthcare professionals and other providers of relevant health services.
ICD-10 code	A clinical code that describes diseases and signs and symptoms, abnormal findings, complaints, social circumstances and external causes of injury or diseases, as classified by the World Health Organization (WHO).
Prescribed Minimum Benefits (PMBs)	<p>In terms of the Medical Schemes Act of 1998 (Act No. 131 of 1998) and its Regulations, all medical schemes have to cover the costs related to the diagnosis, treatment and care of:</p> <ul style="list-style-type: none"> <li>• An emergency medical condition</li> <li>• A defined list of 271 diagnoses</li> <li>• A defined list of 27 chronic conditions.</li> </ul> <p>To access Prescribed Minimum Benefits (PMBs), there are rules defined by the Council for Medical Schemes (CMS) that apply:</p>

	<ul style="list-style-type: none"> <li>Your medical condition must qualify for cover and be part of the defined list of Prescribed Minimum Benefit (PMB) conditions</li> <li>The treatment needed must match the treatments in the defined benefits</li> <li>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 you do not use a DSP we will pay up to 80% of the Discovery Health Rate (DHR). You will have to pay the difference between what we pay and the actual cost of your treatment.</li> </ul> <p>If your treatment doesn't meet the above criteria, we will pay according to your plan benefits.</p>
WHO Global Outbreak Benefit	The WHO Global Outbreak Benefit provides cover for global disease outbreaks recognised by the World Health Organization (WHO) such as COVID-19. This benefit offers cover for the vaccine, out-of-hospital management and appropriate supportive treatment.
Acute COVID-19 infection	Initial diagnosis of COVID-19.
Long COVID	Diagnosis when symptoms of an acute COVID-19 infection persist beyond 28 days after a confirmatory test.

### Please make sure your claims have the appropriate ICD-10 code

All claims must have the appropriate ICD-10 codes (diagnosis codes) so we can identify them and pay them from the WHO Global Outbreak Benefit. Please ask your doctor to include the ICD-10 codes (diagnosis codes) when referring you to the pathologist, radiologist or other healthcare providers. This will enable these healthcare providers to share this information with us and allow us to comply with legislation by paying Prescribed Minimum Benefits (PMBs) claims correctly.

### We may pay claims from your day-to-day benefits if Prescribed Minimum Benefit (PMB) requirements are not met

We will pay claims from your available day-to-day benefits when:

- The claims are submitted without the relevant ICD-10 codes (diagnosis codes).
- The treatment does not meet the Scheme's clinical entry criteria and guidelines for Prescribed Minimum Benefit (PMB) funding.

### What happens if you need more treatment or treatment that falls outside of these defined benefits

If you need treatment in excess of or treatment that falls outside of the defined benefits, you and your healthcare professional can send additional clinical information with a detailed explanation of the treatment that is needed, and we will review it. If this treatment is approved as Prescribed Minimum Benefit (PMB), it will not be paid from your available day-to-day benefits, but from your approved Prescribed Minimum Benefit (PMB) cover.

You can follow the below easy steps to apply for Prescribed Minimum Benefit (PMB) cover in excess of the benefits stated in the tables below:

- 1 | Download the Prescribed Minimum Benefits (PMBs) Appeals Form. Up to date forms are always available on [www.discovery.co.za](http://www.discovery.co.za) under Medical Aid > Manage your health plan > Find important documents and certificates. You can also call 0860 99 88 77 to request any of the forms.
- 2 | Complete the form with the assistance of your doctor or healthcare professional.
- 3 | Send the completed, signed form, along with any additional medical information, by email to [PMB\\_APP\\_FORMS@discovery.co.za](mailto:PMB_APP_FORMS@discovery.co.za).

If we approve the requested medicine or treatment, we will automatically pay these from your Prescribed Minimum Benefit (PMB) cover for COVID-19. If the approval is unsuccessful and you are not satisfied with the outcome, you may dispute the funding decision. Call us to lodge a formal dispute.

For more information on your cover for Prescribed Minimum Benefits (PMBs) please visit our website [www.discovery.co.za](http://www.discovery.co.za) under Medical Aid > Manage your health plan > Find important documents and certificates.

## COVID-19 vaccine

The COVID-19 vaccine and administration of the vaccine is covered as a Prescribed Minimum Benefit (PMB). All Discovery Health Medical Scheme members will be covered for the vaccine, in accordance with the national vaccination programme administered by the Ministerial Advisory Committee and National Department of Health.

You will be required to register on the National Department of Health's Electronic Vaccination Data System (EVDS) and make use of one of the accredited vaccination sites. The list of accredited facilities will be published by the National Department of Health.

You will have access to funding up to 100% of the Discovery Health Rate (DHR) for the following registered vaccines:

	DESCRIPTION	CODES	NUMBER
COVID-19 vaccine	Pfizer-BioNTech	3003282001	Ages 12-17 years: One (1) Ages >18 years: Two (2)
	J&J/Jansen	3003366001	One (1)
COVID-19 vaccine administration	Administration fee for vaccine including material and Personal Protective Equipment (PPE)	3002823001 or COVAD	Two (2)

## Screening and testing

If you suspect you may have an acute COVID-19 infection, you will have access to funding up to 100% of the Discovery Health Rate (DHR) for the following tests and consults from the Prescribed Minimum Benefits (PMBs) as part of the Screening and Testing Basket of Care.

	DESCRIPTION	CODES	NUMBER
Consultations with a doctor on the online platform or a Discovery Network GP	Telephone, online or face-to-face consultations	0190 or 0191 or 0192 or 0130 or VCONS or VCONM or VCONSC or 7060 or 7061 or 7062 or 7063 or 7064	Unlimited if you see a doctor on the online platform or a Discovery network GP.
		0145 or 0146 (only with 0190, 0191 or 0192)	
		0132 (only with 0130) or 0133	
Consultations	Casualty Facility fees	58301 or 57801 or 58805 or 58807 or 58303 or 57803 or 57805 or 57301 or 57303 or 58802 or 57807 or 58804 or 58806 or 58302 or 57802 or 57804 or 58808 or 57806 or 57808 or 58801 or 57302 or 58803	One (1)
Pathology	Polymerase Chain Reaction (PCR) SARS-CoV-2	CO19/3979	Two (2) per person per year, when referred by a healthcare professional. Unlimited where approved as PMB.
Pathology	Rapid Antigen*	COAG or ANTG	Two (2) per person per year, when referred by a healthcare professional and four (4) if you are a registered healthcare provider. Unlimited where approved as PMB.

			Covered in full at a network provider. Where a non-network provider is used cover will be up to the Discovery Health Rate (DHR).
Consumables used during procedures	Personal Protective Equipment (PPE)	PPE01	Part of procedure and/or consultation.

*\*In accordance with national guidelines for screening and testing it is recommended that a PCR test be done for symptomatic patients with a negative antigen result. Although negative antigen tests are not considered PMB, a negative antigen test followed up by a positive PCR test, is considered as PMB and will be covered in accordance with PMB rules.*

You can request additional cover for testing if you need more than the limit shown in the above table. If this treatment is approved as Prescribed Minimum Benefit (PMB), it will not be paid from your available day-to-day benefits, but from your approved Prescribed Minimum Benefit (PMB) cover.

You can follow the below easy steps to apply for additional cover for COVID-19 testing:

- 1 | Download the "Request for additional cover for COVID-19 testing" form. Up to date forms are always available on [www.discovery.co.za](http://www.discovery.co.za) under Medical Aid > Manage your health plan > Find important documents and certificates. You can also call 0860 99 88 77 to request this form.
- 2 | Send the completed, signed form, along with any additional medical information, by email to [PMB\\_APP\\_FORMS@discovery.co.za](mailto:PMB_APP_FORMS@discovery.co.za).

### Diagnostic Basket

If you test positive for an acute COVID-19 infection the following benefits will be applicable for funding from the Prescribed Minimum Benefits (PMBs):

	DESCRIPTION	CODES	NUMBER
Consultations	Telephone, online or face-to-face consultations	0190 or 0191 or 0192 or 0130 or VCONS or VCONM or VCONSC or 7060 or 7061 or 7062 or 7063 or 7064	One (1), except where additional consultations are approved as PMB
		0145 or 0146 (only with 0190, 0191 or 0192)	
0132 (only with 0130) or 0133			
	Casualty Facility fees	58301 or 57801 or 58805 or 58807 or 58303 or 57803 or 57805 or 57301 or 57303 or 58802 or 57807 or 58804 or 58806 or 58302 or 57802 or 57804 or 58808 or 57806 or 57808 or 58801 or 57302 or 58803	
Pathology	Full blood count (FBC)	3755 or 53755 or (any combination of 3739 & 3762 & 3783 & 3785 & 3791 or 53739 & 53762 & 53783 & 53785 & 53791)	One (1)
	Platelet count	3797 or 53797	One (1)
	Glucose	4057 or 54057	One (1)
	Prothrombin Index	3805 or 53805	One (1)
	U&E including Creatinine	4171 & 4032 or 54171 & 54032	One (1)
	C-Reactive Protein (CRP)	3947 or 53947	Four (4)

	DESCRIPTION	CODES	NUMBER
	Blood Gases	4076	One (1)
	Lactate dehydrogenase (LDH)	4133 or 54133	One (1)
	Aspartate aminotransferase (AST)	4130 or 54130	One (1)
	Alanine aminotransferase (ALT)	4131 or 54131	One (1)
	D-dimer (quantitative)	3856 or 53856	Four (4)
	Interleukin 6 (IL)	3948 or 4172	Four (4)
	<b>Blood Culture</b>		
	Blood culture	3891 or 3892 or 3894 or 4651 or 53891 or 53892 or 53894 or 54651	Two (2)
	Bottles	0201 (only when claimed with any one of these NAPPI codes: 266042001, 266043001, 266044001, 684916001, 684921001, 684922001, 684925001, 684927001, 684928001, 684949001, 684952001, 686435001, 686440001, 686444001, 686448001, 686449001 or 897221002)	Two (2)
	Blood-culture microscopy	3867 or 3895 or 53867 or 53895	One (1)
	Identification as organism/type	3923 or 3924 or 3927 or 4652 or 53923 or 53924 or 53927 or 54652	Four (4)
	Sensitivity per organism	3887 or 4653 or 53887 or 54653	Four (4)
	<b>Sputum microscopy, culture and sensitivity (MC&amp;S)</b>		
	Microscopy	3867 or 53867	One (1)
	Culture	3895 or 53895	One (1)
	TB microscopy / TB GeneXpert (PCR <sup>*</sup> )	3881 or 3885 or 4657 or 3974 or 4658 or 3915 or 3919 or 4434 or 53881 or 53885 or 54657 or 53974 or 53915 or 53919 or 54434	One (1)
	Identification as organism/type	3923 or 3924 or 3927 or 4652 or 53923 or 53924 or 53927 or 54652	Four (4)
	Sensitivity per organism	3887 or 4653 or 53887 or 54653	Four (4)
	Mycobacterium antibiotic sensitivity	3920 (only with 3974) or 3930 or 53930	One (1)
	LAM (for HIV positive only)	4172 or 4655 or 3882 or 54172 or 54655 or 53882	One (1)
	PCR <sup>*</sup> SARS-CoV-2	CO19/3979	One (1)
	Rapid Antigen	COAG or ANTG	One (1)
	Flu PCR <sup>*</sup>	3974 or 4434 or 53974 or 54434	One (1)
	Blood gases	4076 or 54076	One (1)
Radiology	Chest x-ray (basic)	30100 or 30110 or 39107 and 39300 and 39XEQ and 01065	One (1)

	DESCRIPTION	CODES	NUMBER
	X-ray with mobile unit in other facility	00130	One (1)
	CT scan of the chest	30300 or 30310 or 30340 or 30350	One (1)
	CT of the chest for pulmonary embolism	30360	One (1)
	X-ray of the chest complete with additional views	30120	One (1)
	PPE** consumables used in radiology procedures that have a NAPPI code (add VAT if it applies)	00090	Part of procedure
Procedures	PPE** consumables	PPE01	Part of procedure and/or consultation

\*PCR = polymerase chain reaction

\*\*PPE = personal protective equipment

### Follow-up treatment basket

	DESCRIPTION	CODES	NUMBER
Consultations	Telephone, online or face-to-face consultations	0190 or 0191 or 0192 or 0130 or VCONS or VCONM or 7060 or 7061 or 7062 or 7063 or 7064	One (1), except where approved as PMB
		0145 or 0146 (only with 0190, 0191 or 0192)	
		0132 (only with 0130) or 0133	
Psychotherapy	022 - Psychiatrist	2974 or 2975 or 2957 or 2958 OR	One (1)
	086 - Psychologists	86200 or 86201 or 86202 or 86203 or 86204 or 86205 OR	
	089 - Social worker	89200 or 89201 or 89202 or 89203 or 89204 or 89205	
Pathology	Full blood count	3755 or 53755 or (any combination of 3739 & 3762 & 3783 & 3785 & 3791 or 53739 & 53762 & 53783 & 53785 & 53791)	One (1)
	Platelet count	3797 or 53797	One (1)
Radiology	Chest x-ray (basic)	30100 or 30110 or 39107 and 39300 and 39XEQ and 01065	One (1)
	X-ray with mobile unit in other facility	00130	One (1)
	PPE* consumables used in radiology procedures that have a NAPPI code (add VAT if it applies)	00090	Part of procedure
	CT of the chest	30300 or 30310 or 30340 or 30350	One (1)
Chest physiotherapy	Evaluation/counselling at the first visit only	72701 or 72702	One (1)
	One complete re-assessment of a patient's condition	72703	One (1)

	DESCRIPTION	CODES	NUMBER
	Interview, guidance or consultation with the patient or his family	72708	One (1)
	Breathing exercises or Respiratory re-education and training	72307 or 72507	Three (3)
	Vibration, percussion or massage	72300 or 72301 or 72302	Four (4)
	Rehabilitation	72501	Three (3)
	Suction	72323 or 72325	One (1)
Procedures	Personal protective equipment (PPE*)	PPE01	Part of procedure and/or consultation
Medicine	Acute COVID-19 medicine list		

\*PPE = personal protective equipment

### Acute COVID-19 medicine list

The following table contains the medicine on our list for supportive treatment of COVID-19. You have full cover for medicine on our medicine list. If your medicine is not on our list, we cover it up to the lowest cost medicine of the same kind on our list.

BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI	PRODUCT NAME	STRENGTH	DOSAGE FORM
Analgesics	Acetylsalicylic acid	720577	Disprin		Effervescent tablet
Analgesics	Paracetamol	758558	Pyralen	120 mg/5 ml	Syrup
Analgesics	Paracetamol	704093	Actamol red (un-boxed)	120 mg/5 ml	Syrup
Analgesics	Paracetamol	707583	Paracetamol elixir SAD (alcohol free)	120 mg/5 ml	Syrup
Analgesics	Paracetamol	792101	Actamol red (boxed)	120 mg/5 ml	Syrup
Analgesics	Paracetamol	703820	Feverpain	120 mg/5 ml	Syrup
Analgesics	Paracetamol	704450	Painogesic	120 mg/5 ml	Syrup
Analgesics	Paracetamol	863742	Feverpain (boxed)	120 mg/5 ml	Syrup
Analgesics	Paracetamol	889772	Painblok (plastic bottle)	120 mg/5 ml	Syrup
Analgesics	Paracetamol	895199	Go-pain p	120 mg/5 ml	Syrup
Analgesics	Paracetamol	704465	Painogesic	500 mg	Tablet
Analgesics	Paracetamol	745723	Adco-napamol	500 mg	Tablet
Analgesics	Paracetamol	805467	Antalgic	500 mg	Tablet
Analgesics	Paracetamol	757403	Adco-prolifief	500 mg	Tablet
Analgesics	Codeine and paracetamol	745707	Adco-napacod 500 mg/10 mg		Tablet
Analgesics	Codeine and paracetamol	707910	Painamol plus		Tablet
Analgesics	Codeine and paracetamol	713688	Varipan co 8 mg/500 mg		Tablet



BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI	PRODUCT NAME	STRENGTH	DOSAGE FORM
Analgesics	Codeine and paracetamol	719662	Cogesic		Tablet
Analgesics	Codeine and paracetamol	787043	Codorol		Tablet
Analgesics	Paracetamol, Combinations with Psycholeptics	892662	Nucopain		Tablet
Analgesics	Paracetamol, Combinations with Psycholeptics	809055	Adco-salterpyn		Tablet
Analgesics	Paracetamol, Combinations with Psycholeptics	823538	Go-pain		Tablet
Analgesics	Paracetamol, Combinations with Psycholeptics	834440	Spectrapain forte		Tablet
Musculoskeletal	Diclofenac	786012	Mylan diclofenac	25 mg	Tablet
Musculoskeletal	Diclofenac	893390	A-lennon diclofenac	25 mg	Tablet
Musculoskeletal	Diclofenac	718479	Diclofenac biotech	25 mg	Tablet
Musculoskeletal	Diclofenac	893391	A-lennon diclofenac	50 mg	Tablet
Musculoskeletal	Diclofenac	786020	Mylan diclofenac	50 mg	Tablet
Musculoskeletal	Diclofenac	788597	Adco-diclofenac	50 mg	Tablet
Musculoskeletal	Diclofenac	752398	Panamor at	50 mg	Tablet
Musculoskeletal	Indometacin	787833	Betacin	25 mg	Capsule
Musculoskeletal	Indometacin	868213	Gulf indomethacin	25 mg	Capsule
Musculoskeletal	Indometacin	701891	Amdocin	25 mg	Capsule
Musculoskeletal	Ibuprofen	700315	Ibucine (was Ibumax)	100 mg/5 ml	Suspension
Musculoskeletal	Ibuprofen	704781	Ibugesic	100 mg/5 ml	Suspension
Musculoskeletal	Ibuprofen	721335	Inflamax Paediatric	100 mg/5 ml	Suspension
Musculoskeletal	Ibuprofen	700316	Ibucine (was Ibumax)	200 mg	Tablet
Musculoskeletal	Ibuprofen	787426	Betaprofen	200 mg	Tablet
Musculoskeletal	Ibuprofen	708536	Ibusor	200 mg	Tablet
Musculoskeletal	Ibuprofen	868221	Ibunate	200 mg	Tablet
Musculoskeletal	Ibuprofen	701975	Betaprofen fc	400 mg	Tablet
Musculoskeletal	Ibuprofen	708290	Bren	400 mg	Tablet
Musculoskeletal	Ibuprofen	700318	Ibucine (was Ibumax)	400 mg	Tablet
Musculoskeletal	Ibuprofen	701654	Ranfen	400 mg	Tablet
Musculoskeletal	Mefenamic acid	875643	Adco-mefenamic acid	50 mg/5 ml	Suspension
Musculoskeletal	Mefenamic acid	797014	Fenamin	50 mg/5 ml	Suspension
Musculoskeletal	Mefenamic acid	756156	Ponstan	50 mg/5 ml	Suspension
Musculoskeletal	Mefenamic acid	793264	Ponac	50 mg/5 ml	Suspension
Musculoskeletal	Colchicine	715271	Aspen colchicine	0.5 mg	Tablet
Respiratory System	Oxymetazoline	746126	Nazene Z 20 ml		Nasal spray

<b>BROAD DRUG CATEGORY</b>	<b>ACTIVE INGREDIENT</b>	<b>NAPPI</b>	<b>PRODUCT NAME</b>	<b>STRENGTH</b>	<b>DOSAGE FORM</b>
Respiratory System	Oxymetazoline	720641	Zadin 10 ml	0,025%	Nose drop
Respiratory System	Pseudoephedrine, combinations	806218	Adco-flupain		Syrup
Respiratory System	Pseudoephedrine, combinations	703853	Acuflu p (alcohol and sugar free)		Syrup
Respiratory System	Theophylline	701750	Alcophyllin	26,67 mg/5 ml	Syrup
Respiratory System	Combinations of xanthines	770388	Theophen		Syrup
Respiratory System	Theophylline, combinations excluding psycholeptics	701742	Alcophyllex		Syrup
Respiratory System	Theophylline, combinations excluding psycholeptics	700238	Theophen compound elixir		Syrup
Respiratory System	Chlorphenamine, combinations	822744	Sinuend		Tablet
Respiratory System	Budesonide and Formoterol	700172	Symbicord turbohaler 60 dose	160mcg/4.5mc g	
Respiratory System	Budesonide	791431	Pulmicort turbuhaler 200 dose	200mcg	
Respiratory System	Oral Anti histamines	702145	Allergex	2 mg/5 ml	Syrup
Respiratory System	Oral Anti histamines	703162	Rhineton	4 mg	Tablet
Respiratory System	Oral Anti histamines	703864	Cetirizine-hexal	10 mg	Tablet
Respiratory System	Oral Anti histamines	720846	Gulf cetirizine	10 mg	Tablet
Respiratory System	Oral Anti histamines	720664	Zinallerg	10 mg	Tablet
Gastro-intestinal System	Metoclopramide	717891	Bio metoclopramide	10 mg	Tablet
Gastro-intestinal System	Metoclopramide	700712	Clomax	10 mg	Tablet
Gastro-intestinal System	Metoclopramide	715875	Adco-contromet	10 mg	Tablet
Gastro-intestinal System	Cyclizine	799424	Nauzine	50 mg	Tablet
Gastro-intestinal System	Cyclizine	809322	Covamet	50 mg	Tablet
Gastro-intestinal System	Electrolyte replacement	762873	Scriptolyte		Syrup
Corticosteroids	Betamethasone	826928	Betanoid	0.5 mg	Tablet

BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI	PRODUCT NAME	STRENGTH	DOSAGE FORM
Corticosteroids	Betamethasone	899124	Pharma-q betamethasone ampoule 1 ml	4 mg/1 ml	Injection
Corticosteroids	Dexamethasone	713730	Dexona ampoule 1 ml	4 mg/1 ml	Injection
Corticosteroids	Dexamethasone	720206	Fresenius dexamethasone ampoule 1 ml	4 mg/1 ml	Injection
Corticosteroids	Methylprednisolone	741116	Medrol	4 mg	Tablet
Corticosteroids	Methylprednisolone	741124	Medrol	16 mg	Tablet
Corticosteroids	Methylprednisolone	717086	Mylan methylprednisolone powder for solution vial	40 mg	Injection
Corticosteroids	Methylprednisolone	717229	Mylan methylprednisolone powder for solution vial	500 mg	Injection
Corticosteroids	Methylprednisolone	717230	Mylan methylprednisolone powder for solution vial	1000 mg	Injection
Corticosteroids	Hydrocortisone	765074	Solu cortef mix 2 ml	100 mg	Injection
Corticosteroids	Prednisone	752304	Panafcort	5 mg	Tablet
Vitamins and Minerals	Ascorbic Acid (VIT C)	705071	Ascorbic acid fresenius 5 ml	500 mg/5 ml	Injection
Vitamins and Minerals	Ascorbic Acid (VIT C)	798487	Be-tabs ascorbic acid	500 mg	Tablet
Vitamins and Minerals	Ergocalciferol	711640	Calciferol	5000u	Tablet
Vitamins and Minerals	Colecalciferol	709283	Solal vitamin D3	1000iu	Tablet
Vitamins and Minerals	Colecalciferol	3001760	Vitatech Vitamin D3	1000iu	Tablet
Vitamins and Minerals	Colecalciferol	711146	D-tabs	1000iu	Tablet
Vitamins and Minerals	Colecalciferol	3000723	D-drops (new formulation) 30 ml		Drip
Vitamins and Minerals	Nicotinamide	871273	Nicotinamide	25 mg	Tablet
Vitamins and Minerals	Nicotinamide	711914	Nicotinamide	25 mg	Tablet
Vitamins and Minerals	Nicotinic Acid	723588	Solal Niacin	35 mg	Tablet
Vitamins and Minerals	Zinc	3001497	Vitatech zinc	16.5 mg	Tablet
Vitamins and Minerals	Zinc	3001757	Zinc supreme evohealth		Tablet

BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI	PRODUCT NAME	STRENGTH	DOSAGE FORM
Vitamins and Minerals	Zinc	857947	Zinplex	50 mg	Tablet
Vitamins and Minerals	Zinc	710708	Zindium 50 mg/20 mg		Capsule
Anticoagulants	Enoxaparin	3001997	Noxibra pre-filled syringe 0.2 ml	20 mg/0.2 ml	Injection
Anticoagulants	Enoxaparin	3002000	Noxibra pre-filled syringe 0.4 ml	40 mg/0.4 ml	Injection
Anticoagulants	Enoxaparin	3002001	Noxibra pre-filled syringe 0.6 ml	60 mg/0.6 ml	Injection
Anticoagulants	Enoxaparin	3002002	Noxibra pre-filled syringe 0.8 ml	80 mg/0.8 ml	Injection
Anticoagulants	Rivaroxaban	3002520	Rezalto	10 mg	Tablets
Anticoagulants	Rivaroxaban	3002521	Rezalto	15 mg	Tablets
Anticoagulants	Rivaroxaban	3002521	Rezalto	20 mg	Tablets
Anticoagulants	Rivaroxaban	3002437	Rivaxored	20 mg	Tablets
Anticoagulants	Rivaroxaban	3002436	Rivaxored	15 mg	Tablets
Anticoagulants	Rivaroxaban	3002434	Rivaxored	10 mg	Tablets

## Understanding long COVID

Long COVID disease is diagnosed when symptoms of an acute COVID-19 infection persist after 28 days of receiving a positive test result.

The symptoms may vary and are not limited to the below examples:

- Anosmia (loss of smell)
- Headache
- Brain Fog
- Affected mental health
- Shortness of breath
- Cough
- Chest pains
- Muscle weakness

This programme is designed with varying baskets of care according to clinical need of the member. It is based on severity of the acute illness and is offered in addition to the benefits for treatment of acute COVID-19. These baskets are categorised as below and contain the treatment indicated in the information tables provided.

A: Mild disease

B: Moderate disease

C: Severe disease with admission to the general ward

D: Severe disease with admission to Intensive Care Unit (ICU) or Highcare (HC)

### A: Mild disease follow-up treatment basket

	DESCRIPTION	CODES	NUMBER
Consultations	General practitioner	0130 or VCONS or VCONM or VCONSC	One (1)
		0132	One (1)
Medicine	COVID-19 medicine list		

### B: Moderate disease follow-up treatment basket

	DESCRIPTION	CODES	NUMBER
Consultations	General practitioner	0130 or VCONS or VCONM or VCONSC	One (1)
		0190 or 0191 or 0192	One (1)
		0132	One (1)
Pathology	Full Blood Count (FBC)	3755 or 53755	One (1)
	C-Reactive Protein (CRP)	3947 or 53947	One (1)
Physiotherapy	Evaluation/counselling at the first visit only	72701 or 72702	Two (2)
	Physio consultations	Follow-up consultations	Two (2)
Medicine	COVID-19 medicine list		

### C: Severe disease with general ward admission follow-up treatment basket

	DESCRIPTIONS	CODES	NUMBER
Consultations	General practitioner	0130 or VCONS or VCONM or VCONSC	One (1)
		0190 or 0191 or 0192	One (1)
	Specialist	0190 or 0191 or 0192	One (1)
	Consulting service	0132	One (1)
Pathology	D-Dimer	3856 or 53856	One (1)
	Full Blood Count (FBC)	3755 or 53755	One (1)
	U&E only	4171 or 54171	One (1)
	LFT	3999 or 53999 & 4001 or 54001 & 4009 or 54009 & 4010 or 54010 & 4117 or 54117 & 4130 or 54130 & 4131 or 54131 & 4134 or 54134	One (1)
	Glucose - random/fasting	4057 or 54057	One (1)
	C-Reactive Protein (CRP)	3947 or 53947	One (1)

	Ferritin	4528 or 54528	One (1)
	B-type Natriuretic Peptide	4488 or 54488	One (1)
	Thyroid Function tests	4484 or 54484 or (4482 or 54482 & 4507 or 54507)	One (1)
Procedures	Flow volume test: Inspiration/expiration	1186	One (1)
Radiology	Chest x-ray	30100 or 30110 or	One (1)
		39107 and 39300 and 39XEQ and 01065	
Physiotherapy	Evaluation/counselling at the first visit only	72701 or 72702	One (1)
	Physio consultations	Follow-up consultations	Two (2)
Medicine	COVID-19 medicine list		

#### D: Severe disease with Highcare/ICU admission follow-up treatment basket

	DESCRIPTIONS	CODES	NUMBER
Consultations	General practitioner	0190 or 0191 or 0192 or 0130	Two (2)
	Specialist	0190 or 0191 or 0192	Two (2)
Pathology	D-Dimer	3856 or 53856	One (1)
	Full Blood Count (FBC)	3755 or 53755	One (1)
	U&E only	4171 or 54171	One (1)
	LFT	3999 or 53999 & 4001 or 54001 & 4009 or 54009 & 4010 or 54010 & 4117 or 54117 & 4130 or 54130 & 4131 or 54131 & 4134 or 54134	One (1)
	Glucose - random / fasting	4057 or 54057	One (1)
	C-Reactive Protein (CRP)	3947 or 53947	One (1)
	Ferritin	4528 or 54528	One (1)
	B-type Natriuretic Peptide	4488 or 54488	One (1)
	Thyroid Function Tests	4484 or 54484 or (4482 or 54482 & 4507 or 54507)	One (1)
Radiology	Chest x-ray	30100 or 30110 or	One (1)
		39107 and 39300 and 39XEQ and 01065	
	CT chest	30300 or 30310 or 30340 or 30350	One (1)
Procedures	Electrocardiogram (ECG)	1232 or 1233 or 1234	One (1)
	ECHO	3620 & 3621 & 3622 & 3624 & 3625	One (1)
	Flow volume test: Inspiration/expiration	1186	One (1)
Physiotherapy and Occupational Therapy	Evaluation/counselling at the first visit only	72701 or 72702	One (1)

	Specific evaluation of dysfunction	66205 or 66207 or 66209 or 66211	One (1)
	Physiotherapy/Occupational Therapy consultations	Follow-up treatment sessions	Seven (7)
Speech therapy	Consultation, assessment and treatment	821021 or 821022 or 821023 or 821051 or 821052 or 821053	One (1)
Medicine	COVID-19 medicine list		

### Long COVID medicine list

BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI6	PRODUCT NAME	STRENGTH	DOSAGE FORM
Analgesics	Acetylsalicylic acid	720577	Disprin		Effervescent
Analgesics	Paracetamol	758558	Pyralen	120 mg/5 mL	Syrup
Analgesics	Paracetamol	704093	Actamol red (un-boxed)	120 mg/5 mL	Syrup
Analgesics	Paracetamol	707583	Paracetamol elixir SAD (alcohol free)	120 mg/5 mL	Syrup
Analgesics	Paracetamol	792101	Actamol red (boxed)	120 mg/5 mL	Syrup
Analgesics	Paracetamol	703820	Feverpain	120 mg/5 mL	Syrup
Analgesics	Paracetamol	704450	Painogesic	120 mg/5 mL	Syrup
Analgesics	Paracetamol	863742	Feverpain (boxed)	120 mg/5 mL	Syrup
Analgesics	Paracetamol	889772	Painblok (plastic bottle)	120 mg/5 mL	Syrup
Analgesics	Paracetamol	895199	Go-pain p	120 mg/5 mL	Syrup
Analgesics	Paracetamol	704465	Painogesic	500 mg	Tablet
Analgesics	Paracetamol	745723	Adco-napamol	500 mg	Tablet
Analgesics	Paracetamol	805467	Antalgic	500 mg	Tablet
Analgesics	Paracetamol	757403	Adco-prolif	500 mg	Tablet
Musculo-Skeletal	Diclofenac	786012	Mylan diclofenac	25 mg	Tablet
Musculo-Skeletal	Diclofenac	893390	A-lennon diclofenac	25 mg	Tablet
Musculo-Skeletal	Diclofenac	718479	Diclofenac biotech	25 mg	Tablet
Musculo-Skeletal	Diclofenac	893391	A-lennon diclofenac	50 mg	Tablet
Musculo-Skeletal	Diclofenac	786020	Mylan diclofenac	50 mg	Tablet
Musculo-Skeletal	Diclofenac	788597	Adco-diclofenac	50 mg	Tablet
Musculo-Skeletal	Diclofenac	752398	Panamor at	50 mg	Tablet
Musculo-Skeletal	Indometacin	787833	Betacin	25 mg	Capsule
Musculo-Skeletal	Indometacin	868213	Gulf indomethacin	25 mg	Capsule
Musculo-Skeletal	Indometacin	701891	Amdocin	25 mg	Capsule
Musculo-Skeletal	Ibuprofen	700315	Ibucine (was Ibumax)	100 mg/5 mL	Suspension

Musculo-Skeletal	Ibuprofen	704781	Ibugesic	100 mg/5 mL	Suspension
Musculo-Skeletal	Ibuprofen	721335	Inflamax Paediatric	100 mg/5 mL	Suspension
Musculo-Skeletal	Ibuprofen	700316	Ibucine (was Ibumax)	200 mg	Tablet
Musculo-Skeletal	Ibuprofen	787426	Betaprofen	200 mg	Tablet
Musculo-Skeletal	Ibuprofen	708536	Ibusor	200 mg	Tablet
Musculo-Skeletal	Ibuprofen	868221	Ibunate	200 mg	Tablet
Musculo-Skeletal	Ibuprofen	701975	Betaprofen fc	400 mg	Tablet
Musculo-Skeletal	Ibuprofen	708290	Bren	400 mg	Tablet
Musculo-Skeletal	Ibuprofen	700318	Ibucine (was Ibumax)	400 mg	Tablet
Musculo-Skeletal	Ibuprofen	701654	Ranfen	400 mg	Tablet
Musculo-Skeletal	Mefenamic acid	875643	Adco-mefenamic acid	50 mg/5 mL	Suspension
Musculo-Skeletal	Mefenamic acid	797014	Fenamin	50 mg/5 mL	Suspension
Musculo-Skeletal	Mefenamic acid	756156	Ponstan	50 mg/5 mL	Suspension
Musculo-Skeletal	Mefenamic acid	793264	Ponac	50 mg/5 mL	Suspension
Respiratory System	Budesonide and formoterol	700172	Symbicord turbuhaler 60dose 160mcg/4.5mcg		Turbuhaler
Respiratory System	Budesonide	791431	Pulmicort turbuhaler 200dose	200mcg	Turbuhaler
Corticosteroids	Betamethasone	826928	Betanoid	0,5 mg	Tablet
Corticosteroids	Betamethasone	899124	Pharma-q betamethasone ampoule 1 ml	4 mg/1 mL	Injection
Corticosteroids	Dexamethasone	713730	Dexona ampoule 1 ml	4 mg/1 mL	Injection
Corticosteroids	Dexamethasone	720206	Fresenius dexamethasone ampoule 1 ml	4 mg/1 mL	Injection
Corticosteroids	Methylprednisolone	741116	Medrol	4 mg	Tablet
Corticosteroids	Methylprednisolone	741124	Medrol	16 mg	Tablet
Corticosteroids	Methylprednisolone	717086	Mylan methylprednisolone powder for solution vial	40 mg	Injection
Corticosteroids	Methylprednisolone	717229	Mylan methylprednisolone powder for solution vial	500 mg	Injection
Corticosteroids	Methylprednisolone	717230	Mylan methylprednisolone powder for solution vial	1000 mg	Injection
Corticosteroids	Hydrocortisone	765074	Solu cortef mix 2 ml	100 mg	Injection
Corticosteroids	Prednisone	752304	Panafcort	5 mg	Tablet
Corticosteroids	Prednisone	818267	Trolic	5 mg	Tablet
Corticosteroids	Prednisone	788783	Be-tabs prednisone	5 mg	Tablet
Corticosteroids	Prednisone	716381	Adco prednisolone	15 mg/5 mL	Syrup
Corticosteroids	Prednisone	714552	Aspelone	15 mg/5 mL	Liquid
Vitamins and Minerals	Ascorbic acid (Vitamin C)	705071	Ascorbic acid fresenius 5 ml	500 mg/5 mL	Injection
Vitamins and Minerals	Ascorbic acid (Vitamin C)	798487	Be-tabs ascorbic acid	500 mg	Tablet
Vitamins and Minerals	Ergocalciferol	711640	Calciferol	50000u	Tablet



Vitamins and Minerals	Colecalciferol	709283	Solal vitamin d3	1000iu	Tablet
Vitamins and Minerals	Colecalciferol	3001760	Vitatech vitamin d3	1000iu	Tablet
Vitamins and Minerals	Colecalciferol	711146	D-tabs	1000iu	Tablet
Vitamins and Minerals	Colecalciferol	3000723	D-drops (new formulation) 30 ml		Drops
Vitamins and Minerals	Nicotinamide	871273	Nicotinamide	25 mg	Tablet
Vitamins and Minerals	Nicotinamide	711914	Nicotinamide	25 mg	Tablet
Vitamins and Minerals	Nicotinic acid	723588	Solal niacin	35 mg	Tablet
Vitamins and Minerals	Thiamine (Vitamin B1)	770485	Litha thiamine hcl (was A-lennon thiamine)	100 mg	Tablet
Vitamins and Minerals	Zinc	3001497	Vitatech zinc	16,5 mg	Tablet
Vitamins and Minerals	Zinc	3001757	Zinc supreme evohealth		Tablet
Vitamins and Minerals	Zinc	857947	Zinplex	50 mg	Tablet
Vitamins and Minerals	Zinc	710708	Zinium 50 mg/20 mg		Capsule
Anticoagulants	Enoxaparin	3001997	Noxfibra pre-filled syringe 0.2 ml	20 mg/0,2 mL	Injection
Anticoagulants	Enoxaparin	3002000	Noxfibra pre-filled syringe 0.4 ml	40 mg/0,4 mL	Injection
Anticoagulants	Enoxaparin	3002001	Noxfibra pre-filled syringe 0.6 ml	60 mg/0,6 mL	Injection
Anticoagulants	Enoxaparin	3002002	Noxfibra pre-filled syringe 0.8 ml	80 mg/0,8 mL	Injection
Anticoagulants	Rivaroxaban	3002520	Rezalto	10 mg	Tablet
Anticoagulants	Rivaroxaban	3002521	Rezalto	15 mg	Tablet
Anticoagulants	Rivaroxaban	3002522	Rezalto	20 mg	Tablet
Anticoagulants	Rivaroxaban	3002437	Rivaxored	20 mg	Tablet
Anticoagulants	Rivaroxaban	3002436	Rivaxored	15 mg	Tablet
Anticoagulants	Rivaroxaban	3002434	Rivaxored	10 mg	Tablet

### How to activate the Long COVID Recovery Programme

We will activate the programme on your behalf by identifying qualifying COVID-19 claims and we will let you know that we have activated your Long COVID Recovery Programme. You can also apply for the programme by completing the [Application for out-of-hospital treatment of a Prescribed Minimum Benefit \(PMB\) condition](#) form with the appropriate long COVID ICD-10 code.

### Mental Health Care Programme

Discovery Health Medical Scheme offers you access to the Mental Health Care Programme for enhanced benefits and care for your mental health. Please visit [www.discovery.co.za](http://www.discovery.co.za) > Medical aid > Benefits and cover > Most Queried Benefits > Mental Health Care for more information about your benefits and cover for mental health. Visit our dedicated [Mental Health Information hub](#) for additional information and support.

## Contact us

Tel (members): 0860 99 88 77, Tel (health partners): 0860 44 55 66

Go to [www.discovery.co.za](http://www.discovery.co.za) to Get Help or ask a question on WhatsApp. Save this number 0860 756 756 on your phone and say "Hi" to start chatting with us 24/7.

PO Box 784262, Sandton, 2146. 1 Discovery Place, Sandton, 2196.

## Complaints process

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:

### 1 | STEP 1 – TO TAKE YOUR QUERY FURTHER:

If you have already contacted the 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](http://www.discovery.co.za). We would also love to hear from you if we have exceeded your expectations.

### 2 | STEP 2 – 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](http://www.discovery.co.za) or by emailing [principalofficer@discovery.co.za](mailto:principalofficer@discovery.co.za).

### 3 | STEP 3 – 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.

### 4 | STEP 4 – 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.co.za](mailto:complaints@medicalschemes.co.za) | 0861 123 267 | [www.medicalschemes.co.za](http://www.medicalschemes.co.za)