medihelp

Activating **the care extender benefit**



Medihelp rewards you for taking care of your health

Two ways to unlock more value in 2027:

Two extra GP consultations

Activates for the family once we've paid the first two claims for two different specified health tests from your added insured benefits. The first qualifying screening test completed by any beneficiary in the family activates one additional GP consultation for the family. A second qualifying screening test activates another additional GP consultation, for a maximum of two consultations per family per year.

All plans except Med**Move!**
Paid at 100% of the Medihelp tariff

Step 1	Step 2	Step 3	Step 4
Get tested Your provider performs any two of the qualifying screening tests below and captures your results. This visit is paid from your normal day-to-day benefits. The tests are paid from your added insured's benefits.	**Claim submitted** The provider submits the claim to Medihelp for processing.	**Benefit unlocked** Once claims for two different qualifying tests have been received, processed, and paid, your two extra GP consultations are unlocked for the rest of the benefit year.	**Visit a healthcare provider** Now that the benefit is unlocked, you can visit any GP for your consultation.

Added insured benefits

- A Pap smear per three-year cycle (women 21–65 years and item codes 4566/4559)
- A mammogram per two-year cycle (women 40–75 years and item codes 3605/39175/34100/34101)
- A prostate test (men between 40–75 years and item code 4519)
- A faecal occult blood test (FOBT) for people between 45–75 years (item codes 4351/4352)
- A bone mineral density test per two-year cycle (women older than 65 years and item codes 3604/50120)

Use it

1. **Book your consultation** with any GP of your choice
2. **Attend your consultation**
3. **Your GP submits the claim** to Medihelp
4. **The consultation is paid from your care extender benefit**, at 100% of the Medihelp tariff

Good to know
No network restrictions – you can use any GP. The care extender benefit pays first, once a qualifying claim is received and processed.

Please note: The benefit is not available if the medical condition has been registered as a chronic/PMB condition.

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R1 050 for acute medicine or self-medication

Activates for the family once the biometrics (health screening results) and the first claims are received, processed, and paid for a combo health screening.

Step 1	Step 2	Step 3	Step 4
Visit a network pharmacy clinic Includes Clicks, Dis-Chem, and certain independent pharmacies.	**Complete your combo health screening** Undergo all of the following examinations/ tests even if you have an existing registered chronic condition:	**Claim submitted** The pharmacy submits your claim electronically to Medihelp.	**Benefit unlocked** Once your biometrics and the claim have been received, processed, and paid, your R1 050 is unlocked for the family for the rest of the benefit year.
Good to know If you are part of an employer group with Medihelp, you can also attend a workplace wellness day.	Added insured benefits • Blood glucose • Cholesterol • BMI • Blood pressure		**Use it** Once unlocked, use the R1 050 for over-the-counter and acute medication, dispensed at a network pharmacy.