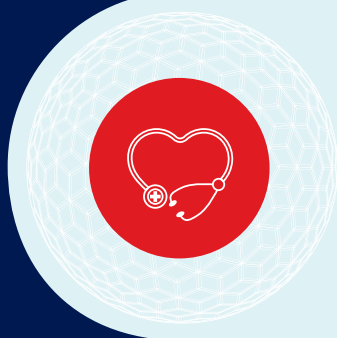


momentum

health solutions



Momentum Health Solutions Primary Care Network

Guide for general practitioners

2024



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Primary care products

Momentum Health Solutions has its own primary care network for the medical schemes that it administers, as well as the non-medical scheme product, Momentum Health4Me. In order to achieve the goal of quality and cost effective care, you as our network doctor become the primary coordinator of care for these patients.

Non-medical scheme product

The non-medical scheme product is:

Momentum Health4Me

Medical schemes

The schemes making use of the Momentum Health Solutions Primary Care Network are:

Horizon - Hospital Plus Network Plan

Medimed - Medisave Essential Option

Momentum Medical Scheme - Ingwe Option

Moto Health Care - Custom Option and Essential Option

Pick n Pay - Primary Option

Sisonke Health - Pride and Diversity Options

Wooltru - Network Option







Suremed Health - Explorer and Shuttle Options

Designated Service Provider for:

Wooltru - Saver and Comprehensive



Benefit and contact matrix

| | Option | | Specialist referral process and benefit confirmation | Hospital | HIV | Chronic administration/formulary | OTC/PAT | |
|--|-------------------------|---------------------------------|--|--|---|--|---|---|
|         | Medical schemes | | | | | | | |
| | MOMENTUM MEDICAL SCHEME | Ingwe Option | > | Contact Momentum Medical Scheme 0860 11 78 59 | Contact Momentum Medical Scheme 0860 11 78 59 | Contact LifeSense 0860 50 60 80 | Contact Momentum Medical Scheme 0860 11 78 59 | No benefit |
| | | HORIZON | Hospital Plus Network Plan | > | Contact Horizon 0860 101 103 | Contact Horizon 0860 101 103 | Contact Aid for AIDS 0860 100 646 | Contact Momentum Health Solutions 0860 102 182 chronic.carecross@momentum.co.za |
| | MOTO HEALTH CARE | Custom Option | > | Contact Momentum Health Solutions - Specialist name - Referral number 0860 102 183 | Contact Moto Health Care 0861 000 300 | Contact YourLife HIV Management 0860 109 793 | Contact Momentum Health Solutions 0860 102 182 carecrossmotoc@momentum.co.za | 5 scripts per beneficiary, maximum 7 scripts per family at Pharmacy Network, covering 11 conditions |
| | | Essential Option | > | | Refer to State | | | 3 scripts per beneficiary, maximum 5 scripts per family at Pharmacy Network, covering 11 conditions |
| | PICK N PAY | Primary Option | > | Contact Pick n Pay 0800 004 389 | Contact Pick n Pay 0800 004 389 | Contact YourLife HIV Management 0860 109 793 | Contact Pick n Pay 0800 004 389 | R115 per script to a maximum of R350 per family per annum |
| | WOOLTRU | Network Option | > | Contact Wooltru - Specialist name - Referral number 0800 765 432 | Wooltru 0800 765 432 | Contact YourLife HIV Management 0860 109 793 | Wooltru 0800 765 432 | No benefit |
| | MEDIMED | Medisave Essential Option | > | Contact Medimed 0861 777 660 info@medimed.co.za specauth@medimed.co.za | Contact Clinical pre-authorisation 041 395 4481/0860 434 003 hospauth@medimed.co.za | Contact Wellbeing 0860 103 228 wellbeing@medimed.co.za | Contact Pharmacy Benefit management 041 395 4482 | R120 per script to a maximum of R450 per family per annum |
| | SISONKE | Diversity Option | > | Contact Sisonke Health 0860 104 012 info@sisonkehealth.co.za specauth@sisonkehealth.co.za | Contact Clinical pre-authorisation 041 395 4481/0860 104 012 hospauth@sisonkehealth.co.za | Contact Wellbeing 0860 103 228 wellbeing@sisonkehealth.co.za | Contact Pharmacy Benefit management 041 395 4482 chronic@sisonkehealth.co.za | R500 per family per annum |
| | | Pride Option | > | | | | | R350 per family per annum |
| SUREMED HEALTH | Explorer | > | Contact clinical pre-authorisation on (041) 395 4545 / 0860 08 08 88 or hospauth@suremedhealth.co.za | Contact clinical pre-authorisation on (041) 395 4545 / 0860 08 08 88 or hospauth@suremedhealth.co.za | Contact MomentumTYB 0860 103228 wellbeing@suremedhealth.co.za | Contact Pharmacy Benefit Department 041 395 4482 chronic@suremedhealth.co.za | R350 per beneficiary per year and up to R425 per family year. | |
| | Shuttle | > | | | | | R480 per dependant. Up to a maximum of R160 per event, with a maximum of three (3) events per year. | |
| Non-medical scheme product | | | | | | | | |
|  | MOMENTUM HEALTH4ME | Gold | > | Contact Momentum Health4Me 0860 102 903 | Refer to State | Contact Momentum Health4Me 0860 102 903 | Contact Momentum Health4Me 0860 102 903 | No benefit |
| | | Silver | > | Gold option only | | Gold option only | Gold option only | |
| | | Bronze | > | | | | | |
| Designated service provider option | | | | | | | | |
|  | WOOLTRU | Saver and Comprehensive Options | > | Contact Wooltru - Specialist name - Referral number 0800 765 432 | Contact Wooltru 0802 228 922 | Contact YourLife HIV Management 0860 109 793 | Contact Wooltru 0802 228 922 | Contact Wooltru 0802 228 922 |

General GP consultations

Available at a contracted Momentum Health Solutions Primary Care provider for all basic Primary Care benefits - 0190 / 0191 / 0192.

Kindly submit all claims with the correct and exact ICD-10 codes that relates to the diagnosis.

Claims older than 4 months from date of service will be rejected with reason: "Account not submitted within 4 months of treatment date." We will require proof of previous submission for further investigation.

Please see below grid for further details per scheme.

GP consultations grid

| | GP consultations | Membership verification | Claim submissions | Web claim submission |
|---|--|---|-------------------------------------|--|
| Medical schemes | | | | |
| MOMENTUM MEDICAL SCHEME Ingwe Option | Unlimited medically necessary visits. Authorisation required after 10th visit. Follow-up consultations within 4 days for the same condition are included in the fee paid for the first consultation | Contact Momentum Medical Scheme 0860 11 78 59 WhatsApp +27 860 117 859 www.provider.momentum.co.za | EDI: 822P Healthbridge: 91859 | Not available |
| HORIZON Hospital Plus Network Plan | Unlimited medically necessary visits | Contact Momentum Health Solutions 0860 101 159 www.carecross.co.za | EDI: 561P Healthbridge: CARE0006 | iCan claim Free online claim submission. Email network@momentum.co.za and we will assist you with registering. |
| MOTO HEALTH CARE Custom and Essential | Unlimited medically necessary visits | Contact Momentum Health Solutions 0860 101 159 providerlogin.mmihealth.co.za/schemenavigator/scheme-navigator-main.html | | Not available |
| PICK N PAY Primary Option | Unlimited medically necessary visits | providerlogin.mmihealth.co.za/schemenavigator/scheme-navigator-main.html | | Not available |
| WOOLTRU Network Option | Unlimited medically necessary visits. Members need to contact Hello Doctor to obtain pre-authorisation for Network GP visits from the 7th visit | Contact Momentum Health Solutions 0800 765 432 providerlogin.mmihealth.co.za/schemenavigator/scheme-navigator-main.html | EDI: 202P Healthbridge: DIWO0000 | Not available |
| MEDIMED Medisave Essential Option | Unlimited medically necessary visits at the member's nominated GP | Contact Medimed 0861 777 660 www.medimed.co.za | EDI: 265P Healthbridge: MSD10000 | Not available |
| SISONKE Pride and Diversity Options | Unlimited medically necessary visits at the member's nominated GP. Authorisation from the 8th visit. Follow-up consultations within 4 days for the same condition are included in the fee paid for the first consultation | Contact Sisonke Health 0860 104 012 www.sisonkehealth.co.za | EDI: 116P Healthbridge: DIME000 | Not available |
| SUREMED HEALTH Explorer and Shuttle Options | Unlimited medically necessary visits at the member's nominated GP | Contact Suremed Health 086 008 0888 www.suremedhealth.co.za | EDI: 072P Healthbridge: DEAC0000 | Not available |
| Non-medical scheme product | | | | |
| MOMENTUM HEALTH4ME | Unlimited medically necessary visits Members that do not have the GP visit booster benefit need to contact Hello Doctor to obtain pre-authorisation for Network GP visits from the 4th visit onwards. Members who are registered on the Chronic, HIV or maternity benefit programme have 2 additional GP visits per benefit programme that do not require Hello Doctor pre-authorisation. Follow-up consultations within 4 days for the same condition are included in the fee paid for the first consultation | Contact Momentum Health4Me IVR 0860 102 903 WhatsApp +27 860 102 903 health4me@momentum.co.za www.provider.momentum.co.za | EDI: 472P Healthbridge: HEAL0002 | Not available |
| Designated service provider options | | | | |
| WOOLTRU Saver and Comprehensive Options | Network providers to be used for PMB conditions | Contact Wooltru 0802 228 922 http://providerlogin.mmihealth.co.za/schemenavigator/scheme-navigator-main.html | EDI: 202P Healthbridge: DIWO0000 | Not available |

General benefits and operational guidelines

Co-payments, waiting periods, exclusions, administration fees

The General Practitioner should not under any circumstances charge the member any co-payments or admin fees of any description for services that are part of the Primary Care benefits.

Treatments and/or medication that do not fall under Primary Care benefits will be for the member's own account. The member needs to be informed upfront of these treatments and/or medication, and sign an acknowledgment thereof.

Kindly note that some members might have condition specific waiting periods and/or exclusions.

Acute and chronic medicine

Formularies apply to acute and chronic medicine. Please visit the following websites for the up to date acute and chronic formularies.

For Momentum Medical Scheme Ingwe Option, Momentum Health4Me, Horizon, Pick n Pay, Wooltru and Moto Health Care

- Mediscor PBM: <https://www.mediscor.co.za/search-client-medicine-formulary/>

For Medimed Medisave Essential

- <https://www.medimed.co.za/login/>

For Sisonke Health Diversity and Pride Options

- <https://www.sisonkehealth.co.za/pharmacy/>
- An acute medicine script will be allowed only where a non-dispensing GP is the prescriber.
- Any non-formulary medication that is medically necessary, will be for the member's own account. Please inform the member of this in writing and have them sign an acknowledgement thereof and that such a prescription will reject at the pharmacy.
- Kindly note that waiting periods may apply to some members.
- Please see the list of chronic conditions covered per scheme on pages 16 and 17.
- Code 0199 can be charged at a rate of R105.75 for the chronic registration of a patient.

For Suremed Health Explorer and Shuttle Options

- chronic@suremedhealth.co.za

Chronic registration process

Kindly register all members for the chronic conditions to ensure optimal management of the patient. The conditions covered per scheme are listed on pages 16 and 17. The contact details are available in the contact matrix on pages 4 and 5.

Pathology and radiology

A specific list applies (refer to pages 14 and 15). Kindly use the Momentum Request Form.

Any tests not on the list of covered codes will be rejected. The member needs to be informed upfront if any tests are not covered and sign acknowledgment thereof. These costs will be for the member's own account.

Specialists

As a GP, you are responsible to refer members to the specialist where required. In the case of hospitalisation, either you or the member would be required to obtain pre-authorisation.

Kindly note a specialist network may apply, please refer to the matrix on pages 4 and 5.

Primary billing codes

Consultation codes

| | | |
|------|---|---------|
| 0190 | Consultation | |
| 0191 | Consultation | |
| 0192 | Consultation | |
| 0199 | Completion of a chronic registration form | R105.75 |

Kindly refer to the annual communication, sent in December 2023 for the relevant reimbursement rates for 2024.

Procedure codes

| | | |
|------|---|---------|
| 0300 | Stitching of wound | R484.25 |
| 0301 | Stitching of additional wound | R108.05 |
| 0307 | Excision and repair | R645.65 |
| 0308 | Each additional small procedure done at the same time | R214.85 |
| 0255 | Drainage of subcutaneous abscess and avulsion of nail | R394.05 |
| 0259 | Removal of foreign body superficial to deep fascia | R538.80 |
| 2133 | Circumcision - clamp | R804.65 |
| 0887 | Limb cast - inclusive of cost of P.O.P. | R538.80 |
| 1232 | ECG without effort* | R195.90 |
| 1233 | ECG with and without effort* | R263.50 |
| 1136 | Nebulisation (2 per family per year) | R70.10 |
| 4188 | Urine dipstick | R15.55 |

* Covered for members 45 years and older. Authorisation required for younger members. Limited to high risk patients and/or patients with cardiovascular conditions

The following are considered to be integral to the consultation and may not be charged separately:

| |
|---|
| Blood pressure measurement |
| Weight |
| Cholesterol test - finger prick test |
| Routine blood sugar tests - finger prick test |

Small procedures performed in GP rooms and included in consultation:

| |
|---|
| Peak Flow test |
| Intravenous infusion (push-in) patients over 2 years - insertion of cannula: chargeable once per 24 hours |
| Single - intra lesion injection in areas of pathology |
| Multiple - intra lesion injection in areas of pathology |
| First lesion - chemo cryotherapy |
| Subsequent lesion, each - chemo cryotherapy |
| Maximum for multiple additional lesions - chemo cryotherapy |
| Removal of benign lesion by curetting under local anaesthetic: first lesion |
| Subsequent lesion, each |
| Aspiration of cyst or tumour |

Please note:
Only the procedures indicated above will be covered. Any other procedures, such as wound care, out-patient antibiotics, etc., will require pre-authorisation. Please contact the scheme for authorisation.

Momentum Health4Me benefits overview

| | Bronze | Silver | Gold |
|---|--------|--------|------|
|  GP benefit | ✓ | ✓ | ✓ |
|  GP in room procedures | ✓ | ✓ | ✓ |
|  Hello Doctor | ✓ | ✓ | ✓ |
|  Hello Doctor scripting | ✓ | ✓ | ✓ |
|  Specialist benefit | ✗ | ✗ | ✓ |
|  Acute medication | ✓ | ✓ | ✓ |
|  Chronic benefit and medication | ✗ | ✗ | ✓ |
|  HIV benefit | ✗ | ✗ | ✓ |
|  Maternity benefit | ✓ | ✓ | ✓ |
|  Basic pathology | ✓ | ✓ | ✓ |
|  Basic radiology | ✓ | ✓ | ✓ |
|  Basic and emergency dentistry | ✗ | ✓ | ✓ |
|  Basic optometry | ✗ | ✓ | ✓ |
|  Flu vaccination | ✓ | ✓ | ✓ |
|  COVID-19 screening test | ✓ | ✓ | ✓ |
|  On-site wellness days | ✓ | ✓ | ✓ |
|  Health assessment | ✓ | ✓ | ✓ |
|  Employee Assistance Programme | ✓ | ✓ | ✓ |
|  Multiply Engage | ✓ | ✓ | ✓ |
|  More4Me | ✓ | ✓ | ✓ |

Processes and formularies

All processes and formularies remain the same across all Momentum Health4Me options.

Momentum Health4Me Network GP visits

Momentum Health4Me has grown its membership substantially and currently provides cover to more than 195 000 members.

Members have access to unlimited Network GP visits through the valuable services that you provide. To ensure that we continue to provide affordable healthcare solutions to this market, members need to follow a referral process once they have exceeded their Network GP visits for the year.

The referral process is simple – a member who has exceeded three Network GP visits for the year will contact Hello Doctor, where a qualified doctor will assess their health concern and advise them accordingly.

Where needed, the member will be referred to their treating Network GP for treatment or medication.

The purpose of this process is to ensure that valid cases, i.e. medically necessary cases, are referred to you, thereby minimising unnecessary visits to your practice that can be handled through virtual support offered by Hello Doctor.

It is the responsibility of the member to ensure that they have received an authorisation from Hello Doctor once they have exceeded their three Network GP visits. We monitor members' Network GP visits and pro-actively notify them regarding the number of visits they have available. Once they have exceeded their limit, we remind them of the process they need to follow in order to receive support and treatment.


- Step 1

First 3 Network GP visits per member per year - Hello Doctor authorisation not required.
- Members registered on the Maternity benefit, Chronic benefit or HIV benefit programme: First 5 Network GP visits per member per year - Hello Doctor authorisation not required.
- Step 2

4th or 6th Network GP visit onwards: Member needs to contact Hello Doctor and request an authorisation number, which will be sent to their cellphone.
- Step 3

Consult with the patient face to face.
- Step 4

Submit the claim as soon as possible as per the current process (the authorisation will already be loaded on the system).



Members can use **WhatsApp** to contact Hello Doctor to unlock additional GP visits

Step 1

Add +27 860 10 29 03 as a contact on their cell phone

Step 2

Open the saved contact in WhatsApp and send a "Hi"
Follow the easy step-by-step process that will guide them through the Hello Doctor authorisation process




Scan the QR code to start a WhatsApp chat
The WhatsApp QR code will only work if they have an active data/internet connection on their cell phone



They will receive a notification to confirm that their request has been submitted

Step 3

 Hello Doctor will call them back to see whether they can help them over the phone. If they are unable to, they will unlock a Network GP visit and recommend that the member visits a Network GP



The member will receive an SMS with an authorisation number, and an authorisation card in the app

GP visit booster benefit

Members who have the GP visit booster benefit have unlimited medically necessary Network GP visits, with no Hello Doctor authorisation required.

Pathology, radiology and acute medicine

The medically necessary pathology, radiology and acute medicine, as per the formularies, are still unlimited. The details are available on the referral forms as well as on the various websites.

Verify patients via the Health4Me IVR process

As always, we recommend that you verify patients before they consult your practice, to confirm their membership. Member verification and benefit booking can be done via the IVR as well as on the provider website.

Please take note of the following

- No authorisation is needed for members on the GP Booster Benefit
- No authorisation is needed for the member's first 3 visits, or first 5 visits if member is registered on the Maternity benefit, Chronic benefit or HIV programme
- The member/dependant has to be on benefit for an authorisation to be granted
- If the membership is suspended or terminated, you will be transferred to an agent
- GP authorisations are valid for 3 days date of issue, e.g. if you called us and received authorisation on September, the authorisation valid until 3 September
- Claims need to be submitted within days of the consultation



Step 1

For a quick and easy experience, have all the relevant details ready when contacting us, such as:

- your practice number, excluding the zeros in front
- the membership number
- the ID number of the member you are querying, or
- the dependant code
- the authorisation number if you are calling to confirm a booking

Contact us

Call or WhatsApp: **0860 102 903**
Email: **health4me@momentum.co.za**



Making the call

Step 2

Call us on **0860 102 903**
[Enter your practice number excluding any zeros in front, followed by # to validate practice number]

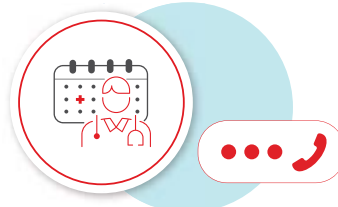


You will then have 3 options to choose from:

1. To book a GP consultation, **press 1**
2. To confirm an existing GP authorisation, **press 2**
3. For all other queries, **press 3**

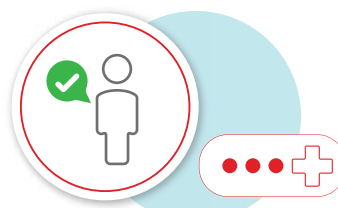
Step 3

Depending on your selection, you will be prompted to provide the details necessary for a GP consultation to be booked or to confirm an authorisation, or for your query to be resolved.



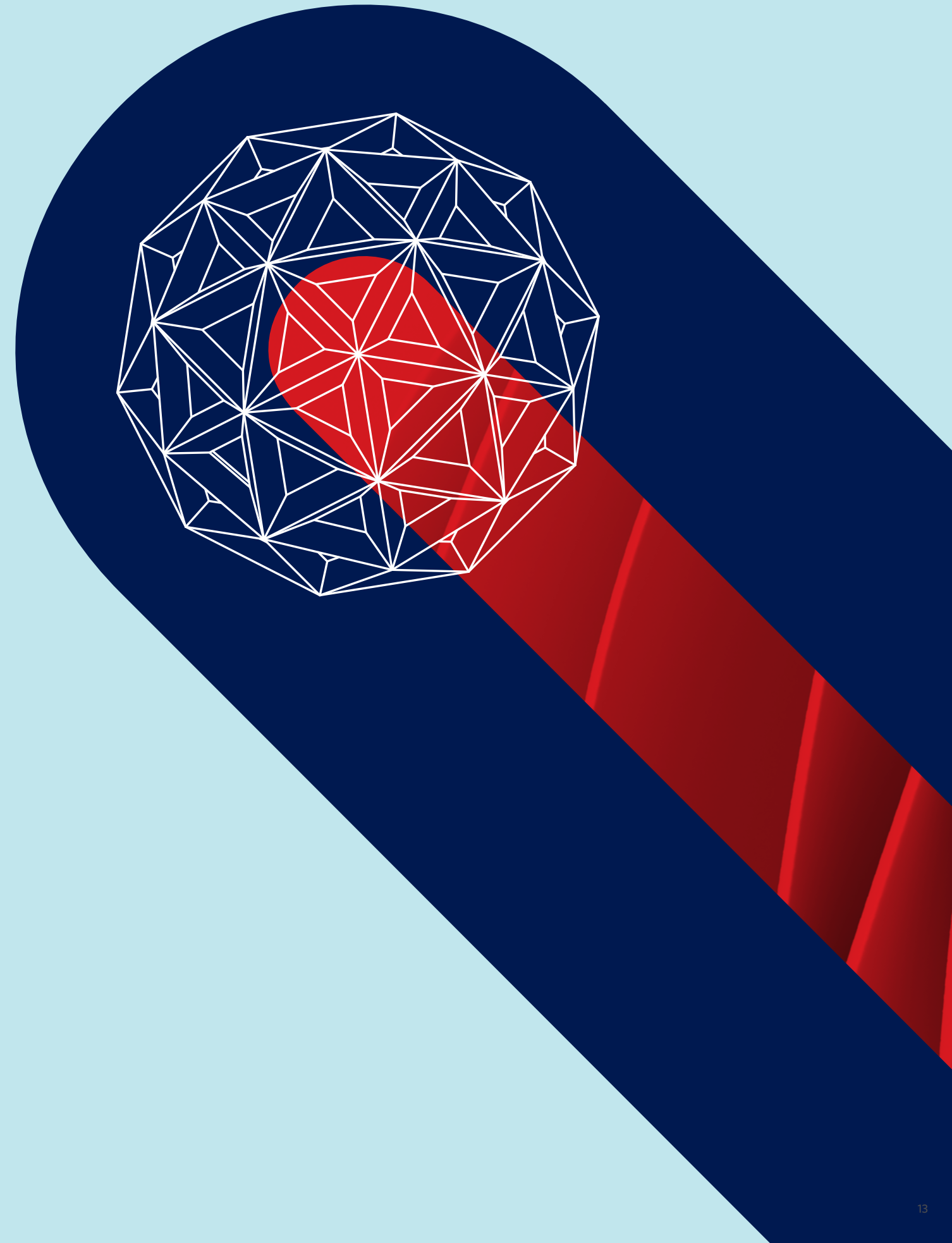
Please ensure that you have all the relevant details on hand in order for us to assist you

Step 4



Once you have been able to book or confirm the authorisation number, you can either hang up or select one of the next three options:

1. To query another membership or ID number, **press 1**
2. To return to the Network GP menu, **press 2**
3. To speak to a consultant, **press 3**



Pathology request form

Referring General Practitioner's information

Doctor's name

Tel number

Practice number

Email address

Patient's details

Patient's full name

Gender

Male

Female

Medical scheme

Option name

Membership number

Dependant code

File no

Patient's ID number/date of birth

Cell number

ICD-10 code

Tel number

Main member and guarantor details

Guarantor's full name

Guarantor's ID number

Tel number

Cell number

Email address

Postal address

| Code | ✓ | Description | Code | ✓ | Description | Code | ✓ | Description |
|-------------------|--------------------------|--|-------------------------------|--------------------------|---|--|--------------------------|--|
| Haematology | | | Biochemical tests (continued) | | | Histology and Cytology | | |
| 3709 | <input type="checkbox"/> | Antiglobin Test - Direct or Indirect Coombs | 4032 | <input type="checkbox"/> | Creatinine | 4567 | <input type="checkbox"/> | Histology per sample |
| 3739 | <input type="checkbox"/> | Erythrocyte Count | 4057 | <input type="checkbox"/> | Glucose: Quantitative | 4571 | <input type="checkbox"/> | Histology (more than 2 units) per additional block (max 1) |
| 3743 | <input type="checkbox"/> | Erythrocyte Sedimentation Rate (ESR) | 4113 | <input type="checkbox"/> | Potassium | 4566 | <input type="checkbox"/> | Vaginal or Cervical Smear (1 slide) |
| 3755 | <input type="checkbox"/> | Full Blood Count (incl 3739/3762/3783/3785/3791) | 4114 | <input type="checkbox"/> | Sodium | 4559 | <input type="checkbox"/> | Liquid pap smear |
| 3762 | <input type="checkbox"/> | Haemoglobin Estimation (Hb) | 4117 | <input type="checkbox"/> | Protein (Total) | Immunology | | |
| 3783 | <input type="checkbox"/> | Leucocyte Differential Count | 4130 | <input type="checkbox"/> | Aspartate Aminotransferase (AST) | 4450 | <input type="checkbox"/> | HcG: Qualitative |
| 3785 | <input type="checkbox"/> | Leucocytes: Total Count | 4131 | <input type="checkbox"/> | Alanine Aminotransferase (ALT) | 4507 | <input type="checkbox"/> | Thyrotropin (TSH) |
| 3791 | <input type="checkbox"/> | Packed cell volume | 4134 | <input type="checkbox"/> | Gamma Glutamyl Transferase (GGT) | 4519 | <input type="checkbox"/> | PSA |
| 3792 | <input type="checkbox"/> | Plasmodium Falciparum (Malaria: Antigen) | 4155 | <input type="checkbox"/> | Uric Acid | 4531 | <input type="checkbox"/> | Hepatitis: A IGM antibody |
| 3805 | <input type="checkbox"/> | Prothrombin Index | 4171 | <input type="checkbox"/> | Urea and electrolytes | 4531 | <input type="checkbox"/> | Hepatitis: B surface antigen |
| 3806 | <input type="checkbox"/> | PI/INR dosage information | 4188 | <input type="checkbox"/> | Urine Dipstick - Per Stick | Bacteriology | | |
| 3797 | <input type="checkbox"/> | Platelet Count | 4352 | <input type="checkbox"/> | Occult Blood (Monoclonal antibodies) | 3893 | <input type="checkbox"/> | Bacteriological Culture (Sensitivity) |
| 4528 | <input type="checkbox"/> | Ferritin | 4023 | <input type="checkbox"/> | Chloride | Microscopy | | |
| Biochemical tests | | | 4151 | <input type="checkbox"/> | Urea | 3885 | <input type="checkbox"/> | Cytochemical Stain (AO AFB) |
| 3999 | <input type="checkbox"/> | Albumin | 4161 | <input type="checkbox"/> | Troponin Isoforms | 3869 | <input type="checkbox"/> | Faeces microscopy (incl parasites) |
| 4001 | <input type="checkbox"/> | Phosphatase | 4017 | <input type="checkbox"/> | Calcium Spectrophotometric | 3881 | <input type="checkbox"/> | Tubercle Bacillus |
| 4006 | <input type="checkbox"/> | Amylase | 4049 | <input type="checkbox"/> | Glucose Tolerance Test | 3883 | <input type="checkbox"/> | Conc-Urine Parasites |
| 4009 | <input type="checkbox"/> | Bilirubin: Total | Serology | | | 3865 | <input type="checkbox"/> | Parasites in blood: Malaria, Trypanosomes |
| 4010 | <input type="checkbox"/> | Bilirubin: Conjugated | 3932 | <input type="checkbox"/> | HIV: Elisa | 3867 | <input type="checkbox"/> | Body fluids, Urine, Exudate |
| 4026 | <input type="checkbox"/> | LDL Cholesterol (Chemical Determination) | 3947 | <input type="checkbox"/> | C-Reactive Proteins | For Momentum Medical Scheme Ingwe members only | | |
| 4027 | <input type="checkbox"/> | Total Cholesterol (Fasting) | 3948 | <input type="checkbox"/> | IgG: Varicella, Herpes, Rubella, etc | 4182 | <input type="checkbox"/> | Quantitative Protein Estimation Nephelometer or Turbidimetric Method |
| 4028 | <input type="checkbox"/> | HDL Cholesterol (Fasting) | 3949 | <input type="checkbox"/> | Syphilis serology | 4614 | <input type="checkbox"/> | HIV ab-Rapid test |
| 4147 | <input type="checkbox"/> | Triglyceride | 3951 | <input type="checkbox"/> | Quantitative Khan, VDRL or other Flocculation | 3946 | <input type="checkbox"/> | IgM: Varicella, Herpes, Rubella, etc |
| | | | 3980 | <input type="checkbox"/> | Bilharzia Ag Serum / Urine | 4451 | <input type="checkbox"/> | HCG: Monoclonal - Quantitative |
| | | | | | | 3887 | <input type="checkbox"/> | Antibiotic susceptibility test per organism |

Collection date

Received date

Collection time

Is patient fasting?

Received by (Lab use)

Clinical information and/or test required (all tests not listed above will be for the patient's own cost):

Patient's signature

Doctor's signature

Radiology request form

Patient's details

Principal member's full name

Patient's full name

Gender

Male

Female

Medical scheme

Option name

Membership number

Dependant code

Patient's ID number/date of birth

Cell number

Postal address

Referring General Practitioner's information

Doctor's name

Practice number

Telephone number

ICD-10 code

Email address

| Code | Tick | Description | Code | Tick | Description |
|--------------------|--------------------------|--|----------------------------|--------------------------|--|
| Arms and shoulders | | | Foot and ankle | | |
| 61100 | <input type="checkbox"/> | X-Ray Of The Left Clavicle | 74145 | <input type="checkbox"/> | X-Ray Of A Toe |
| 61105 | <input type="checkbox"/> | X-Ray Of The Right Clavicle | 74100 | <input type="checkbox"/> | X-Ray Of The Left Ankle |
| 61110 | <input type="checkbox"/> | X-Ray Of The Left Scapula | 74105 | <input type="checkbox"/> | X-Ray Of The Right Ankle |
| 61115 | <input type="checkbox"/> | X-Ray Of The Right Scapula | 74120 | <input type="checkbox"/> | X-Ray Of The Left Foot |
| 61120 | <input type="checkbox"/> | X-Ray Of The Left Acromioclavicular Joint | 74125 | <input type="checkbox"/> | X-Ray Of The Right Foot |
| 61125 | <input type="checkbox"/> | X-Ray Of The Right Acromioclavicular Joint | 74130 | <input type="checkbox"/> | X-Ray Of The Left Calcaneus |
| 61130 | <input type="checkbox"/> | X-Ray Of The Left Shoulder | 74135 | <input type="checkbox"/> | X-Ray Of The Right Calcaneus |
| 61135 | <input type="checkbox"/> | X-Ray Of The Right Shoulder | Chest | | |
| 62100 | <input type="checkbox"/> | X-Ray Of The Left Humerus | 30100 | <input type="checkbox"/> | X-Ray Of The Chest, Single View |
| 62105 | <input type="checkbox"/> | X-Ray Of The Right Humerus | 30110 | <input type="checkbox"/> | X-Ray Of The Chest Two Views, PA & Lateral |
| 63100 | <input type="checkbox"/> | X-Ray Of The Left Elbow | 30150 | <input type="checkbox"/> | X-Ray Of The Ribs |
| 63105 | <input type="checkbox"/> | X-Ray Of The Right Elbow | 30155 | <input type="checkbox"/> | X-Ray Of The Chest And Ribs |
| 64100 | <input type="checkbox"/> | X-Ray Of The Left Forearm | Pregnancy: 1 per pregnancy | | |
| 64105 | <input type="checkbox"/> | X-Ray Of The Right Forearm | 43250 | <input type="checkbox"/> | Ultrasound Of The Pregnant Uterus, First Trimester |
| Hand and wrist | | | Spine | | |
| 65100 | <input type="checkbox"/> | X-Ray Of The Left Hand | 51110 | <input type="checkbox"/> | X-Ray Of The Cervical Spine, 1 Or 2 Views |
| 65105 | <input type="checkbox"/> | X-Ray Of The Right Hand | 52100 | <input type="checkbox"/> | X-Ray Of The Thoracic Spine,1 Or 2 Views |
| 65120 | <input type="checkbox"/> | X-Ray Of A Finger | 53110 | <input type="checkbox"/> | X-Ray Of The Lumbar Spine, 1 Or 2 Views |
| 65130 | <input type="checkbox"/> | X-Ray Of The Left Wrist | Abdomen | | |
| 65135 | <input type="checkbox"/> | X-Ray Of The Right Wrist | 40100 | <input type="checkbox"/> | X-Ray Of The Abdomen |
| 65140 | <input type="checkbox"/> | X-Ray Of The Left Scaphoid | 40105 | <input type="checkbox"/> | X-Ray Of The Abdomen Supine & Erect, Or Decubitus |
| 65145 | <input type="checkbox"/> | X-Ray Of The Right Scaphoid | Pelvis and hip | | |
| Legs and knees | | | 55100 | <input type="checkbox"/> | X-Ray Of The Pelvis |
| 71100 | <input type="checkbox"/> | X-Ray Of The Left Femur | 56100 | <input type="checkbox"/> | X-Ray Of The Left Hip |
| 71105 | <input type="checkbox"/> | X-Ray Of The Right Femur | 56110 | <input type="checkbox"/> | X-Ray Of The Right Hip |
| 72100 | <input type="checkbox"/> | X-Ray Of The Left Knee One Or Two Views | 56120 | <input type="checkbox"/> | X-Ray Pelvis And Hips |
| 72105 | <input type="checkbox"/> | X-Ray Of The Right Knee One Or Two Views | | | |
| 73100 | <input type="checkbox"/> | X-Ray Of The Left Lower Leg | | | |
| 73105 | <input type="checkbox"/> | X-Ray Of The Right Lower Leg | | | |
| 72150 | <input type="checkbox"/> | X-Ray Both Knees Standing - Single View | | | |

Clinical information and/or test required (all tests not listed above will be for the patient's own cost):

Patient's signature

Doctor's signature

Please see GP guide for additional radiology benefits for Momentum Medical Scheme Ingwe Option members

Radiology applicable codes

Additional radiology benefits for Momentum Medical Scheme Ingwe Option

| Tariff code | Description |
|---|---|
| Skull and brains | |
| 10100 | X-ray of the skull |
| Facial bones, nasal bones and paranasal sinuses | |
| 11100 | X-ray of the facial bones |
| 11120 | X-ray of the nasal bones |
| 13100 | X-ray of the paranasal sinuses, single view |
| 13110 | X-ray of the paranasal sinuses, two or more views |
| 13130 | X-ray of the naso-pharyngeal soft tissue |
| Orbits, lachrymal glands and tear duct | |
| 12100 | X-ray orbits less than three views |
| 12110 | X-ray of the orbits, three or more views, including foramina |
| Mandible, teeth and maxilla | |
| 14100 | X-ray of the mandible |
| 15100 | X-ray tempero-mandibular joint, left |
| 15110 | X-ray tempero-mandibular joint, right |
| Neck | |
| 20100 | X-ray of soft tissue of the neck |
| 20210 | Ultrasound of soft tissue of the neck |
| Spine | |
| 50100 | X-ray of the spine scoliosis view ap only |
| 50105 | X-ray of the spine scoliosis view ap and lateral |
| 51100 | X-ray of the cervical spine, stress views only |
| 51120 | X-ray of the cervical spine, more than two views |
| 51130 | X-ray of the cervical spine, more than two views including stress views |
| 52110 | X-ray of the thoracic spine, more than two views |
| 53100 | X-ray of the lumbar spine - stress study only |
| 53120 | X-ray of the lumbar spine, more than two views |
| 53130 | X-ray of the lumbar spine, more than two views including stress views |
| Thorax, chest and abdomen | |
| 30170 | X-ray of the sterno-clavicular joints |
| 30180 | X-ray of the sternum |
| 40110 | X-ray of the abdomen multiple views including chest |
| 31100 | X-ray barium swallow |
| 31110 | X-ray barium swallow, double contrast |
| 40140 | X-ray barium meal single contrast |
| 40143 | X-ray barium meal double contrast |
| 40153 | X-ray small bowel meal follow through single contrast |
| 40165 | X-ray large bowel enema double contrast |
| Limbs | |
| 74110 | X-ray of the left ankle with stress views |
| 74115 | X-ray of the right ankle with stress views |
| 50120 | X-ray bone densitometry (other dis t/c 3604) |
| 72110 | X-ray of the left knee, more than two views |
| 72115 | X-ray of the right knee, more than two views |

| Tariff code | Description |
|-----------------|---|
| 72130 | X-ray of the left knee with stress views |
| 72135 | X-ray of the right knee with stress views |
| 70100 | X-ray lower limbs - any region- stress studies only |
| 61140 | X-ray of the left shoulder plus subacromial impingement views |
| 61145 | X-ray of the right shoulder plus subacromial impingement views |
| Pelvis and hips | |
| 54100 | X-ray of the sacrum and coccyx |
| 54110 | X-ray of the sacro-iliac joints |
| Ultrasounds | |
| 33200 | Ultrasound study of the heart, including doppler |
| 34200 | Ultrasound study of the breast |
| 34205 | Ultrasound guided aspiration fna/localisation of the breast |
| 74210 | Ultrasound of the left ankle |
| 74215 | Ultrasound of the right ankle |
| 74220 | Ultrasound of the left foot |
| 74225 | Ultrasound of the right foot |
| 42200 | Ultrasound study of the renal tract including bladder |
| 40210 | Ultrasound study of the whole abdomen including the pelvis |
| 41200 | Ultrasound study of the upper abdomen |
| 60200 | Ultrasound upper limb - soft tissue - any region |
| 60230 | Ultrasound peripheral venous system upper limbs including pulse and colour doppler for deep vein thrombosis |
| 70200 | Ultrasound lower limb - soft tissue - any region |
| 72200 | Ultrasound of the left knee joint |
| 72205 | Ultrasound of the right knee joint |
| 61200 | Ultrasound of the left shoulder joint |
| 61210 | Ultrasound of the right shoulder joint |
| 65200 | Ultrasound of the left wrist |
| 65210 | Ultrasound of the right wrist |
| 40200 | Ultrasound study of the abdominal wall |
| 43200 | Ultrasound study of the female pelvis transabdominal |
| 43220 | Ultrasound study of the testes |
| 43260 | Ultrasound study of the pregnant uterus, second trimester |
| 43270 | Ultrasound study of the pregnant uterus, third trimester, first visit |
| 43273 | Ultrasound study of the pregnant uterus, third trimester, follow-up visit |
| 20200 | Ultrasound of the thyroid |
| 20220 | Ultrasound of the carotid arteries, bilateral including b mode, pulsed and colour doppler |
| 30200 | Ultrasound of the chest wall, any region |
| 30210 | Ultrasound of the pleural space |

Radiology in GP rooms

Radiology in GP rooms for Momentum Medical Scheme Ingwe Option, Momentum Health4Me, Moto Health Custom and Essential, Pick n Pay Primary, Horizon Hospital Plus, Wooltru Network Option, Sisonke Health Pride and Diversity, Suremed Health Explorer and Shuttle and Medimed Medisave Essential.

| Tariff code | Description | Price |
|-------------|--|---------|
| 3305 | Finger, toe | R157.95 |
| 3321 | Per region, e.g. cervical, sacral, lumbar, coccygeal, one region thoracic | R275.45 |
| 3331 | Pelvis (sacro-iliac or hip joints only to be added where an extra set of view is required) | R275.45 |
| 3445 | Chest (item 3601 included) | R235.05 |
| 3447 | Chest and cardiac studies (item 3601) | R315.75 |
| 3615 | Routine obstetric ultrasound at 10 to 20 weeks gestational age preferable at 10 to 14 weeks gestational age to include nuchal translucency assessment - Limited to one per pregnancy | R559.00 |
| 6500 | Hand | R193.55 |
| 6501 | Wrist (specify region) | R193.55 |
| 6503 | Scaphoid | R193.55 |
| 6504 | Radius and Ulna | R193.55 |
| 6505 | Elbow | R193.55 |
| 6506 | Humerus | R193.55 |
| 6507 | Shoulder | R193.55 |
| 6508 | Acromioclavicular joint | R193.55 |
| 6509 | Clavicle | R193.55 |
| 6510 | Scapula | R193.55 |
| 6511 | Foot | R193.55 |
| 6512 | Ankle | R193.55 |
| 6513 | Calcaneus | R193.55 |
| 6514 | Tibia and Fibula | R193.55 |
| 6515 | Knee | R193.55 |
| 6516 | Patella | R193.55 |
| 6517 | Femur | R193.55 |
| 6518 | Hip | R193.55 |

Chronic conditions list

| Condition | Momentum Medical Scheme | Horizon | Moto Health Care | | Pick n Pay | Wooltru | Momentum Health4Me | Medimed | Sisonke Health | | Suremed Health | |
|---------------------------------------|--|----------------------------|------------------|-----------|------------|---------|--------------------|----------|----------------|-------|----------------|---------|
| | Ingwe Option | Hospital Plus Network Plan | Custom | Essential | Primary | | Gold | Medisave | Diversity | Pride | Explorer | Shuttle |
| Acne | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Addison's Disease | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Allergic Rhinitis | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Asthma | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Bipolar Mood Disorder | ✓ | ✓ | ✗ | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Bronchiectasis | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Cardiac dysrhythmias | ✓ | ✓ | ✓ | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Cardiac Failure | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Cardiomyopathy | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Chronic Obstructive Pulmonary Disease | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Chronic Renal Disease | ✓ | ✓ | ✓ | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Coronary Artery Disease | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Crohn's Disease | ✓ | ✓ | ✓ | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Depression | ✗ | ✓ | ✓ | ✗ | ✓ | ✗ | ✗ | ✗ | ✓ | ✓ | ✗ | ✗ |
| Diabetes Insipidus | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Diabetes Type 1 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Diabetes Type 2 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Epilepsy | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Glaucoma | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Gout | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Haemophilia | ✓ | ✓ | ✗ | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Hyperlipidaemia | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Hypertension | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Hypothyroidism | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Menopause | ✗ | ✓ | ✓ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Migraine Prophylaxis | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Multiple Sclerosis | ✓ | ✓ | ✓ | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Osteo-Arthritis | ✗ | ✓ | ✓ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Osteoporosis | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Parkinson's Disease | ✓ | ✓ | ✓ | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Rheumatoid Arthritis | ✓ | ✓ | ✓ | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Schizophrenia | ✓ | ✓ | ✓ | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Systemic Lupus Erythematosus | ✓ | ✓ | ✓ | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Ulcerative Colitis | ✓ | ✓ | ✓ | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| HIV | (Refer to Benefit and contact matrix on pages 4 and 5) | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

Momentum Medical Scheme

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PO Box 2338 Durban 4000

Momentum Health4Me

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PO Box 7400 Centurion 0046

Momentum Health Solutions Primary Care Network

Horizon

T 0860 101 159 (Operating hours Monday to Friday 08:00 - 17:00)

network@momentum.co.za

carecross.co.za

Moto Health Care

T 0860 101 159 (Operating hours Monday to Friday 08:00 - 17:00)

drnet@momentum.co.za

[providerlogin.mmihealth.co.za/schemenavigator/
scheme-navigator-main.html](http://providerlogin.mmihealth.co.za/schemenavigator/scheme-navigator-main.html)

Wooltru

T 0800 765 432 (Operating hours Monday to Friday 08:00 - 17:00)

drnet@momentum.co.za

[providerlogin.mmihealth.co.za/schemenavigator/
scheme-navigator-main.html](http://providerlogin.mmihealth.co.za/schemenavigator/scheme-navigator-main.html)

Pick n Pay Primary

T 0800 004 389 (Operating hours Monday to Friday 08:00 - 17:00)

providers@momentum.co.za

[providerlogin.mmihealth.co.za/schemenavigator/
scheme-navigator-main.html](http://providerlogin.mmihealth.co.za/schemenavigator/scheme-navigator-main.html)

Momentum TYB

Medimed Medisave Essential

T 0861 777 660 (Operating hours Monday to Friday 08:00 - 17:00)

info@medimed.co.za

7 Lutman Street PO Box 1674 Gqeberha 6001

Sisonke Health

Diversity and Pride

T 0860 104 012 (Operating hours Monday to Friday 08:00 - 17:00)

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7 Lutman Street PO Box 1674 Gqeberha 6001

Suremed Health

Explorer and Shuttle

T 0860 080 888 (Operating hours Monday to Friday 08:00 - 17:00)

info@suremedhealth.co.za

We value your contribution in providing quality and affordable healthcare to our members. Provider support is of utmost importance to us and we invite you to contact us for any assistance.