

momentum
health

Guide for
**general
practitioners**



Primary
Care
Network

2026

more health

for **more** people

for **less**



Index

- 2 Primary care products**
 - Non-medical scheme product
 - Medical schemes
- 4 Scheme benefits and contact matrix**
- 6 General GP consultations**
- 7 GP consultations grid**
- 8 General benefits and operational guidelines**
 - Co-payments, waiting periods, exclusions, administration fees
 - Acute and chronic medicine
 - Chronic registration process
 - Pathology and radiology
 - Specialists
- 9 Primary billing codes**
- 10 Momentum Health4Me benefits overview**
- 11 Momentum Health4Me Network GP visits**
- 13 Verify patients via the Health4Me IVR process**
- 14 Pathology request form**
- 15 Radiology request form**
- 16 Radiology applicable codes**
- 17 Radiology in GP rooms**
- 18 Chronic conditions list**

Primary care products

Momentum Health 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 Primary Care Network are:

Horizon – Hospital Plus Network Plan

Medimed – Medisave Essential Option

Momentum Medical Scheme – Ingwe Active Network and Ingwe Primary Care Network Options

Moto Health Care – Custom Option and Essential Option

Pick n Pay – Primary Option

Wooltru – Network Option

Suremed Health – Explorer and Shuttle Options

Designated Service Provider for:

Wooltru – Saver and Comprehensive

Pick n Pay
Medical scheme

Client Services:
021 480 4801 or toll free on
0800 004 389
**Hospital Authorisation &
Managed Care Programmes:**
0860 767 633
Abulance (ER24): 084 124

PO Box 15774 Vlaeberg 8018
www.pnpms.co.za




horizon
medical scheme

Call Centre
0860 101 103
ER24
084 124
CareCross
086 010 3491
Hospital
Pre-authorisation
0860 100 081

Administered by Medscheme www.medscheme.co.za

momentum
health

Call Centre & Authorisation 0860 10 24 93
Emergency Evacuation 082 911

momentum
medical scheme

Call Centre and Authorisation
0860 11 78 59
Emergency Evacuation
082 911

momentum
medical scheme

Call Centre and Authorisation
0860 10 24 93
Emergency Evacuation
082 911

moto
HEALTH CARE
MEDICAL SCHEME

EMERGENCIES
0861 009 353
CALL CENTRE & AUTHORISATION
0861 000 300

momentum
health

Call Centre & Authorisation 0860 10 24 93
Emergency Evacuation 082 911

momentum

Health4Me

Call Centre and Authorisation 0860 10 29 03
Employee Assistance Programme 0800 22 93 55

momentum

Call Centre and Authorisation
0860 10 29 03
Employee Assistance Programme
0800 22 93 55

Health4Me

M+M Medimed
Managing your healthcare security

P.O. Box 1672, Port Elizabeth, 6000
7 Lutman Street, Richmond Hill, Port Elizabeth, 6001
E-mail: info@medimed.co.za
Website: www.medimed.co.za
CUSTOMER CARE: 086 177 7660
HOSPITAL PRE-AUTHORISATION: 041 395 4481
CHRONIC MEDICATION AUTHORIZATION: 041 395 4482
AMBULANCE SERVICES: ER24: 084 124

Administered and managed by:
momentum | **TYB**

GP network managed by:
ECIPA HEALTHCARE

WOOLTRU HEALTHCARE
NETWORK OPTION

PO BOX 44991, CLAREMONT 7735
www.wooltruhealthcarefund.co.za

CLIENT SERVICE TEAM
T: 0800 765 432 F: 021 413 0512

HOSPITAL PRE-AUTHORISATION AND CHRONIC CARE
T: 0800 765 432 F: 021 413 0512



suremed

CUSTOMER CARE 0860 08 08 88
E-mail: info@suremedhealth.co.za
Website: www.suremedhealth.co.za
HOSPITAL AUTHORIZATIONS 0860 08 08 88
P.O. Box 1672, Port Elizabeth, 6000

Administered by
momentum | **TYB**

WOOLTRU HEALTHCARE

PO BOX 15403, VLAEBERG 8018
www.wooltruhealthcarefund.co.za
enquiries@wooltruhealthcarefund.co.za

ONCOLOGY
T: 0800 118 666

HIV
T: 0860 109 793
F: 021 675 3848

SPECIALIST REFERRALS
T: 0800 765 432

HOSPITAL PRE-AUTHORISATION
T: 0800 118 666
F: 0861 888 311

CLIENT SERVICE
(ACCOUNT & CHRONIC CARE QUERIES)
T: 0802 228 922
F: 021 480 4759



Benefit and contact matrix

	Option		Specialist referral process and benefit confirmation
Medical schemes			
      	MOMENTUM MEDICAL SCHEME	Ingwe Active Network and Ingwe Primary Care Network	Contact Momentum Medical Scheme 0860 11 78 59
	HORIZON	Hospital Plus Network Plan	Contact Horizon 0860 101 103
	MOTO HEALTH CARE	Custom Option	Contact Momentum Health - Specialist name - Referral number 0861 000 300
		Essential Option	
	PICK N PAY	Primary Option	Contact Pick n Pay 0800 004 389
	WOOLTRU	Network Option	Contact Wooltru - Specialist name - Referral number 0802 228 922
	MEDIMED	Medisave Essential Option	Contact Medimed 0861 777 660 info@medimed.co.za specauth@medimed.co.za
SUREMED HEALTH	Explorer	Contact Clinical pre-authorisation 041 395 4545/0860 080 888 hospauth@suremedhealth.co.za	
	Shuttle		
Non-medical scheme product			
	MOMENTUM HEALTH4ME	Gold	Contact Momentum Health4Me 0860 102 903
		Silver	Gold option only
		Bronze	
Designated service provider option			
	WOOLTRU	Saver and Comprehensive Options	Contact Wooltru - Specialist name - Referral number 0802 228 922

Hospital	HIV	Chronic administration/formulary	OTC/PAT
Contact Momentum Medical Scheme 0860 11 78 59	Contact LifeSense 0860 50 60 80	Contact Momentum Medical Scheme 0860 11 78 59	No benefit
Contact Horizon 0860 101 103	Contact Aid for AIDS 0860 100 646	Contact Momentum Health 0860 102 182 chronic.horizon@momentumtyb.co.za	No benefit
Contact Moto Health Care 0861 000 300	Contact YourLife HIV Management 0860 109 793	Contact Momentum Health 0861 000 300/0860 101 159 carecrossmotoc@momentum.co.za	5 scripts per beneficiary, maximum 7 scripts per family at Pharmacy Network, covering 11 conditions
Refer to State			3 scripts per beneficiary, maximum 5 scripts per family at Pharmacy Network, covering 11 conditions
Contact Pick n Pay 0800 004 389	Contact YourLife HIV Management 0860 109 793	Contact Pick n Pay 0800 004 389	R125 per script to a maximum of R380 per family per annum
Contact Wooltru 0802 228 922	Contact YourLife HIV Management 0860 109 793	Contact Wooltru 0802 228 922	No benefit
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 chronic@medimed.co.za	R150 per script to a maximum of R500 per family per annum
Contact Clinical pre-authorisation 041 395 4545/0860 080 888 hospauth@suremedhealth.co.za	Contact MomentumTYB 0860 103228 wellbeing@suremedhealth.co.za	Contact Pharmacy Benefit Department 041 395 4482 chronic@suremedhealth.co.za	R120 per script up to a maximum of R368 per beneficiary and R445 per family per annum
			R120 per script up to a maximum of R350 per beneficiary and 3 events a year
Refer to State	Contact YourLife HIV Management 0860 555 609 health4mehiv@momentum.co.za <i>Gold option only</i>	Contact Momentum Health4Me 0860 102 903 <i>Gold option only</i>	No benefit
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 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
Medical schemes		
MOMENTUM MEDICAL SCHEME Ingwe Active Network and Ingwe Primary Care Network	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 provider.momentumhealth.co.za
HORIZON Hospital Plus Network Plan	Unlimited medically necessary visits	Contact Momentum Health 0860 101 159 momentumtyb.co.za
MOTO HEALTH CARE Custom and Essential	Unlimited medically necessary visits	Contact Momentum Health 0861 000 300 provider.momentumhealth.co.za
PICK N PAY Primary Option	Unlimited medically necessary visits	Contact Momentum Health 0800 004 389 provider.momentumhealth.co.za
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 0802 228 922 provider.momentumhealth.co.za
MEDIMED Medisave Essential Option	Unlimited medically necessary visits at the member's nominated GP	Contact Medimed 0861 777 660 medimed.co.za
SUREMED HEALTH Explorer and Shuttle Options	Unlimited medically necessary visits at the member's nominated GP	Contact Suremed Health 086 008 0888 suremedhealth.co.za
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 provider.momentumhealth.co.za
Designated service provider options		
WOOLTRU Saver and Comprehensive Options	Network providers to be used for PMB conditions	Contact Wooltru 0802 228 922 provider.momentumhealth.co.za

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 Active Network and Ingwe Primary Care Network, 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 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 18 and 19. 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	R115.50

Kindly refer to the annual communication, sent in November 2025 for the relevant reimbursement rates for 2026.

Procedure codes

0300	Stitching of wound	R528.85
0301	Stitching of additional wound	R118.00
0307	Excision and repair	R705.10
0308	Each additional small procedure done at the same time	R234.65
0255	Drainage of subcutaneous abscess and avulsion of nail	R430.30
0259	Removal of foreign body superficial to deep fascia	R588.40
2133	Circumcision - clamp	R878.65
0887	Limb cast - inclusive of cost of P.O.P.	R588.40
1232	ECG without effort*	R213.95
1233	ECG with and without effort*	R287.80
1136	Nebulisation (2 per family per year)	R76.60
4188	Urine dipstick	R1700
4614	HIV finger prick test	R150.00

* 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 - intralesional injection in areas of pathology
Multiple - intralesional 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**

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, ie 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.

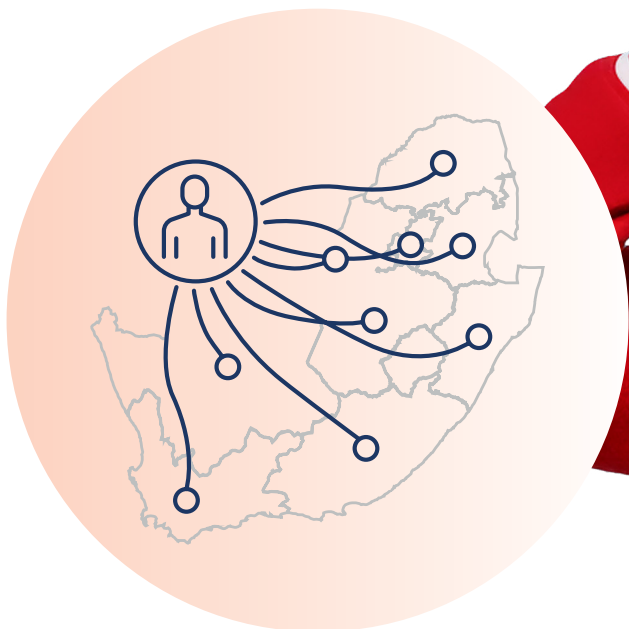
Step 4



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

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.



Momentum **Health4Me** (continued)

Patient education leaflet: Hello Doctor pre-authorisation process for Health4Me Network GP visits

There is no overall limit on the number of GP visits that you can go for at a Network GP per year. You do, however, need to have Hello Doctor pre-authorisation for every GP visit from your 4th Network GP visit onwards. If you are registered on the chronic benefit, the HIV benefit or the maternity benefit programme, you will get an additional 2 Network GP visits per benefit programme per year that do not require Hello Doctor pre-authorisation.

Hello Doctor pre-authorisation can be done via WhatsApp or the Momentum App. Hello Doctor will have a telephonic or virtual consultation with you, and if required, authorise an additional Network GP visit.



If you have the **GP visit booster benefit**, you do not need a Hello Doctor pre-authorisation. Please check if you have the GP visit booster benefit – it will show on your membership certificate, or use the **Momentum App**:

- click on **“Health4Me”**; then
- click on **“GP visits”**; and
- view your benefits under **“Request GP visit”**.

Do you have the GP visit booster benefit?

Yes

If you have this benefit, you do not need to get a Hello Doctor pre-authorisation.

No

Have you used 3 Network GP visits for the year?

Yes

Follow the easy steps.

No

You do not need to get a Hello Doctor pre-authorisation.

If you need to get a Hello Doctor pre-authorisation, follow these four easy steps



Via WhatsApp

Step 1 Save **+27 860 10 29 03** as a contact on your phone.

Step 2 Open the saved contact in WhatsApp and send a **“Hi”**. Follow the easy step-by-step process that will guide you through the Hello Doctor authorisation process.



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



Via the Momentum App

Download on the Google Play | Download on the App Store | Explore it on the AppGallery

Log in to the **Momentum App**.

Select **“Health4Me”**, then **“GP visits”**, and then **“Request GP authorisation”**. Choose the member that you want to unlock a visit for and click on **“Unlock GP visit”**. On the next screen, include the member’s details and select either a phone call or video call. Provide consent to engage on the tele-health platform and then click on **“Submit”** to request a doctor to contact you.

Step 3 You will receive a notification to confirm that your request has been submitted.

Step 4



Hello Doctor will contact you to see whether they can help you or, if they are unable to, they will unlock a Network GP visit for you, and recommend that you visit a Network GP.

If the doctor authorises your visit:

- You will receive an SMS with an authorisation number. You can also view the authorisation number on the Momentum App by selecting **“GP visits”**, then **“GP visit authorisation and claims history”** and then choosing the member you want to view the authorisation for.
- Remember to take the authorisation number with you when you visit your Network GP.
- Authorisations are valid for 3 days. Make sure that you see a Network GP as soon as possible after you receive the authorisation.

Please don’t go to your Network GP before making sure that you have available GP visits, or a Hello Doctor authorisation number. Hello Doctor will only give you an authorisation number if they can’t help you. If you choose to see your Network GP without available visits or Hello Doctor authorisation, you will need to pay the account.

12

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 who have the GP visit booster benefit
- No authorisation is needed for the member's first 3 visits, or first 5 visits if the member is registered on the Maternity benefit, Chronic benefit or HIV benefit 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 from the date of issue, eg if you call us and receive authorisation on 1 September, the authorisation will be valid until 3 September
- Claims need to be submitted within 14 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**



Step 2

Call us on **0860 102 903**

[Enter your practice number excluding any zeros in front, followed by # to validate your practice number]

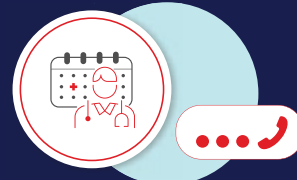


You will then have 3 options to choose from:

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 booked or confirmed 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 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
------	---	-------------

Haematology

3709	☐	Antiglobin Test - Direct or Indirect Coombs
3739	☐	Erythrocyte Count
3743	☐	Erythrocyte Sedimentation Rate (ESR)
3755	☐	Full Blood Count (incl 3739/3762/3783/3785/3791)
3762	☐	Haemoglobin Estimation (Hb)
3783	☐	Leucocyte Differential Count
3785	☐	Leucocytes: Total Count
3791	☐	Packed cell volume
3792	☐	Plasmodium Falciparum (Malaria: Antigen)
3805	☐	Prothrombin Index
3806	☐	PI/INR dosage information
3797	☐	Platelet Count
4528	☐	Ferritin

Biochemical tests

3999	☐	Albumin
4001	☐	Phosphatase
4006	☐	Amylase
4009	☐	Bilirubin: Total
4010	☐	Bilirubin: Conjugated
4026	☐	LDL Cholesterol (Chemical Determination)
4027	☐	Total Cholesterol (Fasting)
4028	☐	HDL Cholesterol (Fasting)
4147	☐	Triglyceride

Code	✓	Description
------	---	-------------

Biochemical tests (continued)

4032	☐	Creatinine
4057	☐	Glucose: Quantitative
4113	☐	Potassium
4114	☐	Sodium
4117	☐	Protein (Total)
4130	☐	Aspartate Aminotransferase (AST)
4131	☐	Alanine Aminotransferase (ALT)
4134	☐	Gamma Glutamyl Transferase (GGT)
4155	☐	Uric Acid
4171	☐	Urea and electrolytes
4188	☐	Urine Dipstick - Per Stick
4352	☐	Occult Blood (Monoclonal antibodies)
4023	☐	Chloride
4151	☐	Urea
4161	☐	Troponin Isoforms
4017	☐	Calcium Spectrophotometric
4049	☐	Glucose Tolerance Test

Serology

3932	☐	HIV: Elisa
3947	☐	C-Reactive Proteins
3948	☐	IgG: Varicella, Herpes, Rubella, etc
3949	☐	Syphilis serology
3951	☐	Quantitative Khan, VDRL or other Flocculation
3980	☐	Bilharzia Ag Serum / Urine

Code	✓	Description
------	---	-------------

Histology and Cytology

4567	☐	Histology per sample
4571	☐	Histology (more than 2 units) per additional block (max 1)
4566	☐	Vaginal or Cervical Smear (1 slide)
4559	☐	Liquid pap smear

Immunology

4450	☐	HcG: Qualitative
4507	☐	Thyrotropin (TSH)
4519	☐	PSA
4531	☐	Hepatitis: A IGM antibody
4531	☐	Hepatitis: B surface antigen

Bacteriology

3893	☐	Bacteriological Culture (Sensitivity)
------	--------------------------	---------------------------------------

Microscopy

3885	☐	Cytochemical Stain (AO AFB)
3869	☐	Faeces microscopy (incl parasites)
3881	☐	Tubercle Bacillus
3883	☐	Conc-Urine Parasites
3865	☐	Parasites in blood: Malaria, Trypanosomes
3867	☐	Body fluids, Urine, Exudate

For Momentum Medical Scheme Ingwe members only

4182	☐	Quantitative Protein Estimation Nephelometer or Turbidimetric Method
3946	☐	IgM: Varicella, Herpes, Rubella, etc
4451	☐	HCG: Monoclonal - Quantitative
3887	☐	Antibiotic susceptibility test per organism

Collection date - - 2 0 Y Y

Collection time :

Received by (Lab use)

Received date - - 2 0 Y Y

Is patient fasting? Yes No

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

Medical scheme

Membership number

Patient's ID number/date of birth

Postal address

Gender Male

Female

Option name

Dependant code

Cell number

Referring General Practitioner's information

Doctor's name

Practice number

Telephone number

ICD-10 code

Email address

Code	Tick	Description
Arms and shoulders		
61100		X-Ray Of The Left Clavicle
61105		X-Ray Of The Right Clavicle
61110		X-Ray Of The Left Scapula
61115		X-Ray Of The Right Scapula
61120		X-Ray Of The Left Acromioclavicular Joint
61125		X-Ray Of The Right Acromioclavicular Joint
61130		X-Ray Of The Left Shoulder
61135		X-Ray Of The Right Shoulder
62100		X-Ray Of The Left Humerus
62105		X-Ray Of The Right Humerus
63100		X-Ray Of The Left Elbow
63105		X-Ray Of The Right Elbow
64100		X-Ray Of The Left Forearm
64105		X-Ray Of The Right Forearm
Hand and wrist		
65100		X-Ray Of The Left Hand
65105		X-Ray Of The Right Hand
65120		X-Ray Of A Finger
65130		X-Ray Of The Left Wrist
65135		X-Ray Of The Right Wrist
65140		X-Ray Of The Left Scaphoid
65145		X-Ray Of The Right Scaphoid
Legs and knees		
71100		X-Ray Of The Left Femur
71105		X-Ray Of The Right Femur
72100		X-Ray Of The Left Knee One Or Two Views
72105		X-Ray Of The Right Knee One Or Two Views
73100		X-Ray Of The Left Lower Leg
73105		X-Ray Of The Right Lower Leg
72150		X-Ray Both Knees Standing - Single View

Code	Tick	Description
Foot and ankle		
74145		X-Ray Of A Toe
74100		X-Ray Of The Left Ankle
74105		X-Ray Of The Right Ankle
74120		X-Ray Of The Left Foot
74125		X-Ray Of The Right Foot
74130		X-Ray Of The Left Calcaneus
74135		X-Ray Of The Right Calcaneus
Chest		
30100		X-Ray Of The Chest, Single View
30110		X-Ray Of The Chest Two Views, PA & Lateral
30150		X-Ray Of The Ribs
30155		X-Ray Of The Chest And Ribs
Pregnancy: 1 per pregnancy		
43250		Ultrasound Of The Pregnant Uterus, First Trimester
Spine		
51110		X-Ray Of The Cervical Spine, 1 Or 2 Views
52100		X-Ray Of The Thoracic Spine, 1 Or 2 Views
53110		X-Ray Of The Lumbar Spine, 1 Or 2 Views
Abdomen		
40100		X-Ray Of The Abdomen
40105		X-Ray Of The Abdomen Supine & Erect, Or Decubitus
Pelvis and hip		
55100		X-Ray Of The Pelvis
56100		X-Ray Of The Left Hip
56110		X-Ray Of The Right Hip
56120		X-Ray Pelvis And Hips

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 Active Network and Ingwe Primary Care Network

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 temporo-mandibular joint, left
15110	X-ray temporo-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
Ultrasonounds	
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 Active Network and Ingwe Primary Care Network, Momentum Health4Me, Moto Health Custom and Essential, Pick n Pay Primary, Horizon Hospital Plus, Wooltru Network Option, Suremed Health Explorer and Shuttle and Medimed Medisave Essential.

Tariff code	Description	Price
3305	Finger, toe	R172.50
3321	Per region, eg cervical, sacral, lumbar, coccygeal, one region thoracic	R300.85
3331	Pelvis (sacro-iliac or hip joints only to be added where an extra set of view is required)	R300.85
3445	Chest (item 3601 included)	R256.70
3447	Chest and cardiac studies (item 3601)	R344.85
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	R610.45
6500	Hand	R211.40
6501	Wrist (specify region)	R211.40
6503	Scaphoid	R211.40
6504	Radius and Ulna	R211.40
6505	Elbow	R211.40
6506	Humerus	R211.40
6507	Shoulder	R211.40
6508	Acromioclavicular joint	R211.40
6509	Clavicle	R211.40
6510	Scapula	R211.40
6511	Foot	R211.40
6512	Ankle	R211.40
6513	Calcaneus	R211.40
6514	Tibia and Fibula	R211.40
6515	Knee	R211.40
6516	Patella	R211.40
6517	Femur	R211.40
6518	Hip	R211.40

Chronic conditions list

Condition	Momentum Medical Scheme	Horizon	Moto Health Care		Pick n Pay
	Ingwe Active Network and Ingwe Primary Care Network	Hospital Plus Network Plan	Custom	Essential	Primary
Acne	✗	✓	✗	✗	✓
Addison's Disease	✓	✓	✓	✓	✓
Allergic Rhinitis	✗	✓	✗	✗	✓
Asthma	✓	✓	✓	✓	✓
Bipolar Mood Disorder	✓	✓	✗	✗	✓
Bronchiectasis	✓	✓	✓	✓	✓
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	✓	✓	✓	✓	✓
Dysrhythmias	✓	✓	✓	✓	✓
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)				

Wooltru	Momentum Health4Me	Medimed	Suremed Health	
Network * PMB CDL only	Gold	Medisave	Explorer	Shuttle
✗	✗	✗	✗	✗
✓	✓	✓	✓	✓
✗	✗	✗	✗	✗
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✗	✗	✗	✗	✗
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✗	✗	✗	✗	✗
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✗	✗	✗	✗	✗
✗	✗	✗	✗	✗
✓	✓	✓	✓	✓
✗	✗	✗	✗	✗
✗	✗	✗	✗	✗
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓





Momentum Medical Scheme

T 0860 11 78 59 (Operating hours Monday to Friday 07:00 - 17:00 and Saturday 08:00 - 12:00)

WhatsApp +27 860 11 78 59
drnet@momentum.co.za
provider.momentumhealth.co.za
PO Box 2338 Durban 4000

Momentum Health4Me

T 0860 102 903 (Operating hours Monday to Friday 07:30 - 19:00 and Saturday 08:00 - 13:00)

WhatsApp +27 860 102 903
drnet@momentum.co.za
provider.momentumhealth.co.za
PO Box 7400 Centurion 0046

Horizon

T 0860 101 159 (Operating hours Monday to Friday 08:00 - 17:00)
info.horizon@momentumtyb.co.za
momentumtyb.co.za

Moto Health Care

T 0861 000 300 (Operating hours Monday to Friday 08:00 - 17:00)
drnet@momentum.co.za
provider.momentumhealth.co.za

Wooltru

T 0802 228 922 (Operating hours Monday to Friday 08:00 - 17:00)
drnet@momentum.co.za
provider.momentumhealth.co.za

Pick n Pay Primary

T 0800 004 389 (Operating hours Monday to Friday 08:00 - 17:00)
healthcareprovider@momentum.co.za
provider.momentumhealth.co.za

Medimed Medical Scheme

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

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.