



**Day-to-day benefits**

Bronze	Silver	Gold
▶ Bronze introduction	▶ Silver introduction	▶ Gold introduction
▶ Bronze GP visits	▶ Silver GP visits	▶ Gold GP visits
▶ Bronze Hello Doctor	▶ Silver Hello Doctor	▶ Gold Hello Doctor
▶ Bronze maternity benefit	▶ Silver maternity benefit	▶ Gold chronic benefits
▶ Bronze flu vaccines	▶ Silver dental and optical benefits	▶ Gold HIV benefits
▶ Bronze health assessment	▶ Silver flu vaccines	▶ Gold specialist benefits
▶ Bronze employee assistance programme (EAP)	▶ Silver health assessment	▶ Gold maternity benefit
▶ Bronze Momentum Multiply Engage	▶ Silver employee assistance programme (EAP)	▶ Gold dental and optical benefits
▶ Bronze important information	▶ Silver Momentum Multiply Engage	▶ Gold flu vaccines
▶ Bronze COVID-19 Screening test	▶ Silver important information	▶ Gold health assessment
▶ Bronze full version	▶ Silver COVID-19 Screening test	▶ Gold employee assistance programme (EAP)
▶ Unlocking GP visits via the More Health app	▶ Silver full version	▶ Gold Momentum Multiply Engage
	▶ Unlocking GP visits via the More Health app	▶ Gold important information
		▶ Gold COVID-19 Screening test
		▶ Gold full version
		▶ Unlocking GP visits via the More Health app

**Major medical event benefits**

Base	Standard
▶ Base accident and emergency cover	▶ Standard accident and emergency cover
▶ Base hospital cash and maternity lump sum benefit	▶ Standard hospital cash and maternity lump sum benefit
▶ Base funeral benefit	▶ Standard funeral benefit
▶ Base full version	▶ Standard full version



momentum

**Health4Me**

# Marketing Brochure

Quality, affordable  
healthcare solutions



# Why the need for **quality, affordable healthcare** solutions?

Access to healthcare is an integral component of an employee's health and wellbeing.

Private healthcare solutions, like medical schemes, remain unaffordable for a large portion of the workforce.

## Who is eligible for this **product offering**?

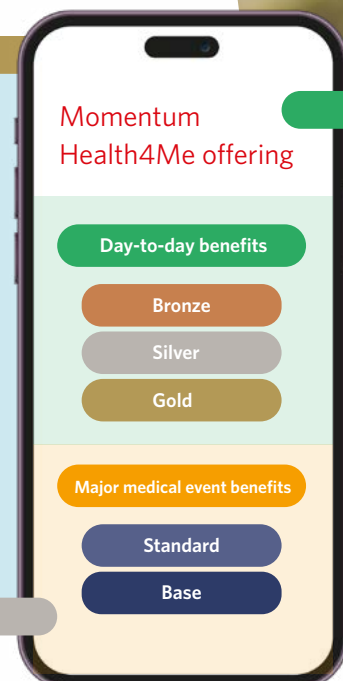
- ✓ **Employees earning** a monthly income of less than **R40 000**
- ✓ **Employees 18 years and older**, for as long as they are actively employed
- ✓ Employer groups with **5 or more employees**

Momentum Medical Scheme offers seven medical scheme options for employees earning above this threshold. Employees moving from a Momentum Health4Me option onto a Momentum Medical Scheme option may be subject to underwriting.

## How does it work?

In line with Momentum's focus on innovation and flexibility, Momentum Health4Me follows a building block approach. Employers can choose the combination of benefits most suitable to their employees' needs and available budget.

Momentum Health4Me offers employer groups great value by applying our extensive experience and skill in the field, as well as our strong provider network partnerships, to facilitate cost-effective provision of day-to-day benefits, as well as a comprehensive set of major medical event benefits.



## Make the **smart** choice and choose to **pay lower premiums**

The way in which we consume and access healthcare has forever changed, the new digital age in healthcare, has us engaging with healthcare providers digitally, through virtual doctor consultations.

We all previously incurred travel costs to get to the doctors' rooms and spent time in waiting rooms with other sick patients, but we are seeing a smarter, more patient-centric approach.

Members can choose how they want to engage with the doctor:

- in person or virtually with access to qualified GPs at Hello Doctor
- anywhere, at any time and in their chosen language
- no more spending time in waiting rooms
- all from the comfort of their own homes
- easy access from the palm of their hand

Momentum Health4Me supports you in making the smart decision for your employees, saving them time and unnecessary costs, all while accessing unlimited GP consultations.




**More health** for more  
South Africans **for less**



## Health4Me **Day-to-day benefit summary**

Day-to-day benefits		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		✓	✓	✓

## Health4Me **Major medical event benefit summary**

Major medical event benefits		Base	Standard
 Accident and emergency cover		✓	✓
 Hospital cash and maternity lump sum benefit		✓	✓
 Funeral benefit		✓	✓

# Health4Me Premiums

GP visits: Unlimited with a Hello Doctor pre-authorisation	Member type	Bronze	Silver	Gold
	Employee	R210.00	R265.00	R334.00
	Spouse	R210.00	R265.00	R334.00
	Child	R210.00	R265.00	R167.00

GP visit booster benefit  You can choose to pay an additional premium in order for your employees to have unlimited Network GP visits without a Hello Doctor pre-authorisation	Member type	All options
	Employee	R55.00
	Spouse	R55.00
	Child	R55.00

Accident and emergency cover	Member type	Base	Standard
	Employee	R75.00	R105.00
	Spouse	R75.00	R105.00
	Child	R42.00	R60.00

Hospital cash and maternity lump sum benefit	Member type	Base	Standard
	Employee	R73.00	R113.00
	Spouse	R73.00	R113.00
	Child	R35.00	R62.00

Funeral benefit	Member type	Base	Standard
	Employee	R20.00	R23.00
	Spouse	R20.00	R23.00
	Child	R11.00	R12.00








Health4Me Health Insurance premiums are reviewed annually and exempt from VAT.

Financial advisers selling Health4Me Health Insurance are required to have a FAIS Category 1.3 Long-term Insurance License.

These are the 2024 standard rates. Premiums may differ based on the risk profile and demographics of the employer group.



Health4Me Day-to-day benefits

		Bronze	Silver	Gold
<b>GP benefit</b>	 <p>Unlimited GP visits at a Network GP can be unlocked via a consultation and pre-authorisation from Hello Doctor</p> <ul style="list-style-type: none"> <li>3 GP visits at a Network GP per member per year, that do not require Hello Doctor pre-authorisation</li> <li>2 Additional GP visits at a Network GP per member per year for members registered on either the Chronic benefit, HIV benefit or Maternity benefit programme (2 additional Network GP visits per benefit programme), that do not require Hello Doctor pre-authorisation</li> <li>Hello Doctor pre-authorisation is required for every GP visit from the 4th GP visit to unlock the rest of the unlimited visits</li> </ul> <p>Hello Doctor consultations can either be via chat, phone call or video (virtual) call</p>	✓	✓	✓
<b>GP in room procedures</b>	 <p>Minor medical procedures performed as part of a Network GP consult in rooms, such as stitching of wounds and nebulisation</p>	✓	✓	✓
<b>Hello Doctor</b>	 <p>Unlimited GP consultations with a Hello Doctor GP</p> <p>Hello Doctor consultations can either be via chat, phone call or video (virtual) call</p> <p>Hello Doctor consultations include referral for pathology, according to the applicable Health4Me pathology list</p> <p>Hello Doctor consultations include referral for radiology, according to the applicable Health4Me radiology list</p>	✓	✓	✓
<b>Hello Doctor scripting</b>	 <p>Hello Doctor consultations include unlimited scripting of Schedule 1 to Schedule 4, formulary-based medication, in accordance with the Network prescribed acute medication formulary. Rules and protocols are applied</p>	✓	✓	✓
<b>Specialist benefit</b>	 <p>A maximum of 2 visits, limited to R1 290 per visit and up to R2 580 per member/family per year</p> <p>Members may consult any specialist, subject to a Network GP referral and pre-authorisation</p> <p>The specialist may refer the member for pathology and radiology according to the applicable Health4Me pathology and radiology lists</p> <p>Shortfalls will be payable by the member</p> <p>Waiting periods may apply</p>	✗	✗	✓
<b>Acute medication</b>	 <p>Provided in accordance with the Network prescribed acute medication formulary. Rules and protocols are applied</p>	✓	✓	✓
<b>Chronic benefit and medication</b>	 <p>27 Chronic conditions are covered as follows: Addison's Disease, Asthma, Bipolar Mood Disorder, Bronchiectasis, Cardiac Dysrhythmias, Cardiac Failure, Cardiomyopathy, Chronic Obstructive Pulmonary Disease, Chronic Renal Disease, Coronary Artery Disease, Crohn's Disease, Diabetes Insipidus, Diabetes Mellitus Type 1, Diabetes Mellitus Type 2, Epilepsy, Glaucoma, Haemophilia, HIV, Hyperlipidaemia, Hypertension, Hypothyroidism, Multiple Sclerosis, Parkinson's Disease, Rheumatoid Arthritis, Schizophrenia, Systemic Lupus Erythematosus and Ulcerative Colitis</p> <p>Chronic medication is provided in accordance with the Network prescribed chronic medication formulary. Rules and protocols are applied</p> <p>Pathology and radiology related to condition monitoring is provided according to the applicable Health4Me pathology and radiology lists</p> <p>Pre-authorisation is required</p> <p>Waiting periods may apply</p>	✗	✗	✓
<b>HIV benefit</b>	 <p>Post-exposure prophylaxis (PEP) medication is provided in accordance with the Network prescribed HIV medication formulary, to prevent HIV infection in the event of accidental exposure to blood or fluids from an infected person, or by any other means</p> <p>Antiretroviral medication is provided in accordance with the Network prescribed HIV medication formulary. Rules and protocols are applied</p> <p>Pathology related to condition monitoring is provided according to the applicable Health4Me pathology list</p> <p>Pre-authorisation is required</p> <p>Waiting periods may apply</p>	✗	✗	✓
<b>Maternity benefit</b>	 <p>1 Foetal growth 2D scan per member per pregnancy</p> <p>Antenatal pathology tests linked to a Network GP visit and referred by a Network GP, according to the applicable Health4Me pathology list</p> <p>Antenatal vitamins in accordance with the Network prescribed acute medication formulary. Rules and protocols are applied</p> <p>Pre-authorisation is required</p>	✓	✓	✓
	<p>1 Additional foetal growth 2D scan per member per pregnancy</p> <p>Antenatal support (access to current and credible information on all topics related to parenthood) via BabyYumYum</p> <p>Support post-partum from a nurse/midwife at home with bathing, swaddling, latching and feeding</p> <p>Nurse/midwife home visits on day 2 and week 2 after the birth of the baby</p> <p>Pre-authorisation is required</p>	✗	✗	✓
<b>Basic pathology</b>	 <p>Unlimited cover for pathology, when linked to a Hello Doctor or Network GP visit and referred by a Hello Doctor or Network GP, according to the applicable Health4Me pathology list</p>	✓	✓	✓

Health4Me Day-to-day benefits (continued)		Bronze	Silver	Gold
<b>Basic radiology</b>	 Unlimited cover for black and white x-rays, when linked to a Hello Doctor or Network GP visit and referred by a Hello Doctor or Network GP, according to the applicable Health4Me radiology list	✓	✓	✓
<b>Basic and emergency dentistry</b>	 Covered at any dentist on the Dental Network Basic dentistry such as fillings, extractions, infection control, cleaning and polishing of teeth Specialised dentistry such as bridges, crowns, surgical extractions, implants, root canals, gold fillings, dentures and braces are not covered Provided in accordance with the Dental Network protocols and approved Health4Me dentistry list Waiting periods may apply	✗	✓	✓
<b>Basic optometry</b>	 Covered at any optometrist on the Optical Network Benefit available every 2 years 1 Eye test and 1 pair of clear standard single vision lenses, or 1 pair of bi-focal lenses, with a standard frame Sunglasses, tinted lenses, hard coating and contact lenses are not covered Provided in accordance with the Optical Network protocols and approved Health4Me optometry list Waiting periods may apply	✗	✓	✓
<b>Flu vaccination</b>	 1 Flu vaccination per member per year at any pharmacy clinic, preferably at a Dis-Chem, Clicks or MediRite pharmacy clinic	✓	✓	✓
<b>COVID-19 screening test</b>	 1 COVID-19 screening test is covered per member per year, subject to a Hello Doctor, Network GP or specialist referral The COVID-19 screening test can also be performed as part of a Network GP consultation or as part of a specialist consultation in rooms	✓	✓	✓
<b>On-site wellness days</b>	 Basic health and wellness screening offered on site by qualified nurses A minimum of 20 employees per site and a completed on-site wellness request form are required	✓	✓	✓
<b>Health assessment</b>	 1 Health assessment (blood pressure test, cholesterol and blood sugar finger-prick tests, height, weight and waist circumference screening) is provided per member per year on site at a Wellness day or at a pharmacy clinic, preferably at a Dis-Chem, Clicks or MediRite pharmacy clinic Employer groups with more than 20 employees per site can have an on-site wellness day, where members can do their annual health assessment	✓	✓	✓
<b>Employee Assistance Programme</b>	 Counselling and support services for adults, teenagers and children Trauma and critical incidence counselling services Legal assist, credit health and debt management services Advice for road accident claims Advice for injury on duty claims Managerial support services Telephonic counselling services and on-site trauma and critical incidence support services	✓	✓	✓
<b>Multiply Engage</b>	 Multiply Engage is free and offers rewards from a range of partners Members get great discounts on big brands like Makro, Nando's, Intercape, FlySafair, as well as on the Multiply online shop	✓	✓	✓
<b>More4Me</b>	 More4Me incentivises members with monthly airtime, data, Shoprite and Checkers vouchers or Takealot vouchers, based on their Healthy Heart Score	✓	✓	✓

Momentum Health4Me members have access to benefits at Momentum CareCross Network GPs, dentists and optometrists - view the lists of these providers at [momentum.co.za](http://momentum.co.za) or scan the QR codes on the back page.

### Health4Me Day-to-day premiums

GP visits: Unlimited with a Hello Doctor pre-authorisation	Member type	Bronze	Silver	Gold
	Employee	R210.00	R265.00	R334.00
Spouse	R210.00	R265.00	R334.00	
Child	R210.00	R265.00	R167.00	

GP visit booster benefit You can choose to pay an additional premium in order for your employees to have unlimited Network GP visits without a Hello Doctor pre-authorisation	Member type	All options
	Employee	R55.00
	Spouse	R55.00
	Child	R55.00



Health4Me Major medical event benefits

Major medical event benefits can only be taken in conjunction with Health4Me day-to-day benefits.

Benefit	Base	Standard																
<b>Accident and emergency cover</b> (there are 3 main benefits in accident and emergency cover)	<b>1 Accident cover:</b> Casualty benefit up to R30 000 per event In-hospital benefit up to R500 000 per event Covered at a private hospital for accidents that meet the qualifying criteria An accident shall mean a medical emergency that is an external, unexpected event that is not traceable, directly or indirectly, to a member's state of mental or physical health prior to the event	<b>Accident cover:</b> Casualty benefit up to R30 000 per event In-hospital benefit up to R1 500 000 per event Covered at a private hospital for accidents that meet the qualifying criteria An accident shall mean a medical emergency that is an external, unexpected event that is not traceable, directly or indirectly, to a member's state of mental or physical health prior to the event																
	<b>2 Emergency (heart attack or stroke) cover:</b> Casualty benefit up to R30 000 per event In-hospital benefit up to R250 000 per event Covered at a private hospital for emergency (heart attack or stroke) events that meet the qualifying criteria	<b>Emergency (heart attack or stroke) cover:</b> Casualty benefit up to R30 000 per event In-hospital benefit up to R500 000 per event Covered at a private hospital for emergency (heart attack or stroke) events that meet the qualifying criteria																
	<b>3 Emergency transportation cover:</b> Emergency transportation, stabilisation and treatment cost paid in case of an accident or an emergency (heart attack or stroke) that requires immediate medical treatment If the benefit limit is exceeded, and further treatment is required, the member will be transported to a state facility for further care and treatment																	
Accident and emergency cover includes emergency transportation, stabilisation and treatment cost, as well as the cost of diagnostic scans (like MRI and CT scans), take-home medication, internal and external prosthetics, orthotics and assistive devices, rehabilitation services (like step-down services, wound care, physiotherapy and occupational therapy), subject to both clinical approval and the respective per event limits																		
A maximum of R5 000 000 is payable per member per year																		
<table border="1"> <thead> <tr> <th colspan="2">Premiums</th> </tr> </thead> <tbody> <tr> <td>Employee</td> <td>R75.00</td> </tr> <tr> <td>Spouse</td> <td>R75.00</td> </tr> <tr> <td>Child</td> <td>R42.00</td> </tr> </tbody> </table>		Premiums		Employee	R75.00	Spouse	R75.00	Child	R42.00	<table border="1"> <thead> <tr> <th colspan="2">Premiums</th> </tr> </thead> <tbody> <tr> <td>Employee</td> <td>R105.00</td> </tr> <tr> <td>Spouse</td> <td>R105.00</td> </tr> <tr> <td>Child</td> <td>R60.00</td> </tr> </tbody> </table>	Premiums		Employee	R105.00	Spouse	R105.00	Child	R60.00
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Benefit	Base	Standard																
<b>Hospital cash and maternity lump sum benefit</b>	R500 per day in hospital, paid from day 1, provided that hospitalisation is longer than 48 hours Maximum of R20 000 payable per member per year Maximum of 40 days payable per member per year R10 000 maternity lump sum benefit payable to a member if hospitalisation is due to childbirth (live birth), irrespective of number of days member has been hospitalised Waiting periods may apply	R1 000 per day in hospital, paid from day 1, provided that hospitalisation is longer than 48 hours Maximum of R20 000 payable per member per year Maximum of 20 days payable per member per year R20 000 maternity lump sum benefit payable to a member if hospitalisation is due to childbirth (live birth), irrespective of number of days member has been hospitalised Waiting periods may apply																
	<table border="1"> <thead> <tr> <th colspan="2">Premiums</th> </tr> </thead> <tbody> <tr> <td>Employee</td> <td>R73.00</td> </tr> <tr> <td>Spouse</td> <td>R73.00</td> </tr> <tr> <td>Child</td> <td>R35.00</td> </tr> </tbody> </table>	Premiums		Employee	R73.00	Spouse	R73.00	Child	R35.00	<table border="1"> <thead> <tr> <th colspan="2">Premiums</th> </tr> </thead> <tbody> <tr> <td>Employee</td> <td>R113.00</td> </tr> <tr> <td>Spouse</td> <td>R113.00</td> </tr> <tr> <td>Child</td> <td>R62.00</td> </tr> </tbody> </table>	Premiums		Employee	R113.00	Spouse	R113.00	Child	R62.00
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**Benefit**

**Base**

**Standard**

**Funeral benefit**  
(includes repatriation benefit)



Causes of death	Natural	Unnatural
Employee, spouse and children > 14	R10 000	R20 000
Children 6 - 13 years	R5 000	R10 000
Children 1 - 5 years	R2 500	R5 000
Children < 1 year	R1 250	R2 500
Stillborn babies (past 28 weeks gestation)	R750	R1 500

Waiting periods may apply to natural causes of death

Causes of death	Natural	Unnatural
Employee, spouse and children > 14	R15 000	R30 000
Children 6 - 13 years	R7 500	R15 000
Children 1 - 5 years	R3 750	R7 500
Children < 1 year	R1 875	R3 750
Stillborn babies (past 28 weeks gestation)	R1 125	R2 250

Waiting periods may apply to natural causes of death

**The repatriation benefit includes:**

Road or air repatriation of the mortal remains of the deceased to a funeral home closest to their normal place of residence is provided

Repatriation is arranged when the deceased's body is more than 100 km from their normal place of residence, within South Africa and the neighbouring countries, Botswana, Lesotho, Mozambique, Namibia, Swaziland and Zimbabwe

Special care is taken to consider particular customs and beliefs

Assistance with the necessary documentation and co-ordination with the authorities to transport the deceased's mortal remains back to their normal place of residence is provided

Transfer of the ashes of the deceased (in the event of cremation) to their normal place of residence is provided

A 24-hour bereavement counselling line is available to the next of kin

Where family members are required to identify the deceased or wish to accompany the deceased to the final funeral home, closest to the place of burial, 1 night's accommodation to the value of R1 000 is arranged and paid for by Europ Assistance

Repatriation services are provided through Europ Assistance 24 hours a day, 7 days a week and 365 days a year



**Premiums**

Employee	R20.00
Spouse	R20.00
Child	R11.00

**Premiums**

Employee	R23.00
Spouse	R23.00
Child	R12.00



**Accident and emergency cover**



**Hospital cash and maternity lump sum benefit**



**Funeral benefit**

# Members have access to a doctor, 24/7

Members get free access to Hello Doctor, a mobile-phone-based service that gives them 24/7 access to doctors - it's like having a doctor on call in their pocket wherever they go. Members also have unlimited access to online health information via Hello Doctor.



Hello Doctor consultations are unlimited, and can either be chat, phone call or video call (virtual) consultations, at no cost to the member.

## Hello Doctor scripting

Hello Doctor consultations include unlimited scripting of Schedule 1 to Schedule 4, formulary-based medication where required. The script is sent directly to the member's nearest Dis-Chem, Clicks or MediRite pharmacy of choice for collection of their medication.

Hello Doctor consultations also include referrals for pathology and radiology, according to the applicable Health4Me pathology list or Health4Me radiology list.



## How to contact Hello Doctor



or



Download the  
Momentum app  
from Google Play,  
the App Store or  
AppGallery

# Healthcare at your fingertips

The **Momentum app** gives Health4Me members access to:

- Their personal member information and healthcare benefit information
- Their Momentum Health4Me digital membership card, which they can show as proof of cover
- A search function to find their nearest healthcare provider
- Hello Doctor consultation services and unlocking of additional Network GP visits (where clinically required)
- Wellness experts via the EAP and coaching services, as well as world-class wellness content through Coach in your pocket



# Free benefits for your employees



## More4Me

This benefit incentivises members with monthly airtime, data, Shoprite and Checkers vouchers or Takealot vouchers, based on their Healthy Heart Score.

Participating members will receive the following benefits:

### Free monthly airtime, data, Shoprite and Checkers or Takealot vouchers

**Step 1** Members register via USSD code \*134\*664\*100# on their phone

**Step 2** To unlock their first reward, members must either:

- Download the Momentum app and register their user profile/Log in to the Momentum app at least once; or
- Initiate a WhatsApp chat



Scan the QR code to start a WhatsApp chat

*Only one of these actions is required, within every benefit year, to qualify for the digital engagement reward*

**Step 3** Members get their Healthy Heart Score by going for their health assessment either:

- At a wellness day managed by Momentum, or
- At a Dis-Chem, Clicks or MediRite pharmacy clinic

**Step 4** Based on their Healthy Heart Score, members will receive monthly rewards for a period of 12 months, until their next health assessment is due

**Digital engagement reward:** 500MB data or airtime, Shoprite and Checkers voucher or Takealot voucher to the value of R50

**Wellness day reward:** 500MB data or airtime, Shoprite and Checkers voucher or Takealot voucher to the value of R50

*This reward is only applicable to health assessments done at a wellness day managed by Momentum*

#### Monthly reward:

1GB data or airtime, Shoprite and Checkers voucher or Takealot voucher to the value of R80



**Green** Healthy Heart Score

500MB data or airtime, Shoprite and Checkers voucher or Takealot voucher to the value of R50



**Amber - Green**  
**Amber**  
**Amber - Red** Healthy Heart Score

250MB data or airtime, Shoprite and Checkers voucher or Takealot voucher to the value of R25



**Red** Healthy Heart Score






































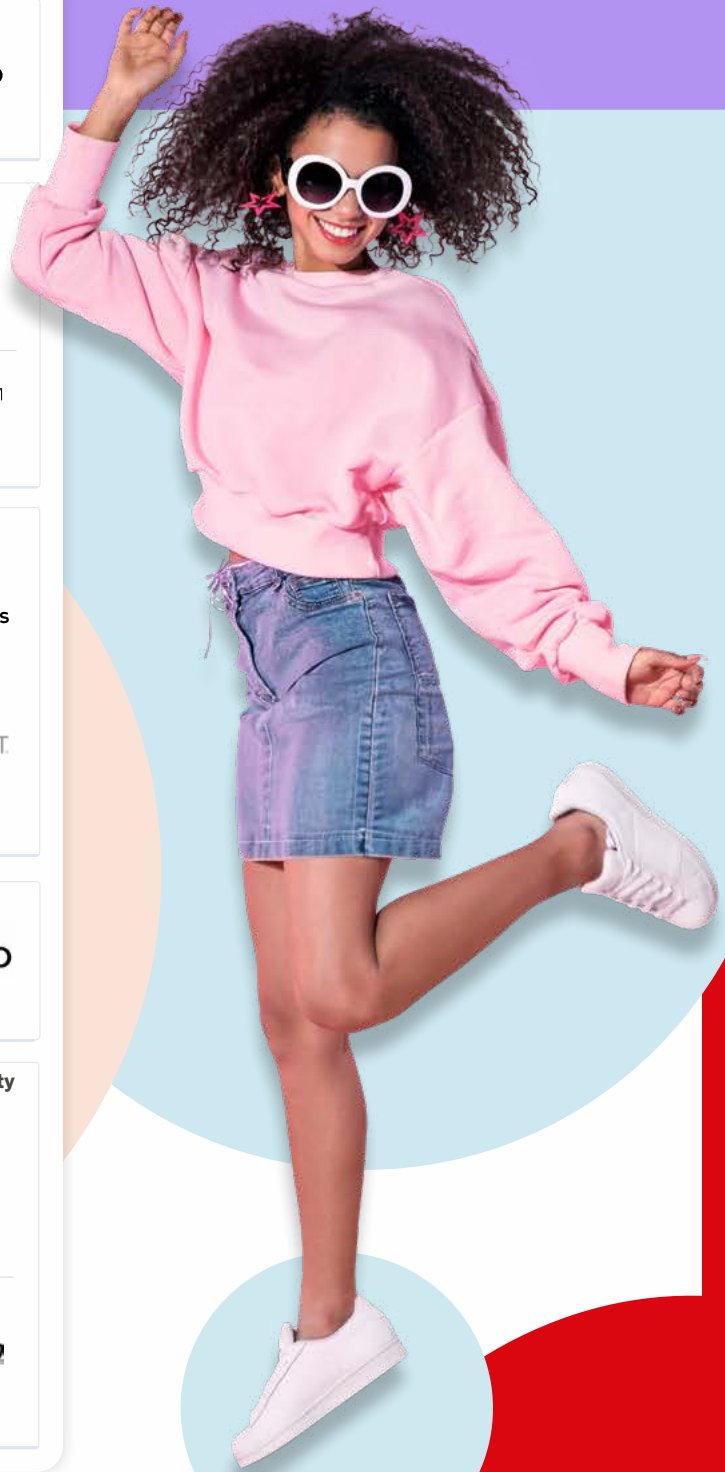
Members can save up their rewards and redeem even larger vouchers.

# Multiply Engage

Members have immediate access to Multiply Engage, for FREE. Multiply Engage offers great discounts and cashbacks on big brands.

momentum  
*multiply*

<b>Entertainment</b>  30% off on 2D and 3D movies	<b>Restaurants</b>  <b>Nando's</b> 5%	 15%	
<b>Travel</b>    5%	   7.5%	  10%   15%	
<b>Groceries</b>   3%	 5%	<b>Electronics</b>  5%	
<b>Lifestyle</b>  2%	  3%	 4%	<b>NUTRIBULLET</b> 5%
<b>Fitness devices</b>  7.5%	 10%		
<b>Gym and Fitness</b>    10%	 10%	 15%	<b>Health and beauty</b>  10%
    5%	 25%		



And many more...

Visit [multiply.co.za](https://multiply.co.za) and [multiplyonlineshop.co.za](https://multiplyonlineshop.co.za) for a complete list of partners.



# Employee **Assistance Programme**



## **Telephonic counselling and support services for employees and their families**

Typical examples include counselling on personal issues, family problems, stress management, conflict resolution and dealing with work-related concerns.



## **24h Management referral services**

Managers may refer employees to the EAP programme, with their consent.



## **24h 24/7 Trauma support**

The trauma line is open 24 hours a day, 7 days a week for psychosocial emergencies such as rape, hijacking, child abuse, death or suicide of a close family member, armed robbery or assault, domestic violence, kidnapping or abduction.



## **Legal advice**

Legal advisers provide telephonic advice and guidance in relation to an employee's current situation.



## **Financial advice**

Advisers provide guidance in relation to an employee's current financial and debt situation.



## **Debt restructuring**

Our partner, Debt Rescue, is available to assist with this sensitive problem.



## **Face-to-face services**

You have the option to add a top-up EAP service that caters for face-to-face EAP consultations and on-site visits. Contact the sales and service team for more information or to request a quote.



# Employer web portal

The Employer web portal is designed to simplify the management of your company's Health4Me profile. Complete with an easy-to-use interface, the portal puts full control in your hands. Use the portal to:

1

Add and remove members

2

Do transfers of members between branches

3

Draw member listings at any time during the month

4

Close-off your billing whenever convenient for you. Once you have closed off your billing, your invoice and pro-forma billing statement will be emailed to you

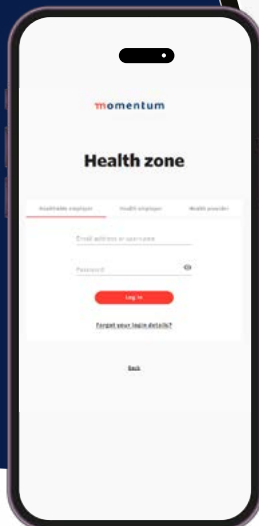
6

Search for providers on our Networks and access videos and benefit information for your staff members

5

Lodge hospital cash and maternity lump sum benefit and funeral benefit claims

Hi!





# ARE YOU READY TO JOIN?

**Thank you for granting us the opportunity to introduce Health4Me to you today.**

We understand that exploring new products can sometimes be overwhelming. That's why we're excited to offer you and your team a personalized, in-person presentation where you can experience Health4Me firsthand. We're confident that once you see its capabilities, you'll recognize its immense value.

Whether you prefer an in-person meeting or a virtual presentation via Zoom, we're flexible to accommodate your schedule and preferences. It only takes a few minutes to witness the transformative potential that Health4Me can bring to your organization.

If you have any questions or would like to schedule a complimentary management presentation, please don't hesitate to reach out to me. I'm here to assist you every step of the way.



**Barry Kotze**

 **072 632 5632**

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## Network provider lists



To view the Network GP list, visit [momentum.co.za](https://momentum.co.za) or scan the QR code



To view the Network Dental list, visit [momentum.co.za](https://momentum.co.za) or scan the QR code



To view the Network Optometrist list, visit [momentum.co.za](https://momentum.co.za) or scan the QR code

*Subject to change*

## Important information



Scan the QR code to view the Benefits videos



Scan the QR code to view the Sales and quotes contact list



Scan the QR code to view the Company application form



For more information and a free quote, please email us on: [hello@inshoor.co.za](mailto:hello@inshoor.co.za)

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