

## HANDY HINTS FOR 2012

Tips to help you manage your benefits.

### Hints for all options



- When you are ill always see your General Practitioner (GP) first, they know your history and will also be able to refer you to the correct specialist.
- Always pre-authorise any hospitalisation before it takes place.
- Hospitalisation is expensive and there are processes and procedures in place to ensure you get the best treatment at a cost-effective rate.
- Please remember to register on the Maternity Programme from 12-20 weeks to ensure your claims are paid from the maternity benefit – applicable to all options (refer to SoB).
- All healthcare related costs need to be carefully managed by the Fund. If they are left unchecked it could contribute to an option being discontinued by the Council for Medical Schemes.

### Hints for Optimum



- A Designated Service Provider to be used for the HIV chronic benefit.
- For The Optometry benefit, both contact lenses and glasses cannot be obtained in the same year.
- Chronic medication for all other conditions may be obtained from any pharmacy or dispensing doctor.

### Hints for Classic



- A Designated Service Provider to be used for the HIV chronic benefit on the Classic option.
- Chronic medication for all other conditions may be obtained from any pharmacy or dispensing doctor.
- Your Annual Savings Limit (ASL) not used in the year will be carried forward to the next year for you to use when you need it.
- When your ASL is used up, your benefits allow for extra GP visits. Contact the call centre for further details.

### Hint for Hospicare



- Hospicare chronic medication is provided through a Designated Service Provider, Clicks Directmedicines.

### Hints for Custom



- The Custom option has an OTC limit (see SoB) of 5 scripts per family per year.
- If your income changes please contact the call centre.

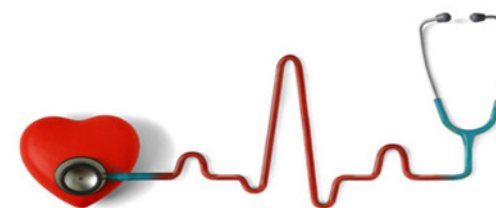
### Hint for Essential



- On the Essential option should your income change please contact the call centre.

Note: the Summary of Benefits and this notice do not supersede the Fund Rules; a copy of these Rules is available on:  
[www.motohealthcare.org.za](http://www.motohealthcare.org.za)

### ATTENTION EMPLOYERS! How healthy is your workforce?



At Moto Health Care we are able to produce an utilisation report for our employers. This report gives an overview of the health status of your employees by detailing the healthcare usage of your workforce who belong to Moto Health Care.

For employers to get the best value out of a medical review report it is important for **all** employees to be on Moto Health Care; this makes for a holistic and accurate health profile of the company.

This is another way in which we at Moto Health Care are **taking care of our own**.



#### Contact Details

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