

# MOTO HEALTH CARE: OVER-THE-COUNTER BENEFITS 2011

## MOTO HEALTH CARE (English)

Moto Health Care is a closed Medical Scheme offered exclusively to Motor Industry employers and their employees operating in the Motor Industry. We understand your needs!

As a Motor Industry medical fund, we can provide you with the best possible health-care, geared to the demands of the Motor Industry.

Moto Health Care remains committed to delivering sustainable, cost-effective health-care solutions for the Motor Industry.

Our slogan says it all: taking care of our own!

### MOTO HEALTH CARE OVER THE COUNTER (OTC) BENEFIT

Effective January 2011, Moto Health Care's **Custom** Plan has introduced an OTC benefit. This benefit is centred around over-the-counter medicines and falls into the category of Pharmacist Advised Therapy (PAT). Please note the specific rules associated with this benefit, are detailed below:

1. The OTC medicine available is according to a strict formulary – see the OTC list. Should you wish to get an alternate product or alternate pack size, to that which is on the list below, the member will be liable for the payment of the medicine.
2. Each family is allowed five prescriptions per annum / year.
3. The OTC medication must be obtained from a ScriptNet pharmacy as ScriptNet has been appointed as the Designated Service Provider (DSP) for this benefit. Should you get the medicine from a non-ScriptNet pharmacy, the benefit will not apply.
4. Claims must be submitted electronically by the pharmacist, via MediKredit
5. No paper claims will be processed or reimbursed.

Please see the formulary (OTC) from which a pharmacist can dispense treatment.

**Please note** – as above, any medication not on the formulary will be for the member's own account. Once the maximum 5 scripts per family has been claimed for the year, the member is liable for any further OTC dispensing even if the medicine supplied is listed on the formulary below.

**Please note** that medication from the same therapeutic class i.e. medicine in the same class, and used to treat the same condition, cannot be claimed on one script e.g. Sinucon and Sinuend tablets

## MOTO HEALTH CARE (Afrikaans)

Moto Health Care is 'n geslote Mediese Skema uitsluitlik vir werkgewers in die motorbedryf en vir hul werknemers wat in die motorbedryf werk. Ons verstaan jou behoeftes!

As mediese fonds wat spesifiek op die motorbedryf gerig is, kan ons die beste gesondheidsorg bied wat aan die behoeftes van die motorbedryf voldoen.

Moto Health Care is daartoe verbind om volhoubare, koste-effektiewe gesondheidsorg-oplossings vir die motorbedryf te bied.

Ons leuse sê dit klaar: Taking care of our own!

### MOTO HEALTH CARE SE “OOR DIE TOONBANK MEDIKASIE” VOORDEEL

Moto Health Care stel met ingang van Januarie 2011 vir ons **Custom** lede 'n oor die toonbank voordeel bekend. Die voordeel beskou oor die toonbankmedisyne as Aptekeeraanbevole Behandeling. Neem asseblief kennis van die reëls vir hierdie voordeel, hieronder naamlik:

1. Net oor die toonbankmedisyne wat op die onderstaande lys voorkom, kwalifiseer (sien hieronder).
2. As jy 'n ander produk of -pakgrootte wil hê as dit wat hieronder genoem word, moet jy as lid sê vir die medisyne betaal. Elke gesin kan tot vyf voorskrifte per jaar kry.
3. Die oor die toonbankmedisyne moet by 'n ScriptNet-apteek gekry word, want ScriptNet is as die aangewese diensverskaffer (DSP) vir hierdie voordeel aangestel.
4. Indien jy die medisyne by 'n ander apteek as 'n ScriptNet-apteek kry, is die voordeel nie van toepassing nie.
5. Eise moet deur die apteeker sêf ingedien word, elektronies via MediKredit. Geen papiereise sal verwerk of vergoed word nie.

Sien die lys medisyne (OTC) waaruit 'n apteeker sy aanbevole behandeling kan saamstel.

**Ons herhaal:** enige medisyne wat nie op die lys voorkom nie, moet deur die lid sêf betaal word. Sodra die maksimum van 5 voorskrifte per gesin vir die jaar geëis is, moet die lid sêf vir enige bykomende oor die toonbankmedisyne betaal, selfs al word die betrokke medisyne wel op die OTC lys genoem.

**Let op** dat medisyne uit dieselfde behandelingsklas (m.a.w. medisyne in dieselfde klas wat gebruik word om dieselfde toestand te behandel) nie op 'n enkele voorskrif geëis kan word nie (byvoorbeeld Sinucon- en Sinuend-tablette).

## I-MOTO HEALTH CARE (isiZulu)

I-Moto Health Care, uhlelo lwezempilo olunikezwa kuphela abaqashi eMbonini yezi-Moto kanye nabasebenzi babo abasebenza eMbonini yeziMoto. Siyaziqonda izidingo zakho!

Njengesikhwama sezempilo eMbonini yeziMoto, singakunikeza ukunakekelwa kwezempilo okuseqophelweni eliphezulu, oluhambisana nezidingo zeMboni yeziMoto.

I-Moto Health Care izibophezele ukunikeza isisombululo sokunakekela ngezempilo esifanele, esingambi eqolo eMbonini yeziMoto.

Isiqubulo sethu sikubeka kucace: Sinakekela abangabethu!

### AMAKHAMBIE-MOTOHEALTH CARE ONGAZITHOLELA WONA NGAPHAN- DLE KWENCWADI YEMITHI EVELA KUDOKOTELA (OTC)

Kusukela kuMasingana 2011, Uhlelo Lokuthenga **Custom** Plan ye-Moto Health Care lwethule amakhambi ongazitholela wona ngaphandle kokubonwa noma kwencwadi

ka-Dokotela (OTC). Lezi zinzuzo ungazitholela zona ngaphandle kokubonwa noma kwencwadi ka- Dotofela futhi zingena ngaphansi komkhakha wezokwelapha otholakala ngeseluleko sikasokhemisi. **Qaphela** imithetho eqondene ehambisana nalezi zinzuzo, icaciswe kabanzi ngenzansi:

1. Imithi ye-OTC itholakala ngokulandela incwadi yasekhemisi enemithetho eqinile equkethe imikhiqizo, amakhambi, izithako nokusetshenziswa kwayo –buka uhla olubonisayo. Uma ufisa ukuthola omunye umkhiqizo nomaomunye usayizi wephakethe, olungafani nalolu olusohlwini, ilungu lizobhekana nokuwukhokhe la lowo muthi.
2. Umndeni ngamunye uvumelekile ukuthola imithi enqunyelwe yona ngonyaka/ onyakeni.
3. Imithi ye-OTC kufanele itholakale kumakhemisi e-ScriptNet njengoba i-ScriptNet iqokwe njengabaQokiwe ukuPhakela ngoSizo (DSP) kule nzuzo. Uma kwenzeka uthola umuthi noma imithi ekhemisi okungeyona ye-ScriptNet, lezi zinzuzo ngeke uzithole.
4. Izicelo zokukhokhelwa kufanele zithunyelwe nge-elektroniki ngusokhemisi, zidlule kwi-MediKredit
5. Azikho izicelo zokukhokhelwa ezizocubungulwa noma nezizobhalwa noma ezizokhokhwa uma kubhalwe phansi.

Lokhu okulandelayo incwadi yasekhemisi equkethe imininingwane yamakhambi, izithako, imikhiqizo nokusetshenziswa kwayo engasetshenziswa usokhemisi ukukunika imithi.

**Qaphela** – njengoba kushiwo ngaphezulu, noma imiphi imithi engekho encwadini yasekhemisi equkethe imininingwane amakhambi, izithako, imikhiqizo nokusetshenziswa kwayo ilungu lizozikhokhela yona.

Uma umndeni usuthole imithi enqunyelwe ukukhishwa kahlanu ngonyaka, ilungu lizobhekana nokukhokhela okunye okukhishwayo nge-OTC noma ngabe lowo muthi okhishwayo usohlwini lwencwadi yasekhemisi equkethe imininingwane yamakhambi, izithako, imikhiqizo nokusetshenziswa kwayoolulandelayo. Uyacelwa ukuba ugaphele ukuthi imithi yomkhakha ofanayo wezokwelapha isibonelo. Imithi esezingeni elifanayo, futhi esetshenziswa ukwelapha isimo esifanayo, ngeke itholwe ngokusebenzisa okunqunyiwe ohlwini isibonelo. amaphilisi i-Sinucon ne-Sinuend

## MOTO HEALTH CARE (Sesotho)

Moto Health Care, ke medikhalskimi (morero wa kalafo) o sa bulelwang bohle o fumantshwang feela boramosebetsi ba Indasteri ya Makoloi le basebeletsi ba bona ba sebetlang Indastering ya Makoloi. Re utlwisisa ditlhoko tsa lona!

Jwalo ka letlole la kalafo la Indasteri ya Makoloi, re ka o fa tlhokomelo ya bophelo bo botle e molemohadi kamoo ho kgonehang, e reretsweng ditlhoko tsa Indasteri ya Makoloi.

Moto Health Care e dutse e ikemiseditse ho fana ka ditharollo tsa tlhokomelo ya bophelo bo botle tse ikgonang, e ditheko di tlase bakeng sa Indasteri ya Makoloi.

Jwaloka ha lepetjo la rona le bolela tsohle: re hlokomela bao e leng ba rona!

### THUSO YA MOTOHEALTH CARE YA MERIANA E FUMANWANG NTLLE LE PRISKRIPSHENE (MFNP)

Ho tloha ka Pherekong 2011, **Custom** Plan ya Moto Health Care e tsebahaditse thuso ya MFNP. Thuso ena e potapotile meriana e fumanwang ntle le priskripshene mme e wela sehlopheng sa kalafo e keletsong ya rakhemisi. Ka kopo elahloko melao e ikgethang e mabapi le thuso ena, e hlalositse ka tlase:

1. MFNP e teng e latela letoto la merianale tlamehang ho latelwa ka thata – bona lenane bont sang. Haeba o rata ho fumana sehlahiswa se fapaneng kapa paki ya bohlo bo fapaneng, ho e lenaneng le ka tlase, setho se tla tlameha ho jara tefo ya moriana oo.
2. Lelapa ka leng le dumeletswe dipriskripshene tse hlano ka ngwaha / selemo.
3. MFNP e tlameha ho fumanwa khemising ya ScriptNet hobane ScriptNet e hlomamisitse jwaloka Mofani wa Diitshabeletso ya Thontsweng (MDT) bakeng sa thuso ena. Haeba o fumana moriana khemising eo e seng ya ScriptNet, thuso ena e keke ya ba teng.
4. Dikopo tsaho lefella ditjeho di romelwe ka mokgwa wa ilektroniki ke rakhemisi, ka MediKredit.
5. Ha ho dikopo tsaho lefella ditjeho tse ngotsweng pampiring tse tla sebetswa kapa ho lefuwa.

Ka tlase ke letoto la meriana leo rakhemisi a ka fanang ka kalafo ho le latela.

**Ka kopo elahloko** – jwaloka ka kahodimo moriana ofe kapa ofe o seng letotong o tla lefuwa ke setho ka bosona. Hang ha pheletso ya dipriskripshene tse 5 tsa lelapa ka leng tsa kopo ya ho lefella ditjeho bakeng sa selemo e se e fihletswe, setho se tlameha ho itefella MFNP e latelang le ha ibile moriana oo ho fanwang ka ona o le letotong le boletsweng ka tlase.

**Ka kopo elahloko** hore meriana e sehlopheng se le seng sa kalafo eleng. meriana e sehlopheng se le seng, mme e sebedisetswang ho alafa maemo a tshwanang, e keke ya koponywa lengolong le le leng mohlala. dipedisi tsa Sinucon le Sinuend.



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# OVER-THE-COUNTER (OTC) MEDICATION LIST



NAPPI CODE	PRODUCT	INDICATION
<b>EAR INFECTIONS</b>		
773859004	UNIVERSAL EARACHE DROPS 15ml	otitis media, ear infection/inflammation
751537004	ADCO-OTISED DROPS 15ml	ear infections with intact eardrum
705799018	AURONE FORTE DROPS 15ml	ear inflammation
<b>EYE INFECTIONS</b>		
767360001	SULPHACETAMIDE EYE OINTMENT 3.5G	eye and eye socket infections, styes
710466005	BROLENE EYE DROPS 10ML	eye and eyelid infections
827150008	OCULERGE EYE DROPS 15ML	hay fever and allergic conjunctivitis
<b>WOUND CARE</b>		
836664019	SILBECOR CREAM 50g	short term treatment of minor burns
805416005	FUREX OINTMENT 25g	topical for superficial wounds, burns, ulcers and skin infections
755834003	PODINE OINTMENT 25g	topical for skin infections, wounds, cuts, burns, bed sores, mouth ulcers and post-op wounds
788716093	DERMADINE OINTMENT 25g	general antiseptic from skin infections, wounds, cuts, abrasions and burns
<b>PAIN MANAGEMENT</b>		
700315001	IBUMAX SUSP 100ML	mild to moderate pain and fever
752118005	PAINAMOL 120MG/5ML SYR 100ML	mild to moderate pain and fever
758558007	PYRALEN SYRUP 100ML	mild to moderate pain and fever
793264006	PONAC SUSPENSION 100ML	mild to moderate pain and fever
766801004	STILPANE SYRUP 100ML	mild to moderate pain and fever
701140003	VARIPAN TABS 20	mild to moderate pain and fever
713153002	AUSTELL-PARACETAMOL 20	mild to moderate pain and fever
733741002	INZA 200MG TAB 30	acute gout attack, treatment of post-trauma conditions, arthritis
703966006	SANDOZ-IBUPROFEN 200MG TAB 30	acute gout attack, treatment of post-trauma conditions, arthritis
792241002	ACURATE TAB 20	mild to moderate pain associated with tension
826766022	ABFLEX-4 TAB 20	mild to moderate pain associated with tension
<b>COLD &amp; FLU</b>		
791148009	ADCO-SINAL CO TAB 20	cold and flu symptomatic relief
764264001	SINUCON TAB 20	cold and flu symptomatic relief
822744007	SINUEND TABLETS 20	cold and flu symptomatic relief
806218002	ADCO-FLUPAIN SYRUP 100ML	cold and flu symptomatic relief
836141008	NAPHENSYL 25MG/10ML PAED DRP 10ML	Decongestant
873322002	KIDDY-FLU SYRUP 100ML	cold and flu symptomatic relief
836133005	NAPHENSYL 100/10ML DRP 10ML	Decongestant
783579004	NITRO NOSE DROPS	Decongestant
704730001	ILIADIN SALINE NASAL DROP	nasal wash
704729001	ILIADIN SALINE NASAL METERED SPRAY	nasal wash
<b>COUGH</b>		
827304005	ADCO-LINCTOPENT SYR 100ML	for wet coughs
819743003	FLEMEZE SYR 100ML	for wet coughs
701742011	ALCOPHYLLEX SYR 200ML	Bronchodilator
701750014	ADCO-ALCOPHYLLIN SYRUP 200ML	Bronchodilator
792187008	ACUTUSSIVE ADULT EXPECT 100ML	dry cough
792195019	ACUTUSSIVE PAED EXPECT 100ML	dry cough
727008005	FLOCOFEN SYRUP 100ML	dry cough
<b>DIARRHEA</b>		
707342001	CIPLA LOPERAMIDE 8	mild to moderate acute diarrhea
810916002	GASTRON TABS 6	mild to moderate acute diarrhea
811467007	ADCO-LOPERAMIDE SYR 50ml	mild to moderate acute diarrhea
810908018	GASTRON SYRUP 50ml	mild to moderate acute diarrhea
753246007	PECTROLYTE SUSPENSION 150ml	mild to moderate acute diarrhea
762725001	SCOPEX 10MG TAB 10	for cramps
703383001	SCOPEX SYRUP 100ML	for cramps
765538024	SPASMOGEL SYRUP 100ML	dyspepsia, peptic ulceration, hyperacidity, flatulence
792217004	ACULOID TAB 20	for vomiting
792225015	ACULOID SYR 50ML	for vomiting
<b>GENERAL INFECTIONS</b>		
703063003	ADCO-WORMEX TABS 6	intestinal parasite infections
878227008	CIPEX TABS 6	intestinal parasite infections
703064003	ADCO-WORMEX SUSPENSION 30ml	intestinal parasite infections
828297002	CIPEX SUSP 30ml	intestinal parasite infections
831913002	CANEX VAGINAL CREAM 50G	vaginal thrush
826960006	APOR VAGINAL CREAM 50G	vaginal thrush
835285006	NYSTACID SUSPENSION 20ML	oral thrush
<b>COLD SORES/HERPES</b>		
873551001	ACITOP 5% CREAM 2G	fever blister
824674006	ADCO-ACYCLOVIR CREAM 2G	fever blister
<b>SORE THROAT</b>		
767042026	STREPSILS HONEY/LEMON AND ORIGINAL 24	sore throat
767077016	STRESILS ORANGE WITH VIT C LOZENGES 24	sore throat
713260019	CEPACAINE LOZENGES 16	sore throat
883872004	CEPACAINE LOZENGES BLACKCURRANT 16	sore throat
785210008	PODINE MOUTHWASH AND GARGLE 200ml	minor throat infection, gingivitis
770655009	GOLDEX THROAT LOLLIES 10	tonsillitis, laryngitis, mouth and gum infections
799688002	DERMADINE ORAL ANTISEPTIC LIQUID 200ml	painful infection and inflammation of mouth and throat
<b>INFESTATIONS</b>		
704857006	ASCABIOL EMULSION 100ml	scabies, lice
727881117	GAMBEX SHAMPOO 50ml	Lice
725013001	EURAX CREAM 20g	pruritis, scabies and lice
<b>FUNGAL INFECTIONS</b>		
824011007	CANEX CREAM 20g	topical fungal infections
826952003	APOR CREAM 20g	topical fungal infections
797022007	NYSTACID OINTMENT 15g	topical fungal infections
711199001	TERBANE CREAM 7.5g	athlete's foot, fungal skin infection



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