## Comp Care

Medical Scheme









At CompCare we believe in giving you more. Complete Cover. Committed Care. CompCare. THE PINNACLE ©

**OPTION** You've made it! You're at the top of your game, and you deserve the

best. You want a nononsense medical

Scheme plan with executive benefits.

Live life to the fullest.

**ADVENTURE SPORTS** 

are covered.

Keep YOUR **WELLNESS** at heart.

COMPCARE'S

**EXECUTIVE LEVEL BENEFITS** 

> Access to a dedicated concierge service agent. Unlimited GP visits, unlimited dental

visits, 200% cover for specialists in hospital and access to a private ward in the event of hospitalisation.

VISIT YOUR HEALTHCARE U-consult.co.za

UNLIMITED **HOSPITALISATION** 

**FIND OUT** 

**MORE** on page 3

> PINNACLE ED offers you unlimited cover for in-hospital and hospitalrelated services at 100% of the Scheme rate at any Netcare hospital for planned procedures. Specialists are paid at 200% of the Scheme rate.

**FIND OUT** MORE on page 5

Hospital Benefits (Netcare hospitals only)

### **KNOW YOUR OPTION**

**BENEFITS PAID FROM RISK** 

Wellness Benefits

All PMBs, Wellness and Preventative Benefits, Unlimited GP visits and Conservative Dentistry (after limits reached), Ambulance Services (Netcare 911). Not subject to Savings.

74 Chronic Conditions Covered

**FIND OUT** MORE on page 7

**WELLNESS AND PREVENTATIVE BENEFITS** 

**PINNACLE ED includes Preventative** Care, Emotional Wellness, Active Lifestyle Programmes, Women's Health, Kids' Wellness and Men's Health Benefits.

**FIND OUT** MORE on page 8

MORE on page 7

**FIND OUT** 

### **Understanding Your Option**

Let's get started on explaining some of the basics of your cover: You pay your contribution and based on that we pay your claims. Claims are incurred when you visit a doctor/dentist/optometrist/specialist, or any other registered healthcare provider, or if you are hospitalised.

Claims are divided into two categories, namely routine or day-to-day, out-ofhospital claims and in-hospital (otherwise known as major medical risk) expenses. Your day-to-day claims are initially paid from your savings (PMSA) and thereafter

vour Annual Flexi Benefit (AFB). You have a set amount of savings per year that you can use for day-to-day claims. If you don't use all your savings in one year, the balance will carry forward to the following year and remain available to you.

This option also provides extended cover. This is referred to as the Above Threshold Benefit (ATB). Should you run out of your savings and Annual Flexi Benefit (AFB), you will have to pay for some healthcare expenses from your pocket. This is referred to as the SelfPayment Gap (SPG). While you are in your SPG, you must still submit all your claims to us so that we know when to start paying from the ATB. Your accumulated claims submitted need to reach a specific rand value level before the extended ATB will start to cover your claims. Limits and sublimits apply to the ATB.

In-hospital claims are paid from the Scheme's risk pool. Hospital expenses are unlimited at any Netcare hospital for planned procedures, but sub-limits may apply to certain specified services.

## DAY-TO-DAY BENEFITS

Benefits are paid @ 100% of the Scheme rate unless otherwise specified.









Contact **0861 222 777** or email compcare@universal.co.za or visit our Mobi App.





Specialist pre-authorisation email specauth@universal.co.za

General pre-authorisation email preauthorisation@universal.co.za



#### **REMEMBER!**



Always obtain



Sign any documentation ou submit



#### SPECIALIST REFERRAL PROCESS

A referral from a GP is required before seeking treatment from a specialist, failing which said co-payment on the visit as well as related services. Members are required to notify the Scheme of a specialist visit, prior to booking the consultation by requesting a "Spec Auth". This can be done by contacting the Call Centre or by sending an email to specauth@universal.co.za.

#### The following information is required:

- Referral letter from the member's GP on the
- Member medical aid number.
- Name of dependent

· Member's correct contact numbers.

contact details.

- Intended date of specialist consultation Specialist's name, practice number and
- Should a specialist refer the member to another specialist, the referral letter from the specialist
- (the visit to the first specialist should have been authorised). The member is not required to go back to their GP for another referral letter in this instance
- A GP referral is not required in the following instances:

- age of 16, per year.
- One Urologist visit per male, over the age of
- Paediatrician consultations for children under the age of 2
- · Specialist visits during pregnancy.
- Oncologist's consultations, as this will be approved as part of an Oncology Management Programme.
- Optical and dental specialist consultation (Ophthalmologists and Orthodontists).
- Visits to a Dermatologist. Remember to obtain pre-authorisation for any procedures.
- Where multiple specialist visits have

#### Consultations, procedures and materials **GPs and Specialists**

#### GPs paid at 100% and specialists at 200% of the scheme rate.

A referral from a GP is required before seeking treatment from a specialist except for services provided by an ophthalmologist dermatologist, gynaecologist, oncologist or urologist (for beneficiaries over the age of 40) and a paediatrician in respect of children under the age of 2 years or where multiple visits to a specialist has been authorised. Please remember to obtain pre-authorisation for any procedures.

#### Medicine

#### Acute medication

Prescription medication - Schedule 3

A 25% co-payment is applicable on nongeneric products. Maximum Medical Aid Price (MMAP) applies to medication where a generic product is available and might result in a co-payment.

#### Over the counter medication (OTC)

Including homeopathic medicine and sport supplements with a NAPPI code. No sub-limit in savings. Limited to R1 150 PB and R1 650 PMF in AFB to a maximum of R250 per event. Does not accumulate to threshold.

#### **Auxiliary services**

#### Audiologists, chiropractors, dietitians, homeopaths (consultations), naturopaths (consultations), speech and occupational therapists, chiropody, podiatry, social workers, physiotherapy and biokinetics. Collective sub-limit of R11 000 PMF in and out of hospital.

### Surgical and medical appliances

Wheelchairs, crutches, glucometers, hearing aids, artificial eyes and external fixators. Pre-authorisation required and sub-limits apply

#### Optometry

#### 100% of SAOA rate.

#### Eye test

2 Visits PB.

#### Lenses and contact lenses Sub-limit of R5 200 PB.

1 Frame PB per year sub-limit of R2 600. Included in lenses limit

#### Radial Keratotomy and Excimer laser

Limited to R7 800 per eye inclusive of hospitalisation and related costs.

#### Radiology Basic radiology

#### Including black and white X-rays and ultrasound.

#### Specialised radiology

MRI, CT, High resolution CT and PET scans.

First R2 500 payable from PMSA with accumulation to the threshold.

Contact 0860 111 090 or email preauthorisation@universal.co.za

#### Pathology

#### **Dentistry**

#### Basic dentistry

Conservative and restorative. Unlimited after threshold.

#### Specialised dentistry

Dentures, crowns, bridgework, metal fillings and inlavs

Subject to protocols.

A quotation must be submitted for approval prior to the commencement of treatment. No benefit for orthodontic treatment for patients older than 18 years

Email address for dental authorisation: dental@universal.co.za

\*Once the annual threshold is reached, specific Above Threshold Benefits (ATB) will be available up to a limit of R9 732 PB and R19 920 PMF.

MAJOR MEDICAL EXPENSES

## **HOSPITAL** 龜 BENEFITS

Cover in any Netcare hospital. Voluntary, non-emergency admissions to a non-Netcare facility will attract a co-payment of 30% with a minimum of R7 500. Specified elective procedures may have a co-payment (excluding PMBs)

Benefits are unlimited and paid @ 100% of the Scheme rate unless otherwise specified. Overall Annual Limit (OAL) unlimited.

#### Hospitalisation

co-payment (excluding PMBs). Please refer to our website (compcare.co.za) for a list of co-payments and exclusions.

#### Hospital related accounts

GP visits, specialists, radiology, surgical procedures and blood transfusions.

Medicine in hospital

Medicine upon discharge (TTO)

Surgical procedures out-of-hospital

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Organ transplants

**Pathology** 

**Basic radiology** 

#### WHAT DOES 100% OF SCHEME RATE MEAN?

SCHEME RATE refers to the maximum amounts that a medical Scheme will pay for specific treatments and procedures. 100% OF SCHEME RATE means the Scheme will pay 100% of what is specified in the Scheme Rules.

Please note that some providers might charge more than what the Scheme will pay for and the member is liable for that shortfall.

PLEASE NOTE: Treatment subject to pre-authorisation, case management, specialist programmes and Scheme protocols.

#### **HOSPITAL PRE-AUTHORISATION PROCESS**

It's the member's responsibility to make sure that all non-emergency hospital admissions are authorised by either phoning **0860 111 090** or by sending an email to preauthorisation@universal.co.za. These must be authorised at least 48 hours prior to admission. The member, doctor

or hospital must contact the scheme for this authorisation. The hospital utilisation details: Name of the patient being admitted, medical aid number, hospital name, date of admission, name and practice number. of admitting practitioner, ICD 10 and

procedural codes. A penalty will apply for late requests for authorisations. Emergency working day after admission. A penalty will apply, should the member not obtain authorisation. This also applies to oncology treatment.

## Contact 0860 111 090, email preauthorisation@universal.co.za or visit our Mobi App for Auxillary services in hospital Physiotherapy, biokinetics, dietitian, etc. Collective limit of R11 000 PMF in and out Email casemanagement@universal.co.za Surgical prostheses Overall limit of R55 000 PMF. Sub-limits apply. Contact our pre-authorsation department to find out about our special arrangements for hip and knee replacements. Specialised radiology MRI, CT, High resolution CT and PET scans. Unlimited. First R2 500 payable from PMSA with accumulation to the threshold Radial Keratotomy and **Excimer laser** Limited to R7 800 per eye inclusive of hospitalisation and related costs.

pre-authorisation.

For hospital account

queries email

hospitalaccounts@

universal.co.za

for risk

benefits

## RISK BENEFITS ①



#### **Prescribed minimum benefits** (PMBs)\*

All PMBs are defined in the Medical Schemes Act No 131 of 1998.

Organ transplants and plasmapheresis are paid in terms of PMB protocols.

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#### **COVID-19** benefit

Members who have tested positive for COVID-19 will have access to the following benefits in addition to the Prescribed Minimum Benefits:

- Pulse oximeter (R780 PMF)
- Nebulizer (R520 PMF)
- Thermal Thermometer (R420 PMF)

Pre-authorisation and managed care protocols apply.



**Emergency medical** transport services: Netcare 911 - 082 911

#### **Emergency care**

What to do in the event of an emergency: Call the emergency medical services provider, Netcare 911 on 082 911.

Please note: To avoid a 25% co-payment, authorisation needs to be obtained at the time of the emergency, or within 24 hours thereafter.

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#### Please see emergency events below\*:

- Emergency roadside assistance and ambulance transportation.
- Hospital emergency room/Casualty emergency visits resulting in a hospital admission will be paid from the in-hospital benefit.
- Hospital emergency room/Casualty emergency visits as a result of physical injury caused by an external force will be paid in full.
- Hospital emergency room/Casualty emergency visits not requiring admission will be paid from your savings and AFB.
- · Emergency search and rescue.
- Refer to Kids Wellness benefits for additional emergency care related to children.

#### Preventative care\*

- GP wellness consultation: One per year, excludes procedures. Limited to tariff codes 0190/1/2 and diagnosis codes (ICD10) 700 0 or 700 1
- · Health check: Blood pressure, blood sugar, cholesterol, BMI and waist circumference One measurement PB over the age of 18 years, limited to R230 per event. Only at DSP pharmacy.
- Rapid HIV tests.
- Preventative malaria medication when required.
- Flu vaccine: One PB.
- Tetanus vaccine: One vaccination when required.
- Glaucoma test: One PB.
- Colorectal cancer screening: One bowel cancer screening test every two years for beneficiaries between the ages of 45 and 75.

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#### Oncology and speciality care<sup>\*</sup>

- Unlimited **oncology** including chemotherapy and radiotherapy at the scheme's oncology DSP.
- · Biological agents and specialised medication - limited to R310 000 PMF. Contact 0860 111 090 or email oncology@universal.co.za for preauthorisation and any oncology related queries (not account related).
- Wound care in lieu of hospitalisation.
- Oxygen home ventilation.
- Home nursing visits limited to 60 days PMF.
- · Step-down nursing facilities, hospice and rehabilitation.

Email alternativecare@universal.co.za for pre-authorisation.

#### Chronic medication\*

74 Chronic conditions are covered. 27 of the 74 chronic conditions include conditions from the Chronic Disease List (CDL). **47 of the conditions** are referred to as non-CDL conditions

CDL and non-CDL chronic conditions are unlimited with no co-payments or levy if the medicine is listed on the Scheme's formulary and the price of the medicine is equal to or less protocols apply. A 25% co-payment will apply if medicine is not on the formulary.

#### Chronic condition and medicine registration process

In order to receive the chronic medication benefit, members must register their chronic register your chronic medicine prescription pharmacist will be required to contact Universal telephonically on **0861 222 777** or send an email to chronicmedicine@universal.co.za. The completion of chronic medication application forms are no longer a requirement.

#### **Conditions covered:**

Ankylosing spondylitis Attention deficit disorde Bipolar mood disorder\* Bulimia nervosa Chronic renal failure Congestive cardiac failure disease Chronic bronchitis

Connective tissue disorders

Crohn's disease

Diabetes mellitus type 1 and 2 Gastro-oesophageal reflux Huntington's disease Motor neuron disease Mvasthenia gravis

Paget's Disease of the Bone Panic disorder Pemphiaus Peripheral Arteriosclerotic Polyarthritis nodosa Post-traumatic stress Psoriasis/psoriatic arthritis Pulmonary interstitial fibrosis Rheumatoid arthritis Scleroderma (systemic Thrombocytopenic purpura Valvular heart disease Vertiao

Zollinger-Ellison syndrome

Live life to the fullest.

## **ADVENTURE SPORTS**

are covered.

#### Active lifestyle programmes\*

- Fitness Assessment and exercise prescription: Access to the Universal Network of biokineticists for annual fitness assessment, virtual consultations, exercise prescription and regular monitoring.
- Nutritional assessment and healthy eating plan: Access to the Universal Network of dietitians for annual assessment, virtual consultations. healthy eating plan prescription and regular monitoring.
- Cover for injuries resulting from professional and adventure sports.
- Specified sports supplements subject to savings and the over the counter medicine (OTC) benefit limit (provided there is a valid NAPPI code).

#### Emotional wellness\*

- Psychiatric treatment in hospital subject to pre-authorisation and protocols
- · Psychology: non-psychiatric admissions - Limited to R4 700 PMF.
- Alcoholism, drug dependence and narcotics - PMB Only.
- Psychiatry Subject to savings and AFB, limited to R18 750 PMF.
- Clinical psychologists Subject to savings and AFB, limited to R5 700 PMF.
- Psychosocial counselling benefit Paid from risk. Unlimited telephonic counselling sessions through the Universal Wellness Care Centre, with an option for referral to one-on-one sessions with qualified psychologists, social workers or registered counsellors to a maximum of 3 referral sessions PB per year.

Members must obtain their chronic medicines from a Dis-Chem pharmacy (including Dis-Chem Courier Pharmacy (DSP)). A 25% co-payment will be payable upon voluntary use of a non-DSP Pharmacy.

\*Scheme protocols apply

### Kids' wellness\*

- assessments, pre-school eye and hearing screening, a dental screening, and one additional emergency room visit limited to R1 300 per event for children < 6 years.
- Unlimited GP consultations and basic dentistry for children < 6 years once dayto-day benefits are depleted.
- **Initial Occupational Therapy** consultation Kid's fitness assessment and exercise prescription programme.
- Kid's nutritional assessment and healthy eating programme.

#### Men's health\*

#### **Preventative Care:**

- Access to your doctor for a physical examination, paid from saving
- Prostate specific antigen (PSA) blood test, paid from risk. One test per male beneficiary over the age of 40 per annum.

Keep YOUR

**WELLNESS** 

at heart.

#### Women's health:

- Antenatal classes: Paid from savings. Limited to 12 antenatal classes and **R1 550 per pregnancy,** including a
- Antenatal visits: Limited to 12 ante-natal visits with a GP, midwife or specialist. Maternity bag issued on registration on maternity programme.

PTO for what you need

to know

- Confinements: Includes 2 x 2D ultrasound pregnancy scans. Members can opt for a 3D scan which will be paid at the rate of a 2D scan.
- Fitness Assessment and Exercise prescription: Access to the Universal Network of biokineticists for annual fitness assessment, virtual consultations, exercise prescription and regular monitoring.
- Nutritional assessment and healthy eating plan: Access to the Universal Network of dietitians for annual assessment, virtual consultations, healthy eating plan prescription and regular
- One additional assessment per pregnant women per pregnancy.
- Contraceptives limited to R2 950 PB for oral contraceptives (RP applies) or
- HPV (Cervical Cancer) vaccine.
- Papsmear: One test per female over the age of 18 per annum.
- Mammogram: One test per female beneficiary over the age of 35 every 2nd year.

# COMPCARE'S PREVENTATIVE BEHEFITS

#### **Executive wellness screening:**

Executive wellness screening by a GP or registered nurse. Including:

- Medical assessment (consultation) by a General Practitioner or Registered Nurse.
- Health questionnaire / assessment.
- . Tests: including but not limited to fasting glucose blood test, lipogram, PSA.
- · Vision and hearing screening.
- Stress ECG.
- · Chest X-Ray.
- All other Wellness and Preventative tests already provided for in terms of the Scheme rules.
- · Consolidated report of results.

Pre-authorisation and protocols apply.

#### **Aviation medical examinations** General examination and reporting for

aviation medicals performed by doctors that have been licensed by the CAA including:

- General medical examination
- Eve test
- ECG Spirometry
- Audiology
- Lipogram
- PSA
- Chest X-Ray and
- Writing of the report

Pre-authorisation and clinical protocols apply.

# THE BENEFITS.



Choosing CompCare gives you access to market-leading preventative and wellness benefits that guarantee maximum value that meet your budget. Here's some more reasons to choose CompCare...



#### **MEDICAL COVER WITHOUT** THE CO-PAYS:

You can get more with CompCare by using our extensive network of Healthcare providers. Avoid co-payments and out of pocket payments by using one of the following Universal Healthcare Networks:

- Hospital
- Oncology
- Pharmacy Biokineticists
- Dietitians
- Psychosocial counsellors

### **GLOSSARY**

Adult Dependant Annual Flexi Benefit Above Threshold Benefit Child Dependant CDL Chronic Disease List DSP Designated Service Provider MMAP Maximum Medical Aid Price OTC Over the Counter Medicine Principal Member

PB Per Beneficiary Prescribed Minimum Benefits

Personal Medical Savings Account

Reference Pricing

Self Payment Gap

Per Member Family PMF **PMSA** Preferred Provider

SAOA South African Optometric Association

To Take Out (Medicine taken on discharge from hospital)



**OUR NEW APP IS ON** ITS WAY!

Keep in control of your medical Scheme with the CompCare App. Simple, seamless and super convenient, the App makes it quick and easy for you to check anything from claims to benefits. and even to where your closest doctor is. Download the Mobi App on your smart device using the Google Play Store (Android users) or the Apple App Store (IOS

users). Watch out for up and coming communications regarding the CompCare App launch date!

The power of your medical scheme is in your hands. Our NEW and **IMPROVED** Member App is your mobile gateway to information, allowing you to view and edit your medical scheme option, benefits and claims anywhere, anytime!

# SCHEME GONE MOBILE

#### **CLAIMS**

Submit new claims and view your claims history

#### HOSPITAL PRE-AUTHORISATION

Submit new pre-auth requests and view your hospital pre-auth history.

Submit queries and view important contact details.

#### **MEMBERSHIP CARD**

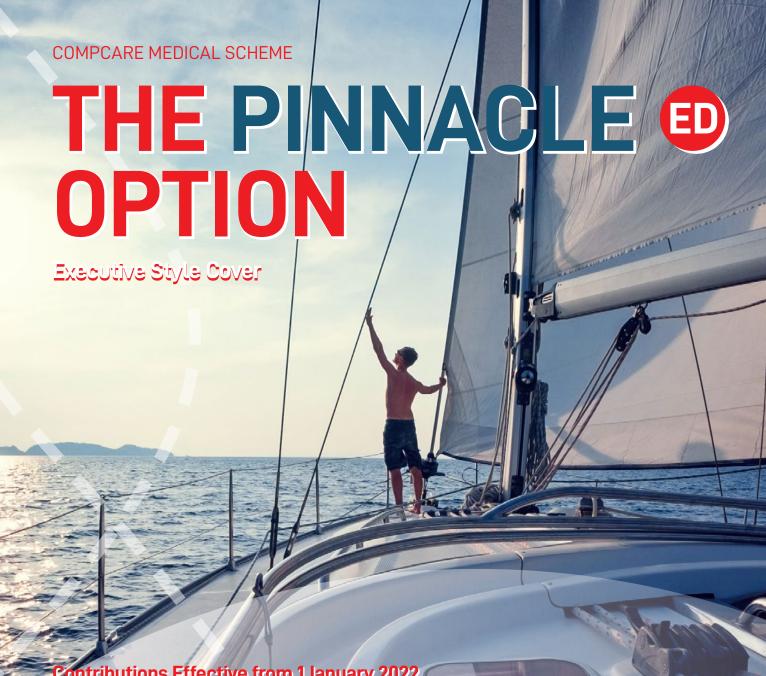
See a digital version of your Membership Card so you're never caught without it again! You can even send it on as and when needed.

#### **BENEFITS**

View all your benefits, annual limits and your available balances

#### AND MUCH MORE

Request your Tax or Member Certificates. See all your registered Chronic Conditions, register new conditions, update your scripts and apply for an extended supply. Access your personal details, your dependant details and your scheme details. You can also search for Network Specialists in your area.



### ntributions Effective from 1 January 2022

Monthly	Principal Member	Adult Dependant	Child Dependant
Risk	R5 228	R4 068	R1 456
Savings	R1 307	R1 017	R364
Total	R6 535	R5 085	R1 820
Annual Benefit Amounts for 2022			
Savings	R15 684	R12 204	R4 368
AFB	R3 624	R2 820	R1 008
Total Day-to-Day	R19 308	R15 024	R5 376
Threshold	R22 608	R17 304	R6 060
SPG	R3 300	R2 280	R684

A child dependant is a dependant who is under the age of 21 years or a full time student up to the age of 27 years. An adult dependant is a dependant who is 21 years or older. These rates are only applicable to the main member and a maximum of three child dependants.

#### Contact details



#### CompCare:

Universal Place, 15 Tambach Road, Sunninghill Park, Sandton

PO Box 1411, Rivonia, 2128

Tel: 0861 222 777 Email: compcare@universal.co.za Website: compcare.co.za

Complaints escalated to the Council for Medical Schemes:

Tel: 0861 123 267 Email: complaints@medicalschemes.com Web: medicalschemes.com

Administered by



This brochure is a summary of the benefits of CompCare Medical Scheme. All information relating to the 2022 CompCare Medical Scheme benefits and contributions are subject to formal approval by the Council for Medical Schemes. On joining the Scheme, all members will receive a detailed member brochure, as approved. The final registered Rules of the Scheme will apply.

All limits are pro-rated when a member or a beneficiary joins the Scheme during the year, calculated from the date of registration to the end of that financial year. If you leave the Scheme before the year is up and have used all the funds in your savings account, you will owe the Scheme the advanced portion of the Medical Savings Account you have used as it is a pro-rated benefit allocated in advance for the full benefit year. This summary is for information purposes only and does not supersede the rules of the Scheme. In the event of a discrepancy between the summary and the rules, the rules will prevail.