

LA COMPREHENSIVE

ABOUT THIS BENEFIT OPTION

2019

Reasons why the LA Comprehensive Option is the best choice for you

This Option has a Major Medical Benefit for all in-hospital and large expenses. It provides cover for medicine for Chronic Disease List conditions that form part of the Prescribed Minimum Benefits, as well as several additional chronic conditions. It pays for some day-to-day expenses from a Medical Savings Account, with additional cover through the Above Threshold Benefit, for most disciplines, subject to applicable limits. All planned procedures must be preauthorised.



Prescribed Minimum Benefits are paid at cost, subject to clinical criteria and the use of

the services of the Scheme's Designated Service Providers.

Non-PMB Benefits are paid up to 100% of the Scheme Rate, subject to clinical criteria, the use of the Scheme's Designated Providers and applicable limits.



We cover you in an emergency

LA Comprehensive covers you for emergency transport. We pay for this service from the Major Medical Benefit and there is no overall limit. Call Discovery 911 for authorisation.



Cover for GPs and specialists in- and out-of-hospital

When you're admitted to a hospital, there is no overall limit that applies to GP and specialist visits. We pay up to 100% of the LA Health Rate from the Major Medical Benefit.

We pay for out-of-hospital GP and specialist visits from the Medical Savings Account or the Above Threshold Benefit.



We cover you when you have to go to hospital

Hospitalisation, theatre fees and costs for intensive and high care at hospitals have no overall limit, but you must obtain preauthorisation from the Scheme for any planned procedures. (You will have a deductible (upfront payment) if you do not preauthorise your planned treatment). We pay these costs from the Major Medical Benefit up to 100% of the LA Health Rate.



You can enjoy the best of care during your pregnancy

No overall limit applies when you're admitted to hospital, as long as you get preauthorisation for the admission. We pay for your hospital admission from the Major Medical Benefit. We pay certain out-of-hospital benefits for the mother and baby from the Major Medical Benefit, if the mother registers on the Scheme's Maternity Programme. If not registered, all pregnancy-related benefits will be paid from the available Medical Savings Account or from the Above Threshold Benefit



Cover for chronic and acute medicine

You have medicine cover for all approved Prescribed Minimum Benefit Chronic Disease List conditions, paid in full from the Major Medical Benefit up to the LA Health Medicine Rate for medicine on the medicine list. Medicine that is not on the list (formulary) is paid up to a Chronic Drug Amount.

Medicine, for approved Additional Disease List conditions, is paid up to a Chronic Drug Amount for the condition. This is up to a specific amount based on your family size.

The Specialised Medicine and Technology Benefit provides cover for biological and hightechnology medicine up to a specific amount, if authorised (you may have to fund part of it yourself).

We pay for prescribed and acute medicine on the preferred medicine list from the available funds in your Medical Savings Account or from the Above Threshold Benefit at 100% of the LA Health Rate for medicine and medicine on the non-preferred list are paid at 90% of the LA Health Rate for medicine. Specific limits apply based on your family size.

You also have cover for over-the-counter (schedule 0, 1 and 2) medicine bought at a pharmacy, at 100% of the cost, from the available funds in your Medical Savings Account.

When you are discharged from hospital after an admission, we pay for take-home medicine from the available funds in your Medical Savings Account, or from the Above Threshold Benefit, at 100% of the LA Health Rate for medicine on the preferred list and at 90% for medicine on the non-preferred list.

The Scheme pays for the completion of the Chronic Illness Benefit application form by your treating doctor, if the condition is approved.



We pay for certain preventive screening tests or vaccines

The Major Medical Benefit provides cover for:

- A screening test (to check your blood glucose, blood pressure, cholesterol and body mass index), or a flu vaccination at one of the Scheme's designated service providers, or a network pharmacy. We also pay for certain screening tests for children.
- One specific pneumococcal vaccination in a beneficiary's lifetime for qualifying members.
- Pap-smears, mammograms and prostatespecific antigen tests, subject to clinical criteria.

We pay for the consultation and other related costs from your Medical Savings Account. If these are needed as part of Prescribed Minimum Benefit, we pay the costs from the Major Medical Benefit.

SCHEDULE OF BENEFITS

	Hos	pital	No overall limit				
ual ts			Member	Spouse/adult	Child (max 3)		
annual limits	Abo	ve Threshold Benefit (ATB)	R15 780	R10 752	R4 740		
Ei	Med	lical Savings Account (MSA)	R10 872	R6 312	R2 748		
्कि Ambulance services	Eme	rgency transport	Paid from Major Med overall limit	ical Benefit, up to 100% of the LA Hea	alth Hate subject to authorisation. No		
blood transtusions and blood products	Bloo	d transfusions and blood products	Subject to Prescribe	d Minimum Benefits. Paid from Major	Medical Benefit. No overall limit		
		Maxillo-facial procedures: certain severe infections, jaw- joint replacements, cancer-related and certain trauma-related surgery, cleft-lip and palate repair	Subject to Prescribe	d Minimum Benefits. Paid from Major	Medical Benefit. No overall limit		
		Specialised dentistry	Members will have to make an upfront payment (deductible)				
			Hospital	Younger than 13 years	R1 930		
				Older than 13 years	R4 890		
			Day Clinics	Younger than 13 years	R 950		
				Older than 13 years	R3 210		
			Hospital and related accounts paid from the Major Medical Benefit, up to 100% of the LA Health				
			Rate. Related, non-hospital accounts (for dentists, anaesthetists, etc), subject to a joint limit of R28 520 per person per year, for in- or out-of-hospital specialised dentistry				
		Basic dentistry	Members will have to make an upfront payment (deductible)				
			Hospital	Younger than 13 years	R1 930		
				Older than 13 years	R4 890		
			Day Clinics	Younger than 13 years	R 950		
	a a			Older than 13 years	R3 210		
			Hospital account paid from the Major Medical Benefit, up to 100% of the LA Health Rate. Related, non-hospital accounts (for dentists, anaesthetists, etc.), paid from the Medical Saving				
	In-hospital		of-hospital basic der	ove Threshold Benefit, subject to a jo ntistry. Claims are paid up to 100% o d the Above Threshold Benefit			
Dentistry	spital	Specialised dentistry	Paid from and limited to funds in Medical Savings Account and Above Threshold Benefit, subject to a joint limit of R28 520 per person per year for specialised dentistry, performed inor out-of-hospital				
) Der	Out-of-hospital	Basic dentistry	Paid from and limited to funds in Medical Savings Account and Above Threshold Benefit, subject to a joint limit of R14 730 per person per year for basic dentistry, performed in- or out-of-hospital				
	70	Visits	Paid from Major Medical Benefit up to 100% of the LA Health Rate. No overall limit				
	In-hospital						
lists		GP and specialist visits in doctor's rooms, hospital emergency room visits and virtual GP consultations	Paid from Medical Savings Account or Above Threshold Benefit				
3Ps and specialists		Virtual paediatrician consultations for children aged 14 years and younger, from a network paediatrician consulted in the six months before the virtual consultation	Paid from Major Medical Benefit once Medical Savings Account is depleted and before the Threshold is reached. Subject to criteria				
	Out-of-hospital	Trauma-related casualty visits for children when normal day-to-day benefits are exhausted	Two trauma-related casualty visits (from the Hospital Benefit) for children aged 10 and under, once the Medical Savings Account and Above Threshold Benefit have been depleted. This includes the cost of the consultation, facility fees and all consultations.				
aPs a	듯		includes the cost of the consultation, facility fees and all consumables Paid from the Major Medical Benefit to a maximum of 50% of the cost of the consultation.				
g GPs a	t-of-h	International clinical review consultations	<u>:</u>				

40	HIV	/ prophylaxis (rape or mother-to-child transmission)	Prescribed Minin	num Benefits: Pai	d from Major Med	ical Benefit No o	verall limit	
HIV or AIDS	HIV- or AIDS-related illnesses Prescribed Minimum Benefits: Paid from Major Medical Benefit. No overall limit entry criteria and HIVCare Programme protocols. If the services of non-Designation of the services of non-Designation of the services of the servic					overall limit, subjec		
₹ 💸	HI\	/- or AIDS-related consultations	Providers are used voluntarily, a 20% co-payment will apply Prescribed Minimum Benefits. Covered with no overall limit from the Scheme's Designated Service Provider. A 20% co-payment applies if the services of a non-Designated Service Provider are used					
∼ >								
Home- based care	Wo	uund care, end-of-life care, IV infusions and postnatal care	Paid from Major Medical Benefit, up to 100% of the LA Health Rate, subject to authorisation, clinical criteria and management by the Scheme's Designated Service Providers					
잍								
	Но	spitalisation, theatre fees, intensive and high care						
nospitals (all planned procedures must be preauthorised)		spitals nospital services obtained out-of-hospital	Paid from Major Medical Benefit, up to 100% of the LA Health Rate. Subject to preauthorisation No overall limit					
(†)								
	In-hospital	Paid from the Major Medical Benefit, up to 100% of the LA H	ealth Rate. Subject	to preauthorisati	on			
	h-h							
		Maternity Programme						
		Paid from the Major Medical Benefit, up to 100% of the LA He			he Programme. If	not registered on	the Programme,	
		paid subject, and limited to applicable Medical Savings Accou						
		Cover during Pregnancy	8 Antenatal consultations with a gynaecologist, GP or midwife					
		Antenatal visits, ultrasounds and scans, selected blood tests, pre- or post-natal classes, GP and	One Nuchal translucency or non-invasive prenatal test (NIPT), subject to clinical entry criteria					
		Specialist consultations	2 2D ultrasound scans					
			A defined basket of blood tests					
			5 pre- or post-natal classes or consultations with a registered nurse					
		Cover for the newborn baby for up to two years after birth	2 visits to a GP, paediatrician or ear, nose and throat (ENT) specialist • A post-birth consultation at a GP or gynaecologist for post-natal complications					
		Cover for the mother of the newborn baby for up to						
		two years after the birth	One nutritional assessment at a dietician					
nefit			Two mental health consultations with a counsellor or psychologist					
y ber	Out-of-hospital		One lactation consultation with a registered nurse or lactation specialist					
Maternity bene		Antenatal classes	If not registered on the Maternity Programme: Limited to R1 545 per person and paid from the Medial Savings Account or Above Threshold Benefit					
~	ıt-of-	Doulas	Paid from the Medical Savings Account only					
015/E	ō	Services rendered by Doulas						
	Pre	scribed Minimum Benefit Chronic Disease List conditions	We will pay your approved medicine in full if it is on our medicine list (formulary), if it is not we will					
	(subject to benefit entry criteria and approval)		pay for it up to a set monthly amount, called the Chronic Drug Amount (CDA). If you use more					
			than one medicine that has similar chemical structures or therapeutic effects, we will pay up to the monthly CDA, whether they are on the medicine list or not.					
	Adı	ditional chronic conditions (subject to approval and a defined					ne condition, limite	ed to:
	list of conditions)		Member	Member	Member	Member	Member	Membe
			Merriber	+1	+2	+3	+4	+5
			R5 130	R10 320	R11 945	R13 580	R14 715	R16 175
		abetes and Cardiovascular Disease Management ogramme	Up to 100% of the LA Health Rate for services covered in a basket of care, subject to registration on the Chronic Illness Benefit, and referral by the Scheme's Designated Service Provider for GP-related services					
Ф			Paid from the Major Medical Benefit in addition to the normal PMB CDL benefits, baskets of care and clinical criteria					
Medicine		ecialised Medicine and Technology Benefit biologics	Subject to authorisation and Prescribed Minimum Benefits. Paid from Major Medical Benefit at the LA Health Medicine Rate up to R228 000 per person per year with a variable co-payment up to					
					the medicine or te cribed Minimum B		on the actual con	dition and

	Pre	scribed/acute medicine	Paid at 100% of the LA Health Medicine Rate for medicine on the preferred medicine list and at 90% of the Medicine Rate for medicine on the non-preferred list. Paid from Medical Savings Account or Above Threshold Benefit, limited to:						
			Member	Member	Member	Member	Member		
(pa			R9 595	+1 R12 275	+2 R14 795	+3 R17 070	+4		
ntinu	ļ			<u> </u>		<u> </u>	R19 510		
Medicine (continued)	l .	dicine bought over-the-counter at a pharmacy (schedule I and 2) and generic or non-generic, whether prescribed not	Limited to funds in N accumulate to the A		unt and paid up to 10	10% of the cost. Ben	efits do not		
₩ (Wec	Tak	e-home medicine (when discharged from hospital) TTOs	Limited to funds in the Medical Savings Account or Above Threshold Benefit. Paid at 100% of th LA Health Rate for medicine on the preferred medicine list and at 90% for medicine on the non-preferred medicine list						
_	In-hospital	Psychiatric hospitals, subject to preauthorisation and case management	Prescribed Minimum Benefits: 21 days per person, paid from Major Medical Benefit. Where members voluntarily make use of the services of a hospital that is not a Designated Service Provider, a 20% co-payment will apply to the hospital account						
Mental health	Out-of-hospital	Psychologists, psychiatrists, art therapy and social workers	Paid from Medical S family per year	avings Account or A	bove Threshold Bene	efit. Limited to R18 4	150 per		
ed care)		cology Programme (including chemotherapy and iotherapy)	a treatment plan, pa	Paid from Major Medical Benefit. No overall limit in a 12-month cycle, subject to approval of a treatment plan, paid up to the LA Health Rate. All oncology claims accumulate to a threshold of R456 000. A 20% co-payment applies after this. All Prescribed Minimum Benefit claims are					
Oncology (cancer- related care)	PE	Γ scans	Paid from Major Medical Benefit. No overall limit in a 12-month cycle. Scans must be done at the Scheme's Designated Service Provider, subject to preauthorisation. A co-payment of R3 440 will apply if a Designated Service Provider is not used						
cology (ca	Stem cell transplants		You have access to local and international bone marrow donor searches and transplants up to the agreed rate. Your cover is subject to clinical protocols, review and approval.						
**************************************		vanced Illness Benefit for patients with end-of-life stage locer out-of-hospital	Paid from Major Medical Benefit Subject to a basket of care and registration on the Oncology Management Programme by the treating doctor						
tical	Opt	tometry consultations	Limited to funds in t	he Medical Savings	Account or Above Th	reshold Benefit			
⟨Ø⟩ 0ptical	Spe	actacles, frames, contact lenses and refractive eye surgery	Paid from the Medic person	Paid from the Medical Savings Account or Above Threshold Benefit up to a limit of R4 380 per person					
	In-hospital	Auxiliary services (physiotherapy, occupational therapy, audiology, psychology, etc)	Paid from Major Med	dical Benefit, subjec	t to preauthorisation a	and clinical criteria			
ices		Auxilliary Services (physiotherapy, occupational therapy audiology, psychology, etc)	, Limited to funds in t	he Medical Savings	Account or Above Th	reshold Benefit			
Other services	spital	Alternative healthcare practitioners (chiropodist, homeopaths, naturopaths and chiropractors)	Limited to funds in th	ne Medical Savings A	ccount or Above Thre	shold Benefit			
Othe	Out-of-hospital	Nurse practitioners	Paid up to a limit of F Threshold Benefit	R10 750 per family fro	om Medical Savings A	ccount or Above			
	Out-	Unani-Tibb therapy	.	the Medical Savin	gs Account with no	Accumulation to t	he Threshold		
Organ transplants	Hospitalisation and harvesting of organ for donor transplants		Paid from Major Medical Benefit. No overall limit. Subject to Prescribed Minimum Benefits, preauthorisation and the use of the Scheme's Designated Service Provider						
	Me	dicine for immuno-suppressive therapy	Paid according to Pr Drug amount	rescribed Minimum I	Benefits, subject to th	ne Chronic Illness Be	enefit Chronic		
Ŋ.		MRI and CT scans (referred by a specialist), X-rays, pathology and ultrasounds			all limit, subject to pre Scheme's Designated		pathology		
Pathology and Radiology	In-hospital	Endoscopic procedures: gastroscopy, colonoscopy, sigmoidoscopy and proctoscopy (including hospital and related accounts, if done in hospital)	··· } ······		all limit, subject to pre				
athology ar	Out-of-hospital	MRI and CT scans Radiology, including X-rays, ultrasounds and pathology	··· } ·····		all limit, subject to pre pove Threshold Benefi				
S.	ut-of.	Endoscopic procedures: gastroscopy, colonoscopy, sigmoidoscopy and proctoscopy	Paid from Major Medical Benefit. No overall limit, subject to preauthorisation						

		Inte	rnal prostheses					
	- 1		hlear implants, implantable defibrillators, internal nerve ulators and auditory brain implants	Paid from Major Medical Benefit up to R223 700 per person per year, subject to preauthorisation				
	,	Shoulder replacement prostheses Major joint replacements, including hip or knee replacements		Paid from Major Medical Benefit. Unlimited if obtained from the Scheme's Preferred Provider. A limit of R41 700 per prosthesis will apply if the Preferred Provider is not used				
opliances	- 1			Paid from the Major Medical Benefit. Subject to the use of the Scheme's DSP hospital. If service is voluntarily obtained at a non-DSP hospital, a 20% co-payment will apply to the hospital account. Devices for hip or knee replacements unlimited from the Scheme's Preferred Provider and limited to R30 000 per device, if obtained from a non-Preferred Provider				
Prostheses or external medical appliances	,	Spir	al devices	Paid from the Major Medical Benefit. Unlimited if obtained from the Scheme's Network Provider. If the Scheme's Network Provider is not used, limited to R25 500 per level, with an overall limit of R51 000 for two or more levels. Only one procedure per year will be authorised				
rnal	Other internal prostheses		er internal prostheses	Paid from Major Medical Benefit, subject to preauthorisation and clinical criteria				
r exte	External medical items		ernal medical items					
heses or	- 1	Crutches, wheelchairs, hearing aids, artificial limbs, stoma bags, etc.		Limited to R26 400 per family with a sub-limit of R17 650 per family for hearing aids. Paid from Medical Savings Account or Above Threshold Benefit				
Prost		Exte	ernal medical items extender benefit	Paid from Major Medical Benefit, subject to clinical criteria and approval				
		Оху	gen rental	Paid in full from the Major Medical Benefit from the Scheme's Designated Service Provider, subject to preauthorisation. If services are not obtained from the Scheme's Designated Service Provider, claims are paid up to the LA Health Rate only				
	- !		rmacy Screening Benefit at a network pharmacy: blood ose test, blood pressure test, cholesterol test and body mass x	Paid once per year from the Major Medical Benefit per qualifying person for a single or basket of these tests. This is covered from the Major Medical Benefit only if the services of one of the Scheme's Designated Service Providers is used				
		OR One flu vaccination		HbA1C and LDL tests, unlimited and paid from Major Medical Benefit, subject to clinical criteria				
<u>e</u>	- 1	Screening benefit at other providers: mammogram, Pap smear, prostate-specific antigen test		Limited to one Pap-smear every three years, one mammogram every two years and one prostate-specific antigen test per year per person, paid from Major Medical Benefit. Consultations, other related costs and procedures paid from Medical Savings Account or Above Threshold Benefit, except for Prescribed Minimum Benefits. More frequent PAP smear and Mammogram testing, MRI breast scans, and once off BRCA testing subject to clinical criteria				
Preventive care		Pne	umococcal vaccination	Eligible member have access to one specific approved pneumococcal vaccine per lifetime paid from the Major Medical Benefit				
Preve		and	vening benefit for children between the ages of two 18: Body Mass Index, including counseling if necessary, c hearing and dental screenings;	Paid once per year from the Major Medical Benefit per qualifying person for a single or basket of these tests. This is covered from the Major Medical Benefit only if the services of one of the Scheme's Designated Service Providers is used				
(C)	- 1		stone tracking for children between the ages of two and eight s old					
Renal	ב ב ב		ides dialysis and other renal care-related treatment and cational care (includes authorised related medicine)	No overall limit, subject to a treatment plan and use of the Scheme's Designated Service Provider, National Renal Care. Co-payments will apply if the network is not used				
		ital	Alcohol and drug rehabilitation	Prescribed Minimum Benefits: 21 days per person, paid from Major Medical Benefit				
e abuse		In-hospital	Detoxification in-hospital	Prescribed Minimum Benefits: Three days per person, paid from Major Medical Benefit				
Substance abuse		Alcohol and drug rehabilitation		Limited to R6 150 per person per year. Accumulates to the Mental Health limit of R18 450 per family per year				
			oice (excluding frail care)	Prescribed Minimum Benefits. Paid from the Major Medical Benefit. Subject to clinical entry criteria and preauthorisation				
are .								
Terminal care	110111							
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Cover for specific trauma-related incidents. The benefit is paid up to the end of the year following the one in which the traumatic event occurred.

Benefits are paid according to general Rules applicable to this Benefit Option in terms of Designated Service Providers and clinical entry criteria

Paid from Major Medical Benefit up to 100% of the LA Health Rate up to the following limits per family for the benefits listed below:

Allied and therapeutic healthcare services	M	R18 600
	M + 1	R25 250
	M + 2	R30 800
	M + 3+	R35 700
External medical appliances		R40 800
Hearing aids		R19 800
Prescribed medicine	М	R20 400
	M + 1	R24 800
	M + 2	R29 900
	M + 3+	R32 600
Prosthetic limbs		R82 000
(with no further access to the external medical	ıl items limit)	

Trauma recovery benefit

	MEMBER	ADULT	CHILD DEPENDENT	+2 MAXIMUN FOR 3 CHIL DEPENDAN				
TOTAL MONTHLY CONTRIBUTIONS	R6 775	R5 173	R1 642	R4 926				
40% in-service member's portion of contributions if a 60% subsidy applies. Maximum subsidy of R4 218.17								
8		R2	710					
<u> </u>		R7 729 R9 371						
8 + p + s								
		R11 013						
Q + p + +3	R12 655							
<u> </u>	R4	l 198						
		R5	5 840	••••••				
<u>Q</u> ₊		R7	7 482	.				

What we do not cover (exclusions)

There are certain medical expenses and other costs the Scheme does not cover, except when it is a Prescribed Minimum Benefit. We call these exclusions. LA Health will not cover any of the following, or the direct or indirect consequences of these treatments, procedures or costs incurred by members:

Certain types of treatments and procedures

- Cosmetic procedures, for example, otoplasty for jug ears; portwine stains; blepheroplasty (eyelid surgery); keloid scars; hair removal; nasal reconstruction (including septoplasties, osteotomies and nasal tip surgery) and healthcare services related to gender reassignment
- Breast reductions and implants
- Treatment for obesity
- Treatment for infertility, subject to Prescribed Minimum Benefits
- Frail care
- Experimental, unproven or unregistered treatment or practices
- CT angiogram of the coronary vessels and CT colonoscopy

The purchase of the following, unless prescribed:

- Applicators, toiletries and beauty preparations
- Bandages, cotton wool and other consumable items
- Patented foods, including baby foods
- Tonics, slimming preparations and drugs
- Household and other biochemical remedies
- Anabolic steroids
- Sunscreen agents

Unless otherwise decided by the Scheme, benefits in respect of these items, on prescription, are limited to one month's supply for each prescription or repeat thereof.

Certain costs

- Costs of search and rescue
- Any costs that another party is legally responsible for
- Facility fees at casualty facilities (these are administration fees that are charged directly by the hospital or other casualty facility)

Always check with us

Please contact us if you have one of the conditions we exclude so we can let you know if there is any cover. In some cases, you might be covered for these conditions if they are part of Prescribed Minimum Benefits.

This is a summary of the LA Comprehensive benefits and features, submitted to the Registrar of Medical Schemes. If there is any discrepancy between this document and the registered Rules, the Rules will always apply.

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