



## Dear Member

Welcome to the first edition of our newsletter. In an effort to ensure that we are communicating more frequently with you, we will be providing you with news and information on your medical scheme benefits on a monthly basis.

With the changing legislative requirements and medical scheme environment for example, the introduction of Prescribed Minimum Benefits (PMB's), it has become necessary for the Trustees to review scheme benefits on both scheme options to ensure the sustainability of the Scheme.

In this edition, we will provide you with a snapshot of the following changes:

- Application of Maximum Medical Aid Pricing (MMAP) or Generic Medicines to the non-Chronic Disease List conditions on the Extended Option.

- Active @ Home Programme for aged Extended Option members
- Oncology Benefits through Independent Clinical Oncology Network (ICON) for Standard Option members
- GP Network – for all members

We welcome any suggestions that you may have on the types of articles and/or topics you would like to see published in future newsletters. Please email or fax any suggestions you may have to Lallie Govender – [lallie.govender@momentum.co.za](mailto:lallie.govender@momentum.co.za) or fax number **031 580 0455**.

Yours in good health...



## Application of Maximum Medical Aid Pricing (MMAP) or Generic Medicines to the non-CDL chronic conditions: Extended Option

According to Legislation, all medical schemes are required to cover the 26 life threatening chronic conditions. This is commonly known as the Chronic Disease List or (CDL's). Nampak Medical Scheme covers an additional 34 chronic conditions on the Extended option and these are known as the **non-CDL conditions**.



In order to encourage the use of cost effective alternative medication, the Scheme has introduced MMAP/Generics on the Extended Option for the additional **34 non-CDL chronic conditions** effective 01 April 2011. This means that if you or one of your dependants is currently taking branded/original medication, you will have an option to continue with your existing medication and pay a co-payment for the difference between the brand product and the generic equivalent on any of the 34 non-CDL chronic conditions or you can change to a generic equivalent.

Generic medicines contain the same active ingredient, strength and dosage form as the original/brand product. It would be to your advantage to change to a generic alternative. Please discuss with your Doctor or Pharmacist before changing to ensure that your health is not impacted by the change.

If there is no generic equivalent available, the Scheme will cover the cost of the prescribed original/brand medication subject to scheme rules and clinical protocols. Please refer to page 09 and 10 of your member guide for more information on your chronic medication.

## Active @ Home (AAH) – Extended Option

Now you can be Active @ Home. We are proud to introduce an innovative home-based, scheduled monitoring health management service, aimed at potentially at-risk members to effectively manage complications related to chronic conditions and ageing.

The programme will be rolled out in a pilot phase to members in Durban, Gauteng and Pretoria. Selected members will receive a letter and a brochure outlining the benefits of the programme. Please note that participation on the programme is voluntary. Once the pilot phase is completed and based on the outcome of the programme, the Trustees will consider rolling it out to members over certain ages in all the regions.



## Oncology benefits through ICON – for members on the Standard Option



ICON is an accredited Oncology Specialist Managed Care organisation which was originally introduced to the healthcare industry to assist medical schemes with Designated Service Provider (DSP) network arrangements.

With the increasing cost associated with oncology, and after careful consideration, the Trustees have taken a decision to introduce ICON as a DSP for the treatment and management of oncology on the Standard Option. Effective 01 May 2011, members who are diagnosed with cancer for the first time are required to receive their treatment from the ICON Network.

The Trustees believe that ICON meets all the criteria in terms of quality, geographic spread of oncologists and accredited facilities. Out of a potential 150 practicing oncologists 114 are on the ICON Network. This represents almost 76% of all oncologists in South Africa.



If members on the Standard Option choose to obtain their oncology benefits from a non-ICON oncologist, no scheme benefit will be granted. It is important to note that if you are currently receiving oncology treatment, you will not be affected by this change and may continue your treatment with your current oncologist.

A detailed letter, together with a list of the ICON oncologists was sent to all members on the Standard Option. The list can also be accessed from the Scheme website, [www.nampakhealth.co.za](http://www.nampakhealth.co.za) or Nampak's internal site, **iNsignit**. Alternatively you can call the Scheme Contact Centre on **0860 10 10 47** and request a list.

## GP Network

**WATCH THIS SPACE!!!!**