

CORONAVIRUS UPDATE #10



Wash your hands for at least 20 seconds



Keep at least **2 metres** away from others



STAY AT HOME



A NEW FEDHEALTH CONTRIBUTION DEBIT ORDER DATE

The Scheme has introduced a new debit order run on the 5th of the month to facilitate the SASSA pension payment change.

Please inform us if you need to amend your ACB collection date. An additional debit order date on the 5th will apply – except if it falls on a public holiday, in which case it will either be debited on the day before or the day after.

Call the Fedhealth Customer Contact Centre on **0860 002 153** if you'd like to change your debit order to the 5th.



NO CIGGIES DURING LOCKDOWN? QUIT SMOKING FOR GOOD!

If you've been meaning to quit smoking, but haven't been able to give up the habit until now (voluntarily anyway), the lockdown restrictions on the sale of tobacco might just be a blessing in disguise for your health.

Why not use this time and the lack of access to tobacco products to put in the work and quit for good? It can be done, especially with the help of the **GoSmokeFree programme** that's offered by Fedhealth to all members who'd like to give up smoking.

The GoSmokeFree service available to all Fedhealth members

Fedhealth encourages members who smoke on all options to sign up for the GoSmokeFree service that's available at 200 pharmacies countrywide, including Dis-Chem, Clicks, Pick n Pay and independent pharmacies. All smokers have access once per beneficiary per year to have the GoSmokeFree consultation paid from Risk. The service comprises a **pre-quit assessment** and **five support sessions**, and features an individual plan to help you quit smoking.

Pre-quit assessment

- ✓ Nicotine dependency test
- ✓ Carbon monoxide level check
- ✓ Motivation to quit
- ✓ Behaviour modification
- ✓ Medication discussion
- ✓ Set quit date
- ✓ GoSmokeFree diary

Five support sessions

- ✓ Confirm quit date
- ✓ Quit date preparation
- ✓ Four post-quit follow-up sessions
- ✓ Carbon monoxide level check
- ✓ Behaviour change support
- ✓ GoSmokeFree quit certification

Where members need nicotine-replacement therapies as part of their plan, the Scheme will allow them to claim certain products from Savings or the MediVault.

The GoSmokeFree Smoking Cessation Programme is available at various pharmacies throughout South Africa using a trained Nursing Sister or Pharmacist – see gosmokefree.co.za to find out more and locate the nearest participating pharmacy.



COVID-19 TESTING AT A REDUCED RATE

The Gift of the Givers Foundation, in partnership with Mullah Laboratories, has offered to provide **COVID-19 testing at a reduced rate of R650 per patient** to medical schemes. The testing is conducted in line with the government's clinical management protocols.

The test in question is a molecular PCR test performed in a National Institute for Communicable Diseases (NICD)-approved laboratory. Results are uploaded directly to the NICD. There are currently approved sites located in Gauteng, the Western Cape and KwaZulu-Natal. Other sites will be added as demand for the tests increases.

SITES: Jewel Street (Pretoria); Mayfair West (Johannesburg); Wits University (Johannesburg); Roshnee (Vereeniging); Ahmed Al Kadi Hospital (Durban); Midlands Medical centre (Pietermaritzburg); MD24 (Shelley Beach); Momentum Metropolitan Life (Cape Town)

Contact the Gift of the Givers' toll-free line on **0800 078 6786** to book an appointment or visit <http://mullahlabs.co.za/wheretotest/>

REMEMBER:

- +** **If your test outcome is positive...**
In the case of a positive diagnosis, you, your representative or your healthcare provider must notify Fedhealth of the diagnosis as soon as possible. Your healthcare provider will prescribe the necessary care, depending on the severity of your symptoms. Fedhealth will cover out-of-hospital and/or in-hospital treatment as PMB from Risk in line with formularies and other standard managed care protocols.
- **If your test outcome is negative...**
If the diagnosis is negative, the related tests will be covered from your Fedhealth benefits. Any consultations with medical practitioners will be covered from the normal Scheme benefits available on your option. There's no need to be tested more than once, but if you do this, it will also be covered in line with available option benefits.

IMPORTANT CONTACT NUMBERS

During the lockdown, the **Fedhealth Customer Contact Centre** will operate during the following hours: Monday to Friday 09h00 - 16h00. Call 0860 002 153 or email member@fedhealth.co.za **Emotional Wellbeing Programme:** 087 365 8664 and the new **Crisis Support Desk:** 0860 111 646 **Fedhealth Nurse Line and Emergency Medical Services:** 0860 333 432 **Paed-IQ:** 0860 444 128 and **SOS Call Me:** *130*3272*31# Press 1. Emergency Medical Services; 2. Nurse Line; 3. MediTaxi



IMPORTANT COVID-19 RESOURCES

COVID-19 online resource and news portal: <https://sacoronavirus.co.za/>
The National Institute for Communicable Diseases (NICD): <https://www.nicd.ac.za/>