

more support when you need it

- The **Fedhealth Family Room**, our online member portal
- The **Fedhealth MyFED Baby Programme**, support and advice for all pregnant beneficiaries
- **Paed-IQ**, free online parenting hub
- **24-Hour Fedhealth Nurse Line**
- **Emergency transport/response** through Europ Assistance
- **Emotional Wellbeing Programme** gives members free telephonic support and advice through those stressful curveballs life throws at us, and can put them in touch with a psychologist at a reduced rate if required.
- **MediTaxi**, transport service for members who need follow-up medical visits following a hospital authorisation.
- **SOS Call Me**, USSD call-back service so members can access Emergency Medical Services (EMS), Fedhealth Nurse Line or MediTaxi.
- **Comprehensive managed care programmes:**
 - Aid for AIDS (AFA) for those living with HIV/AIDS
 - Oncology Disease Management supports cancer sufferers with comprehensive care including cover for chemotherapy, radiotherapy, approved medication, related consultations, pathology and general radiology.
 - Mental Health Programme provides qualifying members who have mental health or substance abuse issues with access to the best quality primary mental healthcare.
 - Conservative Back and Neck Rehabilitation Programme helps qualifying members address their back and neck issues to avoid spinal surgery. Over six weeks, members benefit from a multidisciplinary approach including a GP, physio and biokineticist to assess and treat their condition.
 - Smoking Cessation Programme – All members on all options can sign up for the GoSmoke-Free service at 200 pharmacies countrywide to help them kick the habit for good. This programme will be paid from Risk.
 - Weight Management Programme is a 12-week programme designed for qualifying Fedhealth members with a high BMI and waist circumference. Led by a biokineticist, members have access to a dietician and behavioural psychologist with the goal to lose the excess weight and lead healthier, more rewarding lives.

topmed network

VS

myFED

Topmed **Network** is an affordable medical plan, with premiums based on monthly household income. A network of trusted healthcare providers has members' basic needs covered in times of emergency.

Similarly, Fedhealth's **myFED** plan is a salary-banded option that provides good medical cover for previously uncovered employees. Some of its great benefits include a free annual flu vaccine, unlimited visits at a contracted nominated GP, and the FREE Fedhealth Baby Programme.

Contact Number:
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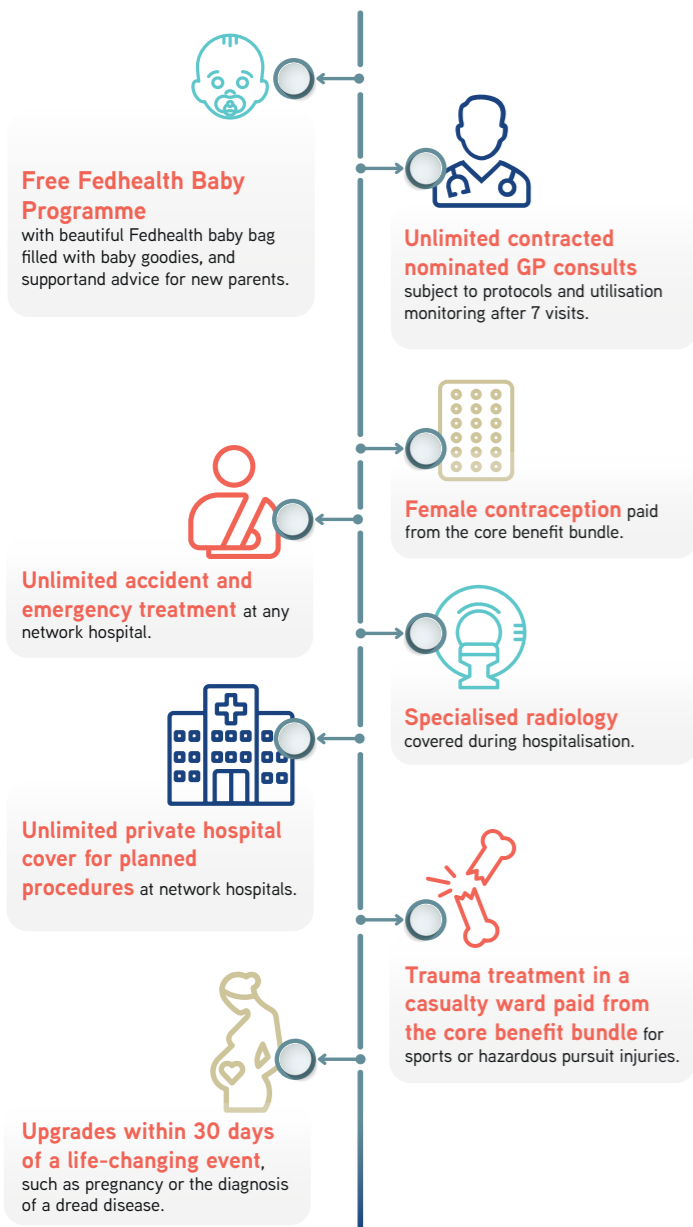
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www.fedhealth.co.za



why myFED

myFED offers these amazing benefits to give you even more:



network

- No benefit
- IH & OOH: Limited to PMBs
- Limited to PMB
- Limited to PMB
- Limited to PMB
- Limited to 2 GP consultations pbpa (excluding CDL treatment plan consultations and emergency GP visits). Additional consultations subject to clinical protocol and PAR. Limited to 3 visits per family per year to a maximum of R1 308 p/f/p/a. No benefit for facility fees. Only emergencies & after hours services.
- R1 584 p/f, DSP Network Specialists only, referral by network GP required, includes Radiology/Pathology
- Limited to PMB
- Limited to PMB

Topmed Network Rates

Salary band	P	A	C
0 – 1 000	R381	R381	R381
1001 – 5 953	R1 530	R1 530	R428
5 954 – 9 732	R1 530	R1 530	R428
9 733 – 11 000	R1 530	R1 530	R428
11 001 – 12 021	R2 068	R2 068	R554
12 022 – 13 739	R2 068	R2 068	R554
13 740 – >	R2 068	R2 068	R554

benefits

HOSPITAL BENEFIT

To take home medication

Psychiatric Hospitalisation

RADIOLOGY/PATHOLOGY/PROSTHESIS
Basic Radiology

MRI, CT & PET Scans

Pathology

DAY-TO-DAY BENEFIT

GPS AND MEDICATION

GPs

GPs (out-of-network)

Specialists

Basic Radiology

Pathology

Limited to **7 days' supply per event**

Subject to **R8 800** per family

Unlimited, subject to protocols
list of tests and procedures

Limited to **R13 400 p/b**, and to **R27 100 p/f**
subject to Network Hospital provider

Unlimited, subject to protocols, list of tests and
procedures

Unlimited at contracted nominated GP subject
to protocols & utilisation monitoring after 7 visits p/b.
Use of non-nominated GP limited to 2 visits p/b/p/a at
a contracted GP (referred to as out-of-area).
Can nominate up to 2 GPs p/b

Network Specialists only: 100% of cost – limited
to 2 visits or R1 740 p/f/p/a and Network GP referral

Unlimited, subject to protocols, list of tests and
procedures

Unlimited, subject to protocols, list of tests and
procedures

Fedhealth myFED Rates

Salary band	P	A	C
0 – 1 000	R916	R784	R440
1001 – 5 953	R916	R784	R440
5 954 – 9 732	R1 161	R989	R567
9 733 – 11 000	R1 627	R1 393	R624
11 001 – 12 021	R1 627	R1 393	R624
12 022 – 13 739	R2 068	R1 672	R808
13 740 – >	R 2 804	R2 506	R1 068