



Suremed Health Newsletter January 2016

A message from your Principal Officer – Jeff Slome:

Greetings for 2016 and may it be a good and healthy year.

We live in difficult times, and the Registrars message below is most pertinent. All South Africans need to be diligent as to how we spend money. With this in mind, we appeal to Suremed members to exercise care when spending money on day to day care. For major medical expenditure such as hospital admissions, we have managed care protocols in place that are designed to assist in controlling costs.

Help us to help you in cost management. Ultimately this will keep future contribution increases reasonable.

If you are unsure on any treatment that is required, please contact the office on 0860 0808 88 for assistance.

Welcome Suremed Health members to the first newsletter of 2016.

We trust you enjoyed a relaxing festive season spent with family and friends!

In this newsletter we concentrate on maximising your medical aid benefits and remind you of a chance of winning in our HRA competition.

LOOKING AFTER YOUR MEDICAL AID BENEFITS IN 2016



The Council for Medical Schemes (CMS) released a document with valuable information relating to the use of medical aid benefits for all schemes in South Africa (Press Release 1 of 2016). Please refer to an extract of this document below. Together with the CMS we encourage all our members to be aware of their benefit usage during the year and to enroll in our disease management programmes, Diabetes/HIV etc. where applicable.

Mr. Daniel Lehutjo, Acting Chief Executive and Registrar of the CMS, says now that members have chosen to either stay on the same benefit option or move to another one, they should resist the urge to spend all their benefits in the first couple of months to avoid running out of cover when it may be needed the most, later in the year. "We appeal to members to also use their medical scheme benefits wisely and spread the use of it evenly during the year. Make use of your general practitioner (GP) to coordinate your care and discuss any healthcare needs and concerns for the year – the CMS latest annual report shows schemes that paid more benefits to GPs paid less benefits to hospitals, indicating care coordinated by GPs decreases the chance of members being hospitalised.", "We encourage people to make use of the preventative screenings and tests many schemes offer. Members should also seek to register on the relevant chronic management programmes if they have certain illnesses, thereby ensuring their condition is monitored and that they receive all the necessary care," explained Lehutjo.

The following advice, as noted in the press release, will assist all our valued Suremed members to determine if and how much they are likely to pay out of their own pockets:

- Check who the DSP is for the service or product that you need particularly when phoning for a hospital authorisation
- If you need to undergo an operation, ask your surgeon for the codes and tariffs that will be charged.
- Discuss the medical scheme tariff with your surgeon and negotiate the price that you will pay.
- Remember that you are liable for any costs above medical scheme tariff
- Determine if there is a shortfall and make plans how this will be funded.
- Obtain pre-authorisation for procedures as provided for in the rules of your medical scheme.

More information on PMBs

More information on PMBs can be found on the CMS website,
www.medicalschemes.com/medical_schemes_pmb/index.htm.

A REMINDER OF OUR HEALTH RISK ASSESSMENT (HRA) COMPETITION

Suremed Health would like to encourage all its members to participate in the competition – not only can you win one of our incredible prizes, but you will also have an updated assessment of YOUR health! A reminder of the details of the competition:

Suremed Health will be running the Health Risk Competition from 15 January 2016 to the 31 March 2016. Our aim is for all principal members and adult dependants to have a health risk assessment done at your nearest Clicks or Dischem.

Clicks and Dischem have undertaken to send the results of the assessments directly to Suremed Health to ensure that you are entered into the competition. Should you not have reasonable access to a Clicks or Dischem, you may have the assessment done at your local pharmacy however you will need to ensure that the results are sent via email to Suremed Health on wellbeing@providence.co.za or faxed to 086 599 4511. Alternatively you can Whatsapp or SMS the results directly to us on 083 657 4740. Please refer to our letter sent in November 2015 for the terms and conditions of the competition. A copy of this letter is available on our website for easy reference. www.suremedhealth.co.za.

WIN ONE OF THE FOLLOWING:

A R10 000 GIFT VOUCHER FOR GAME STORES

A R10 000 GIFT VOUCHER FOR PICK N PAY HYPERMARKET

A R10 000 GIFT VOUCHER FOR INCREDIBLE CONNECTION



AND LASTLY, A REMINDER THAT ER 24 IS YOUR EMERGENCY SERVICE PROVIDER FOR 2016 – CONTACT 084 124.



What to do in the event of an emergency:

Always call **084 124**
Tell the ER 24 operator that you are a Suremed Health member. They will prompt you or the caller through all the information they require to help you.



Provide feedback to us on the quality of services received, suggestions, comments or compliments

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