REMEDI

Administered by Discovery Health

2nd edition
Newsletter 2014

Take your health with you everywhere

The Discovery smartphone app puts you fully in touch with Remedi, no matter where you are. If your smartphone is with you, then so is Remedi.

The Discovery app is loaded with useful information and is user-friendly. The Discovery app ties up usability and convenience to offer you one of the best mobile experiences when it comes to knowing your health.

On-the-go healthcare

The Discovery app serves as an electronic Remedi membership card. Your details will always be with you and if you're in an emergency, you can simply tap the emergency assistance number on your card for help at any time.

Some of the other features of the Discovery app include:

- Instant claiming just by sending a picture.
- Track your claims and medical spend, as well as view information on your hospital procedures.

With so many great features and many more, the Discovery app is perfectly convenient for anyone on the go. You can download the Discovery app from Google Play or the Apple App Store, depending on your device.

The Discovery app is available for both IOS (Apple) and Android applications. Simply visit the Apple App store on your iPhone and search for Discovery or the Play store on Android enabled smartphones and search for Discover Health to locate the Discovery App. Click on install and register with the required information to be ready to take Remedi on the road with you.

Dear Remedi Member

It just seems as if the time goes by faster every year! I can hardly believe that the first halve of 2014 is almost behind us. Please find attached the second Remedi newsletter for 2014.

In this edition we will:

- Focus on preventive care for the winter ahead as well as other wellness benefits
- Provide some information on how to access your Remedi information on the Discovery smartphone application;
- Provide more clarity on how the radiology and pathology benefit works; and
- Explain how you can manage your diabetes electronically.

It is important for us to keep contact with you as well as send you your claims information regularly so that you can manage your claims better. For these reasons we urge you to please update your contact details online at **www.yourremedi.co.za** or by calling us on **0860 116 116** to ensure that we can communicate with you via e-mail. Please also ensure that we have on record your latest postal and residential address details.

Regards

Kobus du Plessis
Principal Officer – Remedi

Be well this winter with preventive care

It is important to stay healthy so your body can cope with the stress of everyday life and fight off illness and infection. With winter on the way, make sure you know your health so you can detect potential medical concerns early.

We at Remedi believe that preventive screening is very important to your health, which is why we cover you for:

- One mammogram
- One Pap smear
- One prostate-specific antigen (PSA) test
- Unlimited HIV tests.

Members 65 years or older and members registered for certain chronic conditions are also covered for one seasonal flu vaccine.

Remember: These tests do not affect your day-to-day benefits.

Taking wellness a step further

You also have cover for the following group of tests that form part of the Vitality Health Check, which you can do at one of our network pharmacies up to the limit of R145, for the year:

- Blood glucose (to check for diabetes)
- Blood pressure
- Cholesterol
- Body mass index or BMI (your weight relative to your height)

Also, if you meet clinical entry criteria and preauthorise your procedure, you can now have an amniocentesis funded from your Remedi Insured Benefit. Members 55 years or older can have a colonoscopy funded out-of-hospital from this benefit once every ten years too.

Preventive screenings can positively affect your health and wellness by identifying possible medical conditions early, so you can proactively plan against anything of concern to your health. You can stay on top of health awareness days by having a look at the National Health Calendar.

How we cover you for radiology and pathology

For members diagnosed with cancer, we have set up a special cancer programme to help our members, called the ***Oncology Programme*** to help cover radiology and pathology.

If you are diagnosed on cancer, you need to register on our *Oncology Programme* so you can benefit from extra cover. We make every effort to ensure treatment is affordable and that treating doctors give you the correct treatment.

We cover radiology and pathology tests that are approved for your cancer treatment up to the Oncology Benefit limit when you register on the *Oncology Programme*.

How we cover you for radiology and pathology when you don't register

If you are a Remedi Comprehensive or Classic Option member and you have not registered on the *Oncology Programme*, we will pay for radiology and pathology from your Insured Out-of-Hospital Benefit. If there are no funds in your Insured Out-of-Hospital Benefit, we will pay your claims from your Personal Medical Savings Account if you are a member of the Comprehensive Option.

Your Personal Medical Savings Account allows you to not only save up and pay for medicine, but also pay for out-of-hospital radiology and pathology expenses, excluding MRI and CT scans.

Remedi Standard Option members also enjoy cover. Members have to use one of the many healthcare providers in the CareCross network to get cover for radiology and pathology.

For more about how we cover you for radiology and pathology, please read our Benefit Schedule.

Manage your diabetes digitally

Members with diabetes will soon be able to get the FORA® Diamond MINI telemetric glucose meter. This smart device makes diabetes management easier by helping members to keep track of essential information.

FORA® Diamond MINI

How the device works

The FORA® Diamond MINI provides a simple user interface for capturing blood glucose readings and insulin medicine levels. It also allows the user to log exercise details and meals – all in real-time.

Benefits of the FORA Diamond Mini

The FORA® Diamond MINI glucose meter with the iFORA app helps you manage your diabetes care effectively.

The glucose meter sends your readings directly to the iFORA app on your smartphone and tablet.

The iFora application gives you:

- Easy-to-use graphics to identify trends in your blood sugar levels.
- Improved quality of care by logging insulin or medicine doses, physical activity and meal information.
- Easy interpretation of readings to see trends in your blood sugar.

How to get a FORA® Diamond MINI

If you or any of your dependants are registered for cover for diabetes, you can get the FORA® Diamond MINI glucose meter from your nearest Dis-Chem Pharmacy.

Remedi Medical Aid Scheme will pay for one Bluetooth®-enabled telemetric glucose meter for members registered on the Chronic Illness Benefit for diabetes. The cost will be funded from Risk on the Comprehensive, Classic and Standard Options. If you need a second device, it will be paid according to the applicable sub-limits of the available benefits in the External Prostheses and Appliances Benefit. Please refer to your 2014 Benefit guide for more information.

REMEDI

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2de uitgawe
Nuusbrief 2014

Neem u gesondheid oral met u saam

Discovery se slimfoon-toepassing plaas u in volle verbinding met u gesondheidsplan, ongeag waar u u bevind. Indien u slimfoon by u is, is u gesondheidsplan ook.

Hierdie toepassing is gebruikersvriendelik en vol bruikbare inligting gepak. Discovery se toepassing vir slimtoestelle voeg bruikbaarheid en gerief saam om u een van die beste selfoonondervindings te gee rakende u kennis oor u gesondheid.

Gesondheidsorg – altyd en oral

Discovery se toepassing vir slimtoestelle dien as 'n elektroniese Remedi lidkaart. Mits u u slimfoon by u het, sal u altyd u Remedi besonderhede by u hê. Indien u 'n noodgeval beleef, kan u net aan die noodbystandsnommer op hierdie elektroniese lidkaart raak om hulp te ontbied – enige tyd.

Ander kenmerke van Discovery se toepassing vir slimtoestelle is onder andere:

- Kitseise deur slegs 'n foto in te dien.
- Bly op hoogte van u mediese uitgawes en sien inligting oor u hospitaalprosedures.

Met so baie wonderlike kenmerke en nog meer, is Discovery se toepassing vir slimtoestelle heerlik gerieflik vir almal wat op 'n drafstap leef. U kan Discovery se toepassing vir slimtoestelle by Google Play of by die Apple App Store aflaai – afhangend van die toestel wat u gebruik.

Discovery se slimtoesteltoepassing is in iOS (Apple) of Android beskikbaar. Besoek net die App Store met u iPhone of die Play Store as u 'n Android-slimfoon het om Discovery se toepassing af te laai. Klik op "Install" en registreer met die vereiste inligting om Remedi oral met u saam te neem.

Beste Remedi Lid

Dit wil voorkom asof elke jaar net eenvoudig vinniger verby snel! Ek kan beswaarlik glo dat die helfte van 2014 amper agter die rug is. Vind asseblief aangeheg die tweede Remedi nuusbrief vir 2014.

In hierdie nuusbrief fokus ons op die volgende:

- Voorkomende behandeling vir die winter en ander algemene welwees inligting.
- Hoe lede toegang kan kry tot persoonlike Remedi inligting via die Discovery slimfoon applikasie.
- Die werking van radiologie en patologie voordele.
- Die verduideliking hoe u u diabetes elektronies kan bestuur.

Ten einde Remedi in staat te stel om effektief te kommunikeer en vir u om u mediese eise te kan monitor via maandelikse state, wil ons 'n dringende beroep op alle lede doen om die skema te skakel by **0860 116 116** of aanlyn by **www.yourremedi.co.za** u nuutste aktiewe asook pos en residensiele adresse aan ons te voorsien.

Groete

Kobus du Plessis
Hoofbeampte – Remedi

Bly hierdie winter gesond met voorkomende sorg

Dit is belangrik om gesond te bly sodat u liggaam die uitdagings van die daaglikse lewe kan oorkom en siektes en infeksies kan beveg. Met die winter net om die draai, maak seker u weet hoe gesond u is sodat u moontlike gesondheidsprobleme vroegtydig kan opspoor.

Hier by Remedi glo ons dat voorkomende siftingsondersoeke baie belangrik vir u gesondheid is. Dit is hoekom ons u dekking gee vir:

- ’n Mammogram
- ’n Papsmeer
- ’n Toets vir prostaat-spesifieke antigeen (PSA)
- Onbeperkte MIV-toetse.

Lede wat 65 jaar oud of ouer is, of vir sekere chroniese toestande geregistreer is, het ook dekking vir een seisoenale griepentstof.

Onthou: Hierdie toetse beïnvloed nie u dag-tot-dag-voordele nie.

Ons neem welstand ’n stap verder

U het ook dekking vir die groep toetse wat deel van die Vitality Health Check uitmaak. U kan die volgende by enige apteek in ons netwerk laat nagaan, tot ’n limiet van R145 per jaar:

- U bloedglukosevlak (om vir diabetes te toets)
- U bloeddruk
- U cholesterolvlak
- U liggaamsmassa-indeks LMI (u gewig in verhouding met u lengte).

As u aan kliniese intreekriteria voldoen en u prosedure vooraf laat goedkeur, kan u nou ’n amniosentese uit Remedi se Versekerde Voordeel laat betaal. Lede wat 55 jaar oud of ouer elke tien jaar ’n kolonoskopie kry (wat nie in die hospitaal gedoen word nie) wat uit hierdie voordeel betaal word.

Voorkomende siftingstoetse kan positiewe uitwerking op u gesondheid hê, deurdat moontlike gesondheidsprobleme vroegtydig opgespoor kan word. Dit help u om pro-aktiewe planne te beraam teen enige iets wat u gesondheid kanbedreig.Die Nasionale Gesondheidskalender kan u op hoogte hou van gesondheidsbewustheidsdae.

U dekking vir radiologie en patologie

Ons het ’n spesiale kanker-program saamgestel om ons lede by wie kanker gediagnoseer is, te help. Hierdie ***Onkologie-program*** help met die dekking van radiologie en patologie.

Indien kanker by u gediagnoseer word, beveel ons aan dat u vir ons ***Onkologie-program*** registreer sodat u uit hierdie bykomende dekking kan voordeel trek. Ons doen ons bes om te verseker dat behandeling bekostigbaar is en dat u behandelende dokters u die korrekte behandeling gee.

Ons dek radiologie- en patologietoetse wat vir u kankerbehandeling goedgekeur is, tot by die Onkologievoordeel se limiet, as u op die ***Onkologieprogram*** geregistreer is.

U dekking vir radiologie en patologie as u nie registreer nie

Indien u ’n lid van Remedi se Omvattende of Klassieke Opsie is en u nie vir die ***Onkologie-program*** registreer nie, sal ons u radiologie en patologie uit u Versekerde Buite-hospitaalvoordeel betaal. Indien daar nie geld in u Versekerde Buite-hospitaalvoordeel is nie, sal ons u eise uit u Persoonlike Mediese Spaarrekening betaal vir lede van die Omvattende Opsie.

U Persoonlike Mediese Spaarrekening stel u in staat om vir medisyne te spaar en te betaal. Dit help u ook om uitgawes te betaal vir radiologie en patologie (buiten MR- en RT-skanderings) wat buite die hospitaal gedoen word.

Lede van Remedi se Standaard Opsie het ook dekking. Lede moet een van die vele gesondheidsorgverskaffers in die CareCross-netwerk gebruik om dekking vir radiologie en patologie te kry.

Raadpleeg u Voordeelgids vir nadere inligting oor u dekking vir radiologie en patologie.

Bestuur u diabetes digitaal

Lede met diabetes sal binnekort die FORA® Diamond MINI telemetriese glukosemeter kan kry. Hierdie slimtoestel maak dit makliker om diabetes te bestuur deurdat dit u help om tred te hou met noodsaaklike inligting.

FORA® Diamond MINI

Hoe die toestel werk

Die FORA® Diamond MINI verskaf eenvoudige gebruikerskoppelvlak om bloedglukoselesings en insulienvlakke aan te teken. Dit stel die gebruiker ook in staat om oefeningbesonderhede en maaltye intyds aan te teken.

Voordele van die FORA Diamond Mini

Die FORA® Diamond MINI-glukosemeter met die iFORA-toepassing maak dit moontlik vir lede om hulle diabetessorg doeltreffend te bestuur.

Die glukometer stuur u lesings direk na die iFORA-toepassing op u slimfoon en tablet.

Die iFORA-toepassing bied u:

- Grafika wat maklik is om te gebruik waarmee u tendense in u bloedsuikervlakke kan identifiseer.
- Verbeterde sorggehalte deur insulien- of medisynedosisse, liggaamsaktiwiteit en maaltydinligting aan te teken.
- Maklike interpretasie van die lesings om tendense in u bloedsuikervlakke te sien.

Hoe om FORA® Diamond MINI te bekom

Indien u of enige van u afhanklikes vir diabetesdekking geregistreer is, kan u die FORA® Diamond MINI-glukometer by u naaste Dis-Chem-apteek verkry.

Remedi Medical Aid Scheme betaal vir een telemetriese glukosemeter met Bluetooth® vir lede wat op die Voordeel vir Chroniese Siektes vir diabetes geregistreer is. Die koste word uit die Risikovoordeel betaal vir die Omvattende, Klassieke en Standaard Opsies.

Indien u ’n tweede toestel nodig het, word dit volgens die toepaslike sublimiete uit die beskikbare Voordele vir Eksterne Prostese en Toestelle betaal. Lees asseblief u Voordeelgids 2014 vir meer inligting.

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