

# Newsletter

THIRD QUARTER 2022

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## LETTER FROM THE PRINCIPAL OFFICER

I trust that you and your family experienced good health in 2022 and look forward to the warmer weather ahead.

South African consumers are faced with increasing cost pressures over a wide range of services and therefore Imperial Motus Med continues to explore ways to ensure that it remains sustainable and offers good value for money.

The Board of Trustees, together with Scheme Management and the Actuaries of the Scheme, reviewed the benefits of Imperial Motus Med and will be submitting proposed changes for the 2023 benefit year to the Council for Medical Schemes by the end of September 2022.

In addition to the above benefit review, the Trustees have given heed to calls from our female beneficiaries and will be implementing a contraceptive benefit with effect from 1 October 2022. Benefits in this category will be allocated on a pro rata basis for the remainder of 2022, but all female members will have access to the full benefit from 2023 onwards.

We will communicate the other benefit amendments that will be effective from 1 January 2023 to you once we have received approval from the Council for Medical Schemes.

Yours faithfully  
*Johan van der Walt*  
Principal Officer  
Imperial and Motus Medical Aid

# The new contraceptive benefit for all female beneficiaries

Oral contraceptives, intra-uterine devices (excluding the Marina and similar devices) and injectables will be paid at 100% of cost from a benefit limit of R2 160 per female beneficiary per year, limited to one prescription per month.

The Board of Trustees decided not to wait for January 2023 to implement the benefit and, subject to approval by the

Council for Medical Schemes, the benefit will be available with effect from 1 October 2022.

The benefit will be allocated on a pro rata basis for the last three months of this year, i.e. from October to December 2022, and will be limited to R540 per female beneficiary during this initial period.



## Imperial Motus Med website and mobile app

How to register

If you would like to access your medical scheme information on the Scheme's website, you need to register on the website first, after which you can register on the app. It is quick and easy to register.

### Follow these steps

- Go to [www.imperialmotusmed.co.za](http://www.imperialmotusmed.co.za).
- Click on 'Sign in' and select 'Member'.
- Click on 'Register' and insert the following before clicking on 'Next':
  - » your identity number
  - » your email address or cell phone number.  
*(Please use the email address or cell phone number the Scheme has on record for you. We will email a validation notification to this email address. If your contact information has changed, please contact the client service department.)*
- You will be required to provide the one-time password (OTP) verification number that will be sent to you.
- You will be routed to the registration form and, once completed, to the sign in page, where you must insert your username and your new password.

If you are already registered on the Imperial Motus Med website:

- Go to [www.imperialmotusmed.co.za](http://www.imperialmotusmed.co.za).
- Click on 'Login'.
- Select 'Member'.
- Insert your username and password and click on 'Sign in'.

Now you can view all your medical scheme details, which include, among others, your claims, contributions, correspondence and personal details (which you can now update yourself).

Once registered on the website, you can also register on the Imperial Motus Med mobile app, which is available to download from the iStore (Apple) or Play Store (android).



You will use the same username and password for this app as for the Imperial Motus Med website.



Happy browsing!



# What to do when diagnosed with a chronic condition

Should you or one of your dependants be diagnosed with a chronic condition, you or your treating doctor should contact Imperial Motus Med immediately on 0860 467 374.

To ensure your chronic medication is paid from the chronic medication benefit, you need to apply for the registration of your chronic condition with the Scheme.

The Scheme will cover a specific list of chronic conditions, which includes 26 chronic disease list (CDL) prescribed minimum benefit (PMB) conditions, that must by law be covered on all medical scheme benefit plans.

Your application for chronic medication benefits will be reviewed subject to the Scheme's chronic medication protocols and formularies (lists of prescribed medication). If approved, your CDL medication will be paid from your available annual chronic medication benefit limit. Should your chronic medication benefit limit be depleted, the Scheme will continue to cover the 26 CDL conditions as PMBs from the insured benefit.

If you do not register your CDL chronic condition with the Scheme, your medicine and treatment claims will be paid from your normal day-to-day benefit limits, which will leave you with fewer benefits for your day-to-day claims.

Here is a list of the 26 CDL chronic conditions the Scheme will cover on

both the Imperial Motus Med Health Plan and the Imperial Motus Med Budget Plan:

26 CDL conditions	
If you are registered for one or more of the 26 CDL conditions, Imperial Motus Med not only covers your medication for the condition, but also specific doctors' consultations and tests related to your condition. The Scheme may have specific protocols and medicine formularies in place to manage these benefits, as per PMB legislation.	
Addison's disease	Epilepsy
Asthma	Glaucoma
Bipolar mood disorder	Haemophilia
Bronchiectasis	HIV
Cardiac failure	Hyperlipidaemia
Cardiomyopathy	Hypertension
Chronic obstructive pulmonary disease (COPD)	Hypothyroidism
Chronic renal disease	Multiple sclerosis (MS)
Coronary artery disease (CAD)	Parkinson's disease
Crohn's disease	Rheumatoid arthritis (RA)
Diabetes insipidus	Schizophrenia
Diabetes mellitus types I and II	Systemic lupus erythematosus (SLE)
Dysrhythmias	Ulcerative colitis

In addition to the above 26 CDL chronic conditions, Imperial Motus Med also covers the additional 47 chronic conditions below on the Imperial Motus Med Health Plan from your chronic medicine benefit limit.

Should you have any of these chronic conditions, you need to register them with the Scheme for your medication to be paid from the correct benefit limit. Should your annual chronic medication limit be depleted, your medication for any of the above 26 CDL chronic conditions will continue to be covered. However, for the 47 additional chronic conditions below, your chronic medication will only be paid up to the chronic medicine benefit limit.

47 additional chronic conditions covered on the Health Plan	
Aplastic anaemia	Acne (severe)
Benign prostatic hyperplasia	Attention deficit hyperactivity disorder (ADHD)
Cardiac arrhythmia	Allergic rhinitis
Cushing's disease	Alzheimer's disease
Endometriosis	Ankylosing spondylitis
Glomerular disease	Cystic fibrosis
Hyperthyroidism	Depression
Hypoparathyroidism	Dermatomyositis
Menopause (HRT)	Eating disorders
Pancarditis	Eczema (severe)
Paraplegia	Embolism and thrombosis
Pemphigus	Motor neuron disease
Pituitary adenoma	Myasthenia gravis
Polycystic ovarian syndrome	Narcolepsy
Pulmonary hypertension	Obsessive compulsive disorder
Pulmonary interstitial fibrosis	Osteoporosis
Quadriplegia	Paget's disease
Sarcoidosis	Psoriasis
Stroke (cerebrovascular accident)	Reflux disease
Thromboangiitis obliterans (TAO)	Scleroderma
Thrombocytopenic purpura (ITP)	Sjögren's syndrome
Tuberculosis	Systemic sclerosis
Valvular heart disease	Stoma therapy appliances
Venous thromboembolism	

On the Imperial Motus Med Budget Plan, medication for the above 47 additional chronic conditions will only be paid by the Scheme if treatment for your chronic condition is covered under PMBs. This means that if you receive treatment for a chronic condition that has not been registered as a CDL PMB condition with the Scheme, the Scheme will not fund your medication for this condition. You need to register your additional chronic condition with the Scheme if your diagnosis is a PMB to ensure your medication is paid from the chronic medication benefit.

For more information, call us on 0860 467 374.



# CMScript 4/2022: Focus on Age-related Macular Degeneration (AMD)



According to the World Health Organization (WHO), age-related macular degeneration (AMD) is the third cause of irreversible blindness or visual impairment globally, with profound consequences on the quality of life. Age-related macular degeneration accounts for almost 9% of all blindness worldwide and is the most common cause of blindness in people older than 60 years in developed countries. Almost 170 million people have been affected by AMD globally.

## Anatomy of the human eye

The human eye is not entirely round. It consists of an anterior section – the front part you can see when looking in a mirror – and the posterior section – the area behind the front part that is not visible to the naked eye.

The anterior segment of the eye includes the following:

- **Iris** – the coloured part of the eye
- **Cornea** – a transparent, protective layer over the iris
- **Pupil** – the round opening that is visible as the black circle and allows light to enter the eye
- **Sclera** – the white part of the eye
- **Conjunctiva** – a thin layer of tissue that covers the entire anterior area except for the corner of the eye
- **Behind the iris lies the lens** responsible for focusing light on the back of the eye.

The posterior segment of the eye starts behind the lens and consist of the vitreous gel. The entire inside of the eye is covered by light-sensing cells. This layer is called the retina.

## IMPORTANT CONTACT DETAILS

For administration queries, you may call the following numbers during office hours from 08:00 to 16:30, from Monday to Friday. Alternatively, send us a letter or email or visit our website. In an emergency, call Europ Assistance at any time of the day, seven days a week.

### CLAIMS ENQUIRIES, MEMBERSHIP CONFIRMATION AND REGISTRATION

Tel: 0860 467 374 Fax: 0860 111 788  
Email: [enquiries@imperialmotusmed.co.za](mailto:enquiries@imperialmotusmed.co.za)

### HOSPITAL PRE-AUTHORISATIONS AND ONCOLOGY MANAGEMENT PROGRAMME

HOSPITAL PRE-AUTHORISATION  
Tel: 0860 467 374 Fax: 0861 888 113  
Email: [hrm@imperialmotusmed.co.za](mailto:hrm@imperialmotusmed.co.za)

### ONCOLOGY

Tel: 0860 467 374 Fax: 0861 222 552  
Email: [oncology@imperialmotusmed.co.za](mailto:oncology@imperialmotusmed.co.za)

### MEDICINE RISK MANAGEMENT PROGRAMME

(chronic medication and medical management)  
Tel: 0860 467 374 Fax: 0860 111 788  
Email: [chronic@imperialmotusmed.co.za](mailto:chronic@imperialmotusmed.co.za)

### MEMBER CARE LINE – MEDI CALL

Tel: 0860 105 221  
Email: [imperialmotusmed@medicall.co.za](mailto:imperialmotusmed@medicall.co.za)  
Website: [www.medicall.co.za](http://www.medicall.co.za)

### CEDAR HEALTHCARE

Tel: 0860 105 221  
Email: [cedar@medicall.co.za](mailto:cedar@medicall.co.za)  
Website: [www.cedarhc.co.za](http://www.cedarhc.co.za)

### EUROP ASSISTANCE 24-HOUR EMERGENCY

Services and 24-hour Personal Health Adviser  
Tel: 0861 RESCUE (0861 737 283)

### HIV YOURLIFE PROGRAMME

Tel: 0860 109 793 Fax: 012 675 3848  
Address: HIV YourLife Programme,  
Imperial Motus Med,  
PO Box 15468, Vlaeberg 8018  
Email: [hiv@momentum.co.za](mailto:hiv@momentum.co.za)

### THE ADMINISTRATOR'S WEBSITE

[www.momentum.co.za](http://www.momentum.co.za)

### MEMBER SUGGESTION EMAIL BOX

[suggestions@imperialmotusmed.co.za](mailto:suggestions@imperialmotusmed.co.za)

### THE SCHEME'S WEBSITE

[www.imperialmotusmed.co.za](http://www.imperialmotusmed.co.za)

### FRAUD HOTLINE

Tel: 0800 000 436

### IMPERIAL MOTUS MED

Postal Address:  
PO Box 2287, Bellville 7535

### CONTRIBUTION ENQUIRIES

Contact your company's payroll/HR department

### COUNCIL FOR MEDICAL SCHEMES – COMPLAINTS DEPARTMENT

Tel: 0861 123 267 Fax: 012 431 0608  
Email: [complaints@medicalschemes.com](mailto:complaints@medicalschemes.com)

### DENTAL AUTHORIZATION

Tel: 0860 467 374  
Email: [dentalauth@momentum.co.za](mailto:dentalauth@momentum.co.za)

You can read more about the diagnosis and treatment of AMD on the Council for Medical Schemes website at [www.medicalschemes.com](http://www.medicalschemes.com). Search for *CMScript 4 of 2022* under 'Publications'.