

Newsletter

FOURTH QUARTER 2023



LETTER FROM THE PRINCIPAL OFFICER

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Scheme Management and the Board of Trustees reviewed the Scheme's benefits in September 2023 and submitted benefit amendments and annual benefit limit increases to the Council for Medical Schemes for approval and registration with effect from 1 January 2024. Enclosed herewith is your copy of the 2024 member guide that contains the benefits available from 1 January 2024.

I am excited to inform you of a new Annual General Benefit Limit available to all our members from 1 January 2024, which will bring some most welcome financial relief to you, as explained in this newsletter.

Please spend some time to study those benefits of your Scheme to ensure that you understand the benefits and Rules of the Scheme. A summary is available in your member guide.

As we enter a well-earned holiday season, some of you will be traveling to various holiday destinations. We urge you to keep your membership card at hand for those unexpected emergencies and to ensure that your family members have access to your card.

Travel with care and our best wishes for good health to bless you and your family over the festive season and into the new year.

Yours faithfully

Fred Meier
Principal Officer
Imperial and Motus Medical Aid

Imperial Motus Med new Annual General Benefit Limit



In a very difficult economic environment, where most medical schemes increased their members' monthly membership contributions significantly and at the same time announced decreases in benefits, Imperial Motus Med will use its sound financial position to offer its members significantly enhanced benefits, thereby bringing welcome relief to its members who are already under so much financial pressure.

The Board of Trustees is happy to introduce a **new** Annual General Benefit Limit to all members effective **1 January 2024**.

The benefit limit amount will be determined by the Trustees annually and will be offered for as long as the financial position of the Scheme allows it.

The Annual General Benefit Limit will work as described below:

- The new Annual General Benefit Limit for **2024** is set at **R5 600** per member (family) per year, which will be reviewed annually.
- Your normal benefit limits in your day-to-day, major medical and chronic medicine benefits will be used first and, if there are co-payments or short payments due on your claims, the Annual General Benefit Limit will be used automatically for these co-payments or short payments.
- Once the Annual General Benefit Limit is depleted, you will be responsible for co-payments and short payments for the remainder of the year.
- This benefit does not accumulate from one year to the next. However, with effect from 1 January of every year the benefit amount will be reviewed and made available to the member (family) for the remainder of the year.
- Should you join Imperial Motus Med during the year, you will not be entitled to the full amount, but to an amount that is adjusted in proportion to the number of months remaining in the year.

Please note that this Annual General Benefit limit will only be offered for as long as the financial position of the Scheme allows it.

For any enquiries in this regard, visit the Scheme's website at www.imperialmotusmed.co.za or contact the Medi Call Member Care Line on **0860 105 221** or the Client Service Department on **0860 467 374**.

BENEFIT CHANGES FOR 2024

Scheme Management herewith confirms that most of the benefit limits will be increased by an inflationary increase of 5.5% and some will be increased with more than inflation on both the Imperial Motus Med Health and Budget Plans with effect from **1 January 2024**.

The 2024 benefits are in the member guide included with this newsletter and can also be found on the Scheme's website at www.imperialmotusmed.co.za.

Option change for 2024

Imperial Motus Med has two benefit plans, i.e. the Imperial Motus Med Health Plan, which has existed from the inception of the Scheme in July 1995, and the Imperial Motus Med Budget Plan, which was implemented on 1 July 2013.

Members have the option to change plans **once a year** with effect from **1 January** of a year. Included with this newsletter is a plan selection form, which should be completed and delivered to the Scheme by **no later than 14 December 2023** if you wish to change your benefit plan.



Your contributions

THE FOLLOWING IS IMPORTANT TO NOTE:

Your member guide does not include information on your contributions, because the Scheme's contribution changes are normally effective from **1 July each year**.

The revised contributions for 2024 will be communicated during May/June 2024.

HOLIDAY RECIPE

Jungle Bell Bundt Cake

For the cake

1 cup extra virgin olive oil, plus more for the pan
2 ½ cups of cake flour, plus more for dusting
¾ cup almond flour
1 ½ teaspoons baking powder
1 ¾ cups sugar
4 large eggs, at room temperature
1 teaspoon vanilla essence
½ teaspoon pure almond essence
½ cup unsweetened almond milk

For the glaze

2 cups confectioners' sugar
2 to 3 tablespoons milk

For the topping:

2 cups confectioners' sugar
2 to 3 tablespoons milk



Directions

1. Make the cake by preheating the oven to 190 degrees Celsius. Brush a 10- to 12-cup Bundt (doughnut-shaped) pan with olive oil, dust with the cake flour and tap out the excess flour. Whisk all the cake flour, almond flour, baking powder and salt in a medium bowl and set aside.
2. Combine the granulated sugar and eggs in a large bowl, beat with a mixer on medium high speed until thick and pale yellow (about three minutes). Reduce the mixer speed to medium and slowly beat in the olive oil until the batter is smooth. Beat in the vanilla and almond essences. Reduce the mixer speed to low, beat in the flour mixture in two portions, alternating with the almond milk, until just combined.
3. Pour the batter into the prepared pan and smooth the top. Bake until a toothpick inserted into the middle comes out with a few moist crumbs after 50 to 60 minutes. Transfer to a rack and let cool for 15 minutes in the pan. Loosen with an offset spatula, then invert onto the rack to cool completely.
4. Make the glaze by whisking the confectioners' sugar and 2 tablespoons milk in a bowl until smooth; stir in the remaining tablespoon milk if the glaze is too thick. Spoon the glaze over the cake, letting it drip down the sides. Sprinkle with pomegranate seeds and chopped almonds. Let the glaze set (about 20 minutes).

Emergency information to keep at hand during the festive season

In a medical emergency or when medical treatment is required, the first and most important thing to do is to stay calm and to contact the correct authorities to help you.

Below is a list of service providers you can contact in an emergency:

24-HOUR MEDICAL EMERGENCY SERVICES

Europ Assistance emergency services

0861 RESCUE (0861 737 283)

24-HOUR PERSONAL HEALTH ADVISOR LINE

A service offered by Europ Assistance

0861 RESCUE (0861 737 283)



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

HOSPITAL PRE-AUTHORISATIONS AND ONCOLOGY MANAGEMENT PROGRAMME

HOSPITAL PRE-AUTHORISATION

Tel: 0860 467 374

Fax: 0861 888 113

Email: hrm@imperialmotusmed.co.za

ONCOLOGY

Tel: 0860 467 374

Fax: 0861 222 552

Email: 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

EUROP ASSISTANCE 24-HOUR EMERGENCY

Services and 24-hour Personal Health Adviser

Tel: 0861 RESCUE (0861 737 283)

MEMBER CARE LINE – MEDI CALL

Tel: 0860 105 221

Email: imperialmotusmed@medicall.co.za

Website: www.medicall.co.za

CEDAR HEALTHCARE

Tel: 0860 105 221

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

DENTAL AUTHORIZATION

Tel: 0860 467 374

Email: dentalauth@momentum.co.za

CONTRIBUTION ENQUIRIES

Contact your company's payroll/HR department

THE ADMINISTRATOR'S WEBSITE

www.momentum.co.za

MEMBER SUGGESTION EMAIL BOX

suggestions@imperialmotusmed.co.za

THE SCHEME'S WEBSITE

www.imperialmotusmed.co.za

FRAUD HOTLINE

Tel: 0800 000 436

IMPERIAL MOTUS MED

Postal Address:

PO Box 2287, Bellville 7535

COUNCIL FOR MEDICAL SCHEMES – COMPLAINTS DEPARTMENT

Tel: 0861 123 267

Fax: 012 431 0608

Email: complaints@medicalschemes.com