

# Newsletter

FOURTH QUARTER 2021

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## LETTER FROM THE PRINCIPAL OFFICER

Scheme Management and the Board of Trustees have reviewed the Scheme's benefits with effect from 1 January 2022 and enclose your copy of the 2022 member guide. Please spend some time to study the benefits of your Scheme to ensure that you understand the benefit changes that will take effect on 1 January 2022.

We will all enter a well-earned holiday season soon and some may travel all over the country to various holiday destinations. Kindly remember to follow all COVID-19 protocols to ensure you and your family stay safe during the holiday season.

In addition, everyone 12 years and older can now be vaccinated. We encourage all beneficiaries to get vaccinated to limit the effects of possible infections during the fourth wave of COVID-19 infection. Being vaccinated limits the severity of COVID-19 symptoms, hospitalisation and death.

Remember to keep your membership card at hand for those unexpected emergencies and to ensure that your family members know where your membership card is kept.

Travel with care and our best wishes for good health accompany you and your family.

Yours faithfully  
*Johan van der Walt*  
Principal Officer  
Imperial Motus Med

# COVID-19 vaccinations

The Scheme would like to encourage all eligible beneficiaries to get vaccinated. At this point in time, only 15% of the Scheme's beneficiaries have been vaccinated. Take note that all COVID-19 vaccines are **paid at cost** by the Scheme and that you don't need an authorisation to obtain your vaccine.

If you have not been vaccinated yet, please register at <https://vaccine.enroll.health.gov.za> – all beneficiaries 12-years and older are also eligible to get vaccinated.

## Benefits of being vaccinated

- Trends confirm that the higher the number of people who have been **vaccinated** in any population, the **lower the death rate**.
- Being **vaccinated** limits the **severity of COVID-19** symptoms, hospitalisation and death.

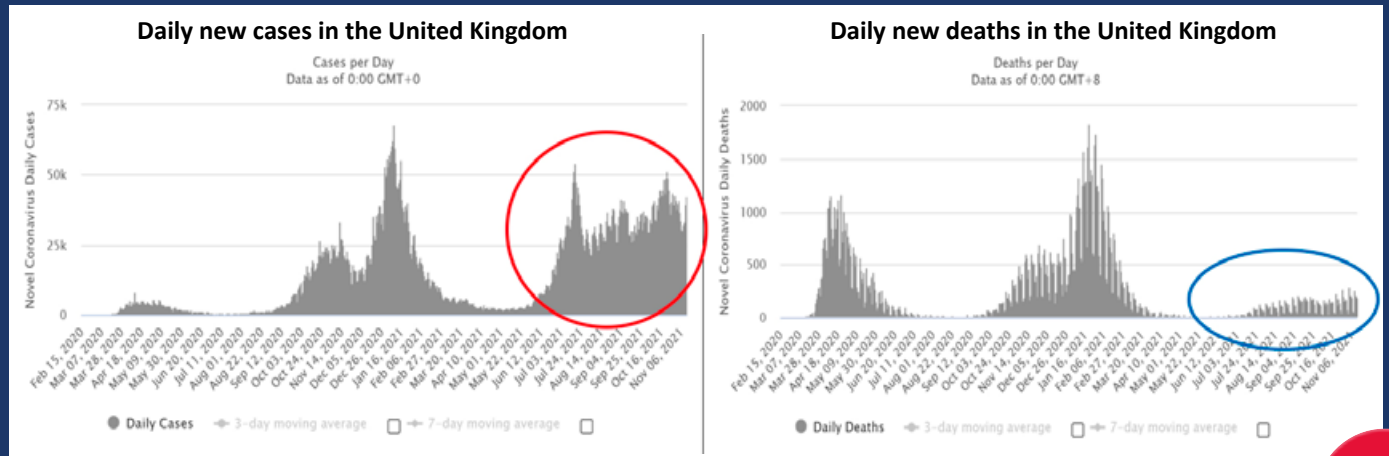
## Some statistics for Imperial Motus Med as at 2 November 2021

- A total of **14 136** COVID-19 tests were performed on Imperial Motus Med beneficiaries.
- Of the 14 136 COVID-19 tests that were performed, **2 396** beneficiaries tested positive.
- **259** of these beneficiaries were hospitalised.
- **50** of the beneficiaries hospitalised ended up in an intensive care unit.
- **46** of the beneficiaries passed away.
- **4 227** beneficiaries have been either fully or partly vaccinated. Of this number, **2 485** beneficiaries were fully vaccinated, i.e. received both Pfizer vaccines or one Johnson & Johnson vaccine.

## Comparative statistics: The United Kingdom and South Africa

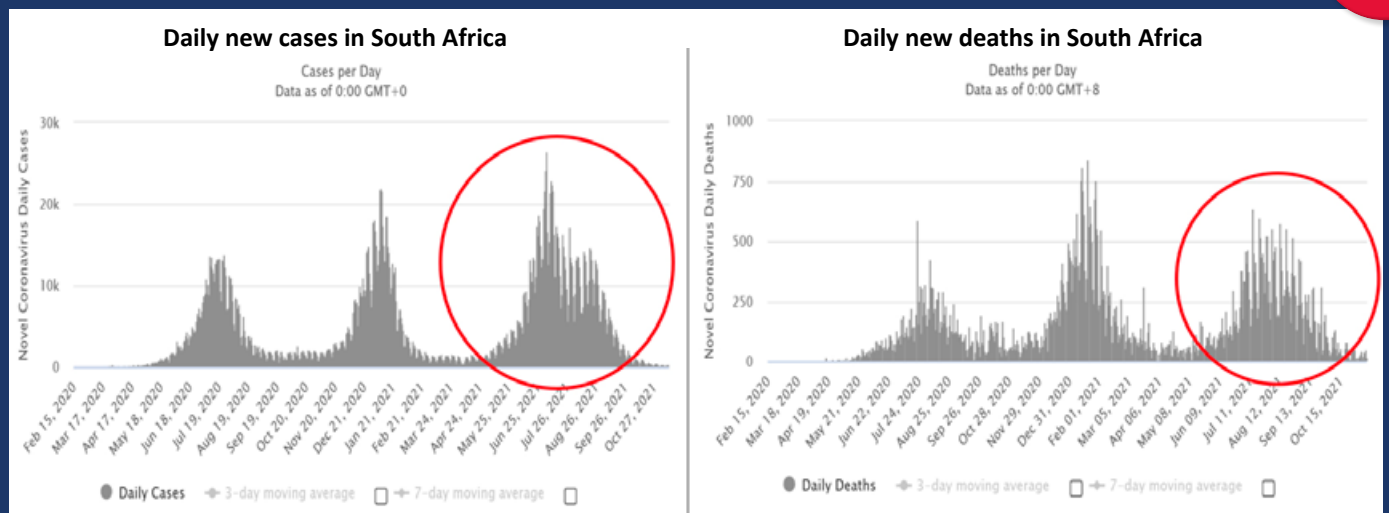
Statistics on the Worldometer indicate that the higher the number of people who are vaccinated, the lower the number of deaths.

The graphs below illustrate the drop in the death rate during the last wave of infections in the United Kingdom:



Source: Worldometer

The graphs below illustrate the continued high death rate during the last wave of infections in South Africa:



# Benefit changes for 2022

Scheme Management herewith confirms that most of the benefit limits will be increased by an inflationary increase of 5%, where required, on both the Health Plan and Budget Plan with effect from **1 January 2022**. In addition, the out-of-hospital mental health benefit limit will be increased by 15% from 1 January 2022.

The summary of the 2022 benefit changes can be found on the Scheme's website at [www.imperialmotusmed.co.za](http://www.imperialmotusmed.co.za).

# Option change for 2022

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 if you wish to change your plan and reach the Scheme by **no later than 31 December 2021**.



## Your contributions

*Your member guide does not include information on your contributions, because the Scheme's contribution changes are effective from 1 July each year. The revised contributions for 2022 will be communicated during May/June 2022.*



## Mobile app

Don't have the Imperial Motus Med Mobile App yet? Make sure to download it from the Apple iStore or Google Play before you go on holiday. The app allows you to access all your medical scheme information at the touch of a button and comes with a virtual membership card that is accepted by most service providers.

Download the app from the Apple iStore or Google Play!



# HOLIDAY RECIPE

## Warm apple and pistachio spinach salad



### Ingredients

- 3 tablespoons of butter
- 2 cups of chopped, crisp, unpeeled apples (about 2 medium apples)
- 1 teaspoon of grated, fresh gingerroot
- 1 cup of shelled, roasted pistachios
- 2 teaspoons of Dijon mustard
- 1 package of fresh baby spinach
- 1 cup of whole-milk ricotta cheese
- 2 tablespoons of honey
- Coarsely ground pepper

### Method

In a large skillet, melt butter over medium-high heat. Add apples and ginger, cook and stir for three to four minutes until the apples soften and begin to caramelize.

Stir in the pistachios and Dijon mustard. Reduce heat and let simmer for five minutes, stirring occasionally.

Pour two-thirds of the apple mixture over the spinach. Add spoonfuls of ricotta cheese and top with the remaining apple mixture. Drizzle with honey. Add fresh pepper to taste.

## 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 Fax: 0866 889 411  
Email: [imperialmotusmed@medicall.co.za](mailto:imperialmotusmed@medicall.co.za)  
Website: [www.medicall.co.za](http://www.medicall.co.za)

**CEDAR HEALTHCARE CONSULTANTS**  
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**  
Website: [www.momentum.co.za](http://www.momentum.co.za)

**MEMBER SUGGESTION EMAIL BOX**  
Email: [suggestions@imperialmotusmed.co.za](mailto:suggestions@imperialmotusmed.co.za)

**THE SCHEME'S WEBSITE**  
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 AUTHORISATION**  
Tel: 0860 467 374  
Email: [dentalauth@momentum.co.za](mailto:dentalauth@momentum.co.za)



## 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 services you can access in an emergency:

**0861 RESCUE (0861 737 283) 🚑**

**24-HOUR MEDICAL EMERGENCY SERVICES:**  
Europ Assistance emergency services

**24-HOUR PERSONAL HEALTH ADVISOR LINE:**  
A service offered by Europ Assistance for 24-hour advice on medical-related concerns