

Newsletter

FOURTH QUARTER 2024



LETTER FROM THE PRINCIPAL OFFICER

Scheme Management and the Board of Trustees reviewed the Scheme's benefits in September 2024 and submitted benefit amendments and annual benefit limit increases to the Council for Medical Schemes for registration with effect from 1 January 2025.

Please click [here](#) or visit www.imperialmotusmed.co.za to download your copy of the 2025 member guide that contains the benefits available from 1 January 2025.

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

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

Alternatively, download the Imperial Motus Med app to your mobile device to present your digital membership card to healthcare providers. Find out more about registering on page 3 in the article 'Imperial Motus Med website and mobile app'.

Travel with care. We wish you and your family the best of health over the festive season and into the new year.

Yours faithfully

Fred Meier
Principal Officer
Imperial and Motus Medical Aid

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Benefit changes for 2025

Scheme Management herewith confirms that most of the benefit limits will be increased by an inflationary increase of 4.7% and some will be increased by more than inflation on both the Imperial Motus Med Health and Budget Plans with effect from **1 January 2025**.

In addition to the above, the Scheme is implementing the following new benefits on the **Health Plan** effective 1 January 2025:

- **Specialised oncology medicine** – subject to Mediscor Reference Pricing, managed care protocols and the annual limit indicated in the member guide
- **Specialised chronic medicine** – subject to Mediscor Reference Pricing, managed care protocols and the annual limit indicated in the member guide
- **Diabetic appliance benefit** – subject to managed care protocols and pre-authorisation
- **Hearing aid maintenance benefit** – R2 500 per beneficiary over a three-year period

Furthermore, the following benefits will be added to the **Budget Plan** effective 1 January 2025:

- **Preventative dentistry** – to be paid from the basic dentistry benefit limit
- **Childhood vaccines** – as per the Scheme's formulary from birth to 12 years of age

The following benefit changes are applicable on both the Imperial Motus Med Health and Budget Plans:

- Flu vaccines for all beneficiaries over the age of 18 years will be funded as part of wellness and preventative benefits.
- The current limit of R1 800 on Dexa scans will be removed from 1 January 2025. The benefit is still subject to one scan every three years for beneficiaries 50 years and older and part of wellness and preventative benefits.

The 2025 member guide can be downloaded by clicking [here](#) or by visiting the Scheme's website at www.imperialmotusmed.co.za.

OPTION CHANGE FOR 2025

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.

Please click [here](#) or visit www.imperialmotusmed.co.za to download a plan selection form, which should be completed and delivered to the Scheme by **no later than 13 December 2024** if you wish to change your benefit plan.



Imperial Motus Med

PLAN SELECTION FORM

PLEASE COMPLETE IN BLOCK LETTERS.

Members have the opportunity to change their current benefit plans at the end of each year. No plan changes will be allowed after 14 December 2024. You may also fax it to 0860 111 788 or post it to PO Box 1230, Soweto, 1950.

PLEASE NOTE: Should you not return your plan selection form by Friday, 13 December 2024, you will remain on the same/current plan.

1. PERSONAL DETAILS OF PRINCIPAL MEMBER (COMPULSORY TO COMPLETE)

Member number: (if you are an existing member) Title:

Surname: Initials:

First name(s):

Identity/passport number:

2. YOUR PLAN CHOICE FOR 2025

Please indicate which plan you prefer by ticking one of the boxes below – you may only choose one.

Imperial Motus Med Health Plan Imperial Motus Med Budget Plan Basic plan benefits Cost to company

Gross monthly income: R

3. CHOICE OF NETWORK GENERAL PRACTITIONER (ONLY APPLICABLE IF YOU CHOOSE THE BUDGET PLAN)

If you choose to be on the Imperial Motus Med Budget Plan, please provide the details of one or two general practitioners you would like to make use of:

General practitioner 1

General practitioner's name and surname:

Practice number:

Address: City:

Telephone number:

Email address:

General practitioner 2

General practitioner's name and surname:

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 2025 will be communicated during May/June 2025.

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.
- 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 PIN (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.
- 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) and Play Store (Android).

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

Happy browsing!



Holiday recipes

Lamb shoulder with fruitcake stuffing and potatoes

Ingredients

- 250 g plain fruitcake, crumbled
- 125 g cooked brown rice
- 1 tbsp finely chopped fresh rosemary leaves, plus two large, torn sprigs of rosemary
- 2 garlic cloves, crushed
- 375 ml (1^{1/2} cups) unsweetened almond milk
- 1.5 kg baby potatoes, unpeeled and halved
- 60 ml (1/4 cup) olive oil
- 1.5 kg boneless rolled lamb shoulder



Directions

- Preheat oven to 240°C/220°C using the oven's convection fan. Combine the fruitcake, rice, rosemary, garlic and 60 ml (1/4 cup) almond milk in a bowl. Season.
- Place potato, extra rosemary, two tbs olive oil and remaining almond milk in a large baking dish. Season.
- Remove packaging and string from lamb. Open out the lamb and lay, cut side up, on a board. Spread fruitcake mixture over the meat. Roll up to enclose filling. Use unwaxed kitchen string to tie up lamb at 2 cm to 3 cm intervals and transfer to another baking dish. Drizzle over the remaining oil. Season. Roast the lamb and potato for 20 minutes.
- Reduce heat to 200°C/180°C. Continue roasting for 30 to 40 minutes or until lamb is cooked to your liking. Remove lamb from oven and set aside, covered, for 15 minutes to rest before slicing. Continue to cook potato for a further 15 minutes. Transfer lamb and potato to a serving platter. Season and serve with the beetroot and fig salad below.

Beetroot and fig salad

Ingredients

- 4 (about 500 g) whole beetroot, unpeeled, cut into wedges
- 1 tbsp fresh thyme leaves
- 1 tbsp olive oil
- 6 figs, halved lengthways
- 170 g (2/3 cup) walnuts
- 80 g baby spinach
- 1 small cucumber, peeled into ribbons
- 1/2 cup small fresh mint leaves
- 2 tbsp balsamic dressing

Directions

- Line a large baking tray with baking paper. Place the beetroot and thyme on prepared tray. Drizzle over the oil. Season and toss to coat. Bake for 40 minutes or until tender, adding the fig to the tray in the last 15 minutes of cooking and the walnuts in the last 10 minutes.
- Coarsely chop the walnuts. Place the walnuts and beetroot in a large serving bowl (or on serving platter with lamb and potatoes). Add the spinach, cucumber, mint and dressing. Season. Toss gently to combine. Serve the salad topped with fig.



Important contact details

EMERGENCY INFORMATION TO KEEP AT HAND DURING THE HOLIDAY SEASON

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 an 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

Email: enquiries@imperialmotusmed.co.za

HOSPITAL PRE-AUTHORISATIONS AND ONCOLOGY MANAGEMENT PROGRAMME

HOSPITAL PRE-AUTHORISATION

Tel: 0860 467 374

Email: hmr@imperialmotusmed.co.za

ONCOLOGY

Tel: 0860 467 374

Email: oncology@imperialmotusmed.co.za

MEDICINE RISK MANAGEMENT PROGRAMME (chronic medication and medical management)

Tel: 0860 467 374

Email: chronic@imperialmotusmed.co.za

EUROP ASSISTANCE 24-HOUR EMERGENCY SERVICES AND 24-HOUR PERSONAL HEALTH ADVISER

Tel: 0861 Rescue (0861 737 283)

MEDI CALL – MEMBER CARE LINE

Tel: 0860 105 221

Email: imperialmotusmed@medicall.co.za

Website: www.medicall.co.za

CEDAR HEALTHCARE

Tel: 0860 105 221

Email: cedar@medicall.co.za

Website: www.cedarhc.co.za

HIV YOURLIFE PROGRAMME

Tel: 0860 109 793

Email: hiv@momentum.co.za

DENTAL AUTHORISATION

Tel: 0860 467 374

Email: dentalauths@imperialmotusmed.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

FRAUD HOTLINE

Tel: 0800 000 436

THE SCHEME'S WEBSITE

www.imperialmotusmed.co.za

THE COUNCIL FOR MEDICAL SCHEMES – COMPLAINTS DEPARTMENT

Tel: 0861 123 267

Fax: 012 431 0608

Email: complaints@medicalschemes.com