

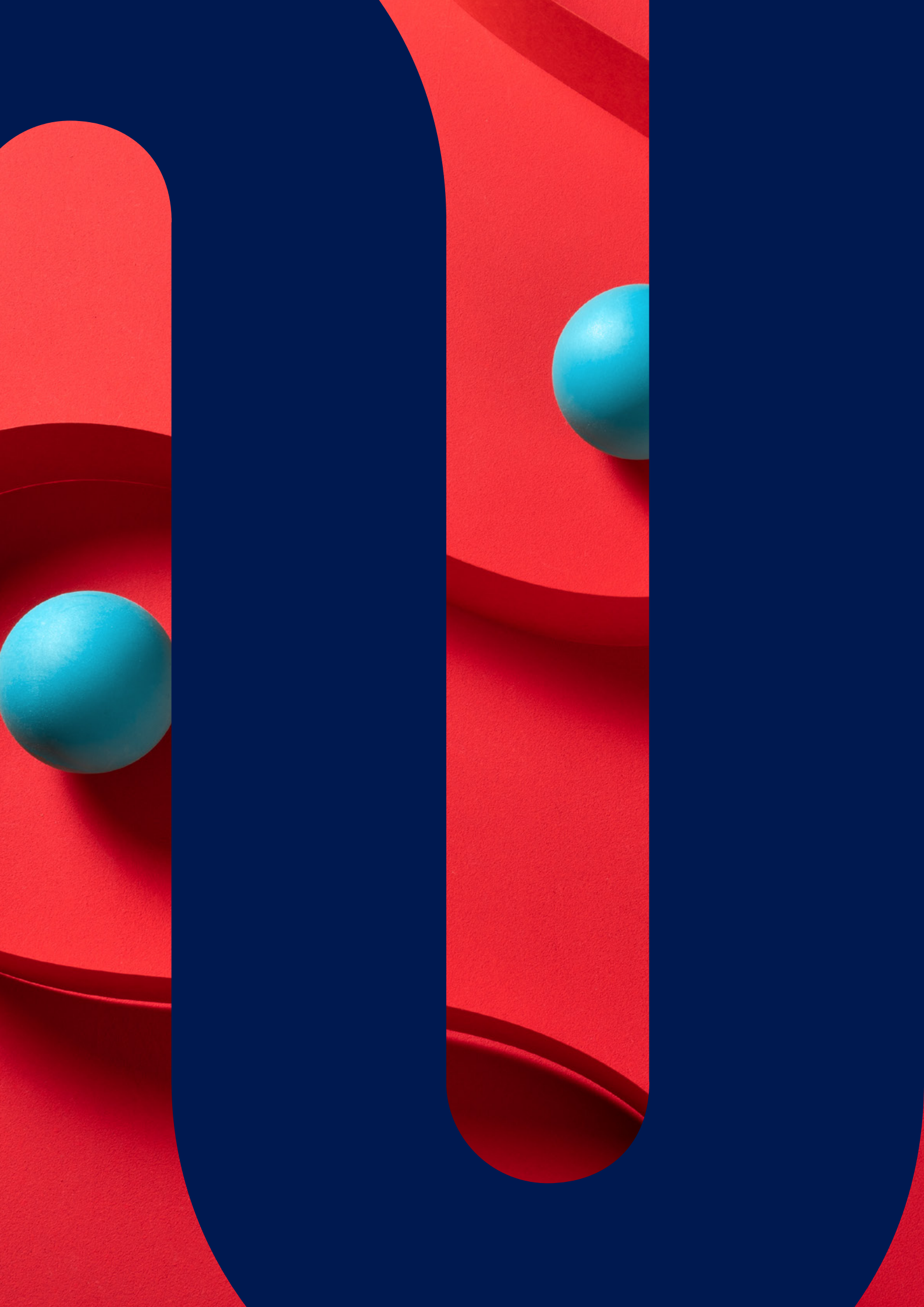


momentum

carecross

Guide for
**general
practitioners**

2022



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Primary care products

Momentum CareCross has their own provider network for their schemes, as well as the non-medical scheme product, Momentum Health4Me. In order to achieve the goal of quality and cost effective care, you as our network doctor become the primary coordinator of care for these patients.

Non-medical scheme product

The non-medical scheme product is:

Momentum Health4Me

Medical schemes

The schemes making use of the Momentum CareCross Provider Network are:

Momentum Medical Scheme - Ingwe Option

Horizon - Hospital Plus Network Plan

Wooltru - Network Option

Moto Health Care - Custom Option and Essential Option

Pick n Pay - Primary Option

Sisonke Health - Pride and Diversity Options

Medimed - Medisave Essential Option

Designated Service Provider for:

Wooltru - Saver and Comprehensive

Pick n Pay
Medical scheme

Client Services:
021 480 4801 or toll free on
0800 004 389

Hospital Authorisation &
Managed Care Programmes:
0860 767 633

Ambulance (ER24): 084 124

PO Box 15774 Vlaeberg 8018
www.pnpms.co.za




horizon
medical scheme

Call Centre
0860 101 103
ER24
084 124

CareCross
086 010 3491

Hospital
Pre-authorisation
0860 100 081

Administered by MedicScheme www.medscheme.co.za

momentum
health

Call Centre & Authorisation 0860 10 24 93
Emergency Evacuation 082 911

moto
HEALTH CARE
MEDICAL SCHEME

EMERGENCIES
0861 009 353

CALL CENTRE & AUTHORISATION
0861 000 300

momentum
medical scheme

Call Centre and Authorisation
0860 11 78 59

Emergency Evacuation
082 911

momentum
health

Call Centre & Authorisation 0860 10 24 93
Emergency Evacuation 082 911

In-house medical scheme for:

SISONKE
HEALTH
MEDICAL SCHEME

Emergency Number: Netcare 911 on 082 911
Customer Care No: 0860 104 012
Email: info@sisonkehealth.co.za

Managed by:
momentum | **TYB**

www.sisonkehealth.co.za



momentum
medical scheme

Call Centre and Authorisation
0860 10 24 93

Emergency Evacuation
082 911

momentum

Call Centre and Authorisation
0860 10 29 03

Employee Assistance Programme
0800 22 93 55

Health4Me

momentum

m

Health4Me

Call Centre and Authorisation 0860 10 29 03
Employee Assistance Programme 0800 22 93 55

WOOLTRU HEALTHCARE
NETWORK OPTION

PO BOX 44991, CLAREMONT 7735
www.wooltruhealthcarefund.co.za

CLIENT SERVICE TEAM
T: 0800 765 432 F: 021 413 0512

HOSPITAL PRE-AUTHORISATION AND CHRONIC CARE QUERIES
T: 0800 765 432 F: 021 413 0512



M+M
Medimed
Managing your healthcare security

P.O. Box 1672, Port Elizabeth, 6000
7 Lutman Street, Richmond Hill, Port Elizabeth, 6001

E-mail: info@medimed.co.za
Website: www.medimed.co.za

CUSTOMER CARE : 086 177 7660

HOSPITAL PRE-AUTHORISATION : 041 395 4481

CHRONIC MEDICATION AUTHORIZATION : 041 395 4482

AMBULANCE SERVICES : ER24: 084 124

GP network managed by:
momentum | **TYB**

Administered and managed by:
momentum | **TYB**



WOOLTRU HEALTHCARE
PO BOX 15403, VLAEBERG 8018
www.wooltruhealthcarefund.co.za
enquiries@wooltruhealthcarefund.co.za

ONCOLOGY
T: 0800 118 666

HIV
T: 0860 109 793
F: 021 675 3848

SPECIALIST REFERRALS
T: 0800 765 432

HOSPITAL PRE-AUTHORISATION
T: 0800 118 666
F: 0861 888 311

CLIENT SERVICE
(ACCOUNT & CHRONIC CARE QUERIES)
T: 0802 228 922
F: 021 480 4759



Benefit and contact matrix



	Option	Specialist referral process and benefit confirmation
Medical schemes		
MOMENTUM MEDICAL SCHEME <i>Note: Submit day-to-day claims to Momentum</i>	Ingwe Option	Contact Momentum Medical Scheme 0860 11 78 59
HORIZON <i>Note: Submit day-to-day claims to Momentum CareCross</i>	Hospital Plus Network Plan	Contact Horizon 0860 101 103
MOTO HEALTH CARE <i>Note: Submit day-to-day claims to Momentum CareCross</i>	Custom Option	Contact Momentum CareCross - Specialist name - Referral number 0860 102 183
	Essential Option	
PICK N PAY <i>Note: Submit day-to-day claims to Momentum CareCross</i>	Primary Option	Contact Momentum CareCross 0860 102 183
WOOLTRU <i>Note: Submit day-to-day claims to Momentum CareCross</i>	Network Option	Contact Momentum CareCross - Specialist name - Referral number 0800 765 432
MEDIMED <i>Note: Submit day-to-day claims to Momentum TYB</i>	Medisave Essential Option	Contact Medimed 0861 777 660 info@medimed.co.za specauth@medimed.co.za
SISONKE <i>Note: Submit day-to-day claims to Momentum TYB</i>	Diversity Option	Contact Sisonke Health 0860 104 012 info@sisonkehealth.co.za specauth@sisonkehealth.co.za
	Pride Option	
Non-medical scheme product		
MOMENTUM HEALTH4ME <i>Note: Submit day-to-day claims to Momentum</i>	Gold	Contact Momentum Health4Me 0860 102 903 Gold option only
	Silver	
	Bronze	
Designated service provider option		
WOOLTRU <i>Note: Submit day-to-day claims to fund</i>	Saver and Comprehensive Options	Contact Momentum CareCross - Specialist name - Referral number 0800 765 432

Hospital

HIV

Chronic administration/formulary

OTC/PAT

Contact Momentum Medical Scheme 0860 11 78 59	Contact LifeSense 0860 50 60 80	Contact Momentum Medical Scheme 0860 11 78 59	No benefit
Contact Horizon 0860 101 103	Contact Aid for AIDS 0860 100 646	Contact Momentum CareCross 0860 102 182 chronic.carecross@momentum.co.za	No benefit
Contact Moto Health Care 0861 000 300	Contact YourLife HIV Management 0860 109 793	Contact Momentum CareCross 0860 102 182 carecrossmotoc@momentum.co.za	5 scripts per beneficiary, maximum 7 scripts per family at Pharmacy Network, covering 11 conditions
Refer to State			3 scripts per beneficiary, maximum 5 scripts per family at Pharmacy Network, covering 11 conditions
Contact Momentum CareCross 0860 102 183	Contact LifeSense 0860 50 60 80	Contact Momentum CareCross 0860 102 182 chronic.carecross@momentum.co.za	R100 per prescription to a maximum of R300 per family per annum
Contact Momentum CareCross 0860 102 183	Contact YourLife HIV Management 0860 109 793	Contact Momentum CareCross 0861 888 346 chronic@wooltruhealthcarefund.co.za	No benefit
Contact Clinical pre-authorisation 041 395 4481/0860 434 003 hospauth@medimed.co.za	Contact Wellbeing 0860 103 228 wellbeing@medimed.co.za	Contact Pharmacy Benefit management 041 395 4482 chronic@medimed.co.za	R120 per prescription to a maximum of R450 per family per annum
Contact Clinical pre-authorisation 041 395 4481/0860 104 012 hospauth@sisonkehealth.co.za	Contact Wellbeing 0860 103 228 wellbeing@sisonkehealth.co.za	Contact Pharmacy Benefit management 041 395 4482 chronic@sisonkehealth.co.za	R400 PMF per annum
			R280 PMF per annum
Refer to State	Contact Momentum Health4Me 0860 102 903 <i>Gold option only</i>	Contact Momentum Health4Me 0860 102 903 <i>Gold option only</i>	No benefit
Contact Wooltru 0802 228 922	Contact YourLife HIV Management 0860 109 793	Contact Wooltru 0802 228 922	Contact Wooltru 0802 228 922

Contact Momentum CareCross
 Contact Administrator / Scheme
 No benefit / Refer to State



General GP consultations

Available at a contracted Momentum CareCross provider for all basic Primary Care benefits - 0190 / 0191 / 0192.

Kindly submit all claims with the correct and exact ICD-10 codes that relates to the diagnosis.

Claims older than 4 months from date of service will be rejected with reason: "Account not submitted within 4 months of treatment date." We will require proof of previous submission for further investigation.

Please see below grid for further details per scheme.

GP consultations grid

	GP consultations	Membership verification	Claim submissions	Web claim submission
Medical schemes				
MOMENTUM MEDICAL SCHEME <i>Ingwe Option</i>	Unlimited medically necessary visits. Authorisation required after 10th visit. Follow-up consultations within 4 days for the same condition are included in the fee paid for the first consultation	Contact Momentum Medical Scheme 0860 11 78 59 WhatsApp +27 860 117 859 www.provider.momentum.co.za	EDI: 822P Healthbridge: 91859	Not available
HORIZON <i>Hospital Plus Network Plan</i>	Unlimited medically necessary visits	Contact Momentum CareCross 0860 101 159 www.carecross.co.za	EDI: 561P Healthbridge: CARE0006	iCan claim Free online claim submission. E mail network@momentum.co.za and we will assist you with registering.
MOTO HEALTH CARE <i>Custom and Essential</i>	Unlimited medically necessary visits	Contact Momentum CareCross 0860 101 159 http://providerlogin.mmihealth.co.za/schemenavigator/scheme-navigator-main.html	EDI:940P Healthbridge: MHCA0001	Not available
PICK N PAY <i>Primary Option</i>	Unlimited medically necessary visits	Contact Momentum CareCross 0860 101 159 www.carecross.co.za	EDI: 561P Healthbridge: CARE0006	iCan claim Free online claim submission. Email network@momentum.co.za and we will assist you with registering.
WOOLTRU <i>Network Option</i>	Unlimited medically necessary visits	Contact Momentum CareCross 0800 765 432 http://providerlogin.mmihealth.co.za/schemenavigator/scheme-navigator-main.html	EDI: 202P Healthbridge: DIWO0000	Not available
MEDIMED <i>Medisave Essential Option</i>	Unlimited medically necessary visits at the member's nominated GP	Contact Medimed 0861 777 660 www.medimed.co.za	EDI: 265P Healthbridge: MSD10000	Not available
SISONKE <i>Pride and Diversity Option</i>	Unlimited medically necessary visits at the member's nominated GP. Authorisation from the 8th visit. Follow-up consultations within 4 days for the same condition are included in the fee paid for the first consultation	Contact Sisonke Health 0860 104 012 www.sisonkehealth.co.za	EDI: 116P Healthbridge: DIME000	Not available
Non-medical scheme product				
MOMENTUM HEALTH4ME	Unlimited medically necessary visits Non-booster members need to contact Hello Doctor to obtain pre-authorisation for Network GP visits from the 4th visit onwards. Members who are registered on the Chronic benefit, HIV benefit or Maternity benefit programme have 2 additional GP visits per benefit programme that do not require Hello Doctor pre-authorisation. Follow-up consultations within 4 days for the same condition are included in the fee paid for the first consultation	Contact Momentum Health4Me IVR 0860 102 903 WhatsApp +27 860 102 903 health4me@momentum.co.za www.provider.momentum.co.za	EDI: 472P Healthbridge: HEAL0002	Not available
Designated service provider options				
WOOLTRU <i>Saver and Comprehensive Options</i>	Network providers to be used for PMB conditions	Contact Wooltru 0802 228 922 http://providerlogin.mmihealth.co.za/schemenavigator/scheme-navigator-main.html	EDI: 202P Healthbridge: DIWO0000	Not available

General benefits and operational guidelines

Co-payments, waiting periods, exclusions, administration fees

The General Practitioner should not under any circumstances charge the member any co-payments or admin fees of any description for services that are part of the Primary Care benefits.

Kindly note that some members might have condition specific waiting periods and/or exclusions.

Acute and chronic medicine

Formularies apply to acute and chronic medicine. Please visit the following websites for the up to date acute and chronic formularies.

For Momentum Medical Scheme Ingwe Option, Momentum Health4Me, Horizon, Pick n Pay, Wooltru and Moto Health Care

- Mediscor PBM:
<https://www.mediscor.co.za/search-client-medicine-formulary/>

For Medimed Medisave Essential

- <https://www.medimed.co.za/login/>

For Sisonke Health Diversity and Pride Options

- <https://www.sisonkehealth.co.za/pharmacy/>
- An acute medicine script will be allowed only where a non- dispensing GP is the prescriber.
- Any non-formulary medication that is medically necessary, will be for the member's own account. Please inform the member of this in writing and have them sign an acknowledgement thereof and that such a prescription will reject at the pharmacy.
- Kindly note that waiting periods may apply to some members.
- Please see the list of chronic conditions covered per scheme on pages 16 and 17.
- Code 0199 can be charged at a rate of R95.40 for the chronic registration of a patient.

Chronic registration process

Kindly register all members for the chronic conditions to ensure optimal management of the patient. The conditions covered per scheme are listed on pages 16 and 17. The contact details are available in the contact matrix on pages 4 and 5.

Pathology and radiology

A specific list applies (refer to pages 14 and 15). Kindly use the Momentum CareCross Request Form.

Any tests not on the list of covered codes will be rejected. The member needs to be informed upfront if any tests are not covered and sign acknowledgment thereof. These costs will be for the member's own account.

Specialists

As a GP, you are responsible to refer members to the specialist where required. In the case of hospitalisation, either you or the member would be required to obtain pre-authorisation.

Kindly note a specialist network may apply, please refer to the matrix on pages 4 and 5.

Primary billing codes

Consultation codes

0190	Consultation	
0191	Consultation	
0192	Consultation	
0199	Completion of a chronic registration form	R95.40

Kindly refer to the annual communication, sent in December 2021 for the relevant reimbursement rates.

Procedure codes

0300	Stitching of wound	R437.10
0301	Stitching of additional wound	R97.50
0307	Excision and repair	R582.80
0308	Each additional small procedure done at the same time	R193.95
0255	Drainage of subcutaneous abscess and avulsion of nail	R355.70
0259	Removal of foreign body superficial to deep fascia	R486.35
2133	Circumcision - clamp	R726.35
0887	Limb cast - inclusive of cost of P.O.P.	R486.35
1232	ECG without effort*	R176.80
1233	ECG with and without effort*	R237.85
1136	Nebulisation (2 per family per year)	R63.25
4188	Urine dipstick	R14.00

* Covered for members 45 years and older. Authorisation required for younger members. Limited to high risk patients and/or patients with cardiovascular conditions

The following are considered to be integral to the consultation and may not be charged separately:

Blood pressure measurement
Weight
Cholesterol test - finger prick test
Routine blood sugar tests - finger prick test

Small procedures performed in GP rooms and included in consultation:

Peak Flow test
Intravenous infusion (push-in) patients over 2 years - insertion of cannula: chargeable once per 24 hours
Single - intra lesion injection in areas of pathology
Multiple - intra lesion injection in areas of pathology
First lesion - chemo cryotherapy
Subsequent lesion, each - chemo cryotherapy
Maximum for multiple additional lesions - chemo cryotherapy
Removal of benign lesion by curetting under local anaesthetic: first lesion
Subsequent lesion, each
Aspiration of cyst or tumour

Please note:

Only the procedures indicated above will be covered. Any other procedures, such as wound care, out-patient antibiotics, etc., will require pre-authorisation. Please contact the scheme for authorisation.

Momentum **Health4Me**

Momentum Health4Me benefits overview

Day-to-day Benefits	Bronze	Silver	Gold
 GP benefit	✓	✓	✓
<p>GP benefit (excluding GP visit booster benefit) Unlimited medically necessary Network GP visits where a Hello Doctor pre-authorization has been obtained by the member 3 GP visits at a Network GP per member per year, that do not require Hello Doctor pre-authorization. Hello Doctor pre-authorization is required for every GP visit from the 4th GP visit onwards 2 Additional GP visits at a Network GP per member per year, that do not require Hello Doctor pre-authorization, for members who are registered on either the Chronic benefit, HIV benefit or Maternity benefit programme (2 additional Network GP visits per benefit programme). Hello Doctor pre-authorization is required for every GP visit after these visits have been accessed Network GP visits can either be face-to-face or video call (virtual) consultations</p> <p>GP benefit (including GP visit booster benefit) Unlimited medically necessary Network GP visits per member per year Network GP visits can either be face-to-face or video call (virtual) consultations Hello Doctor pre-authorization is not required</p>			
 GP in room procedures	✓	✓	✓
 Hello Doctor	✓	✓	✓
 Specialist benefit	✗	✗	✓
 Acute medication	✓	✓	✓
 Chronic medication	✗	✗	✓
 Chronic benefit	✗	✗	✓
 HIV benefit	✗	✗	✓
 COVID-19 screening test	✓	✓	✓
 Basic pathology	✓	✓	✓
 Basic radiology	✓	✓	✓
 Basic and emergency dentistry	✗	✓	✓
 Basic optometry	✗	✓	✓
 Maternity benefit	✓	✓	✓
<p><i>Please contact Health4Me to confirm benefit availability</i></p>			
 Flu vaccination	✓	✓	✓
 Health assessment	✓	✓	✓
 Employee Assistance Programme	✓	✓	✓
 Multiply Starter	✓	✓	✓

Processes and formularies

All processes and formularies remain the same across all Momentum Health4Me options.

Changes to Momentum Health4Me Network GP visits

Momentum Health4Me has grown its membership substantially and currently provides cover to more than 150 000 members.

To ensure that we can continue to provide affordable healthcare solutions to this market, we have introduced some changes to the Health4Me Network GP visits from 2021. Members will still be able to enjoy unlimited Network GP visits through the valuable services you provide. However, there is a referral process once the member has exceeded three Network GP visits for the year.

The referral process is simple – a member who has exceeded three Network GP visits for the year will contact Hello Doctor, where a qualified doctor will assess their health concern and advise them accordingly.

Where needed, the member will be referred to their treating Network GP for treatment or medication.

The purpose of this process is to ensure that valid cases, i.e. medically necessary cases, are referred to you, thereby minimising unnecessary visits to your practice that can be handled through virtual support offered by Hello Doctor.

We understand that changes like this could impact on your practice's daily workload, and we have done our best to make sure this does not happen. It will be the responsibility of the member to ensure that they have received an authorisation from Hello Doctor once they have exceeded their three Network GP visits. We will monitor members' Network GP visits and pro-actively notify them regarding the number of visits they have available. Once they have exceeded their limit, we will remind them of the process they need to follow in order to receive support and treatment.

Step 1

First 3 Network GP visits per member per year - Hello Doctor authorisation not required.

Step 2

Members registered on the Maternity Benefit, Chronic Benefit or HIV Benefit programme: First 5 Network GP visits per member per year - Hello Doctor authorisation not required.

Step 3

4th or 6th Network GP visit onwards: Member needs to contact Hello Doctor and request an authorisation number, which will be sent to their cellphone.

Step 4

Consult with the patient as per normal. You are free to do either face-to-face or telephonic consultations.

Submit the claim as soon as possible as per the current process (the authorisation will already be loaded on the system).

GP visit booster benefit

Members who have the GP visit booster benefit will have unlimited medically necessary Network GP visits, with no Hello Doctor authorisation required.

As always, we recommend that you verify patients before they consult your practice, to confirm their membership. Member verification and benefit booking can be done via the IVR as well as on the provider website.

The medically necessary pathology, radiology and acute medicine, as per the formularies, are still unlimited. The details are available on the referral forms as well as on the various websites.



momentum

Health4Me

Pathology request form

Referring General Practitioner's information

Doctor's name

Tel number Practice number

Email address

Patient's details

Patient's full name Gender Male Female

Medical scheme Option name

Membership number Dependant Code File No

Patient's ID / date of birth Cell number

ICD-10 code Tel number

Main member and guarantor details

Guarantor's full name

Guarantor's ID number

Tel number Cell number

Email address

Postal address

Code	Description
Haematology	
3709	Antiglobin Test - Direct or Indirect Coombs
3739	Erythrocyte Count
3743	Erythrocyte Sedimentation Rate (ESR)
3755	Full Blood Count (incl 3739/3762/3783/3785/3791)
3762	Haemoglobin Estimation (Hb)
3783	Leucocyte Differential Count
3785	Leucocytes: Total Count
3791	Packed cell volume
3792	Plasmodium Flaciparum (Malaria: Antigen)
3805	Prothrombin Index
3806	PI/INR dosage information
3797	Platelet Count
4528	Ferritin
Biochemical tests	
3999	Albumin
4001	Phosphatase
4006	Amylase
4009	Bilirubin: Total
4010	Bilirubin: Conjugated
4026	LDL Cholesterol (Chemical Determination)
4027	Total Cholesterol (Fasting)
4028	HDL Cholesterol (Fasting)
4147	Triglyceride

Code	Description
Biochemical tests (continued)	
4032	Creatinine
4057	Glucose: Quantitative
4113	Potassium
4114	Sodium
4117	Protein (Total)
4130	Aspartate Aminotransferase (AST)
4131	Alanine Aminotransferase (ALT)
4134	Gamma Glutamyl Transferase (GGT)
4155	Uric Acid
4171	Urea and electrolytes
4188	Urine Dipstick - Per Stick
4352	Occult Blood (Monoclonal antibodies)
4023	Chloride
4151	Urea
4161	Troponin Isoforms
4017	Calcium Spectrophotometric
4049	Glucose Tolerance Test
Serology	
3932	HIV: Elisa
3947	C-Reactive Proteins
3948	IgG: Varicella, Herpes, Rubella, etc
3949	Syphillis serology
3951	Quantitative Khan, VDRL or other Flocculation
3980	Bilharzia Ag Serum / Urine

Code	Description
Histology and Cytology	
4567	Histology per sample
4571	Histology (more than 2 units) per additional block (max 1)
4566	Vaginal or Cervical Smear (1 slide)
4559	Liquid pap smear
Immunology	
4450	HcG : Qualitative
4507	Thyrotropin (TSH)
4519	PSA
4531	Hepatitis: A IGM antibody
4531	Hepatitis: B surface antigen
Bacteriology	
3893	Bacteriological Culture (Sensitivity)
Microscopy	
3885	Cytochemical Stain (AO AFB)
3869	Faeces microscopy (incl parasites)
3881	Tubercle Bacillus
3883	Conc-Urine Parasites
3865	Parasites in blood: Malaria, Trypanosomes
3867	Body fluids, Urine, Exudate
For Momentum Medical Scheme Ingwe members only	
4182	Quantitative Protein Estimation Nephelometer or Turbidometric Method
4614	HIV ab-Rapid test
3946	IgM: Varicella, Herpes, Rubella, etc
4451	HCG: Monoclonal - Quantitative
3887	Antibiotic susceptibility test per organism

Collection date - - 20 Received date - - 20

Collection time : Is patient fasting? Yes No

Received by (Lab use)

Clinical information and/or test required (all tests not listed above will be for the patient's own cost):

Patient's signature Doctor's signature

Radiology request form

Patient's details

Principal member's full name

Patient's full name Gender Male Female

Medical scheme Option name

Membership number Dependant Code

Patient's ID / date of birth Cell number

Postal address

Referring General Practitioner's information

Doctor's name Practice number

Telephone number ICD-10 Code

Email address

Code	Tick	Description
Arms and shoulders		
61100		X-Ray Of The Left Clavicle
61105		X-Ray Of The Right Clavicle
61110		X-Ray Of The Left Scapula
61115		X-Ray Of The Right Scapula
61120		X-Ray Of The Left Acromio-Clavicular Joint
61125		X-Ray Of The Right Acromio-Clavicular Joint
61130		X-Ray Of The Left Shoulder
61135		X-Ray Of The Right Shoulder
62100		X-Ray Of The Left Humerus
62105		X-Ray Of The Right Humerus
63100		X-Ray Of The Left Elbow
63105		X-Ray Of The Right Elbow
64100		X-Ray Of The Left Forearm
64105		X-Ray Of The Right Forearm
Hand and wrist		
65100		X-Ray Of The Left Hand
65105		X-Ray Of The Right Hand
65120		X-Ray Of A Finger
65130		X-Ray Of The Left Wrist
65135		X-Ray Of The Right Wrist
65140		X-Ray Of The Left Scaphoid
65145		X-Ray Of The Right Scaphoid
Legs and knees		
71100		X-Ray Of The Left Femur
71105		X-Ray Of The Right Femur
72100		X-Ray Of The Left Knee One Or Two Views
72105		X-Ray Of The Right Knee One Or Two Views
73100		X-Ray Of The Left Lower Leg
73105		X-Ray Of The Right Lower Leg
72150		X-Ray Both Knees Standing - Single View

Code	Tick	Description
Foot and ankle		
74145		X-Ray Of A Toe
74100		X-Ray Of The Left Ankle
74105		X-Ray Of The Right Ankle
74120		X-Ray Of The Left Foot
74125		X-Ray Of The Right Foot
74130		X-Ray Of The Left Calcaneus
74135		X-Ray Of The Right Calcaneus
Chest		
30100		X-Ray Of The Chest, Single View
30110		X-Ray Of The Chest Two Views, PA & Lateral
30150		X-Ray Of The Ribs
30155		X-Ray Of The Chest And Ribs
Pregnancy: 1 per pregnancy		
43250		Ultrasound Of The Pregnant Uterus, First Trimester
Spine		
51110		X-Ray Of The Cervical Spine, 1 Or 2 Views
52100		X-Ray Of The Thoracic Spine, 1 Or 2 Views
53110		X-Ray Of The Lumbar Spine, 1 Or 2 Views
Abdomen		
40100		X-Ray Of The Abdomen
40105		X-Ray Of The Abdomen Supine & Erect, Or Decubitus
Pelvis and hip		
55100		X-Ray Of The Pelvis
56100		X-Ray Of The Left Hip
56110		X-Ray Of The Right Hip
56120		X-Ray Pelvis And Hips

Clinical information and/or test required (all tests not listed above will be for the patient's own cost):

Patient's signature **Doctor's signature**

Please see GP guide for additional radiology benefits for Momentum Medical Scheme Ingwe members

Radiology applicable codes

Additional radiology benefits for Momentum Medical Scheme Ingwe Option

Tariff code	Description
Skull and brains	
10100	X-ray of the skull
Facial bones, nasal bones and paranasal sinuses	
11100	X-ray of the facial bones
11120	X-ray of the nasal bones
13100	X-ray of the paranasal sinuses, single view
13110	X-ray of the paranasal sinuses, two or more views
13130	X-ray of the naso-pharyngeal soft tissue
Orbits, lachrymal glands and tear duct	
12100	X-ray orbits less than three views
12110	X-ray of the orbits, three or more views, including foramina
Mandible, teeth and maxilla	
14100	X-ray of the mandible
15100	X-ray tempero-mandibular joint, left
15110	X-ray tempero-mandibular joint, right
Neck	
20100	X-ray of soft tissue of the neck
20210	Ultrasound of soft tissue of the neck
Spine	
50100	X-ray of the spine scoliosis view ap only
50105	X-ray of the spine scoliosis view ap and lateral
51100	X-ray of the cervical spine, stress views only
51120	X-ray of the cervical spine, more than two views
51130	X-ray of the cervical spine, more than two views including stress views
52110	X-ray of the thoracic spine, more than two views
53100	X-ray of the lumbar spine - stress study only
53120	X-ray of the lumbar spine, more than two views
53130	X-ray of the lumbar spine, more than two views including stress views
Thorax, chest and abdomen	
30170	X-ray of the sterno-clavicular joints
30180	X-ray of the sternum
40110	X-ray of the abdomen multiple views including chest
31100	X-ray barium swallow
31110	X-ray barium swallow, double contrast
40140	X-ray barium meal single contrast
40143	X-ray barium meal double contrast
40153	X-ray small bowel meal follow through single contrast
40165	X-ray large bowel enema double contrast
Limbs	
74110	X-ray of the left ankle with stress views
74115	X-ray of the right ankle with stress views
50120	X-ray bone densitometry (other dis t/c 3604)
72110	X-ray of the left knee, more than two views
72115	X-ray of the right knee, more than two views

Tariff code	Description
72130	X-ray of the left knee with stress views
72135	X-ray of the right knee with stress views
70100	X-ray lower limbs - any region- stress studies only
61140	X-ray of the left shoulder plus subacromial impingement views
61145	X-ray of the right shoulder plus subacromial impingement views
Pelvis and hips	
54100	X-ray of the sacrum and coccyx
54110	X-ray of the sacro-iliac joints
Ultrasounds	
33200	Ultrasound study of the heart, including doppler
34200	Ultrasound study of the breast
34205	Ultrasound guided aspiration fna/localisation of the breast
74210	Ultrasound of the left ankle
74215	Ultrasound of the right ankle
74220	Ultrasound of the left foot
74225	Ultrasound of the right foot
42200	Ultrasound study of the renal tract including bladder
40210	Ultrasound study of the whole abdomen including the pelvis
41200	Ultrasound study of the upper abdomen
60200	Ultrasound upper limb - soft tissue - any region
60230	Ultrasound peripheral venous system upper limbs including pulse and colour doppler for deep vein thrombosis
70200	Ultrasound lower limb - soft tissue - any region
72200	Ultrasound of the left knee joint
72205	Ultrasound of the right knee joint
61200	Ultrasound of the left shoulder joint
61210	Ultrasound of the right shoulder joint
65200	Ultrasound of the left wrist
65210	Ultrasound of the right wrist
40200	Ultrasound study of the abdominal wall
43200	Ultrasound study of the female pelvis transabdominal
43220	Ultrasound study of the testes
43260	Ultrasound study of the pregnant uterus, second trimester
43270	Ultrasound study of the pregnant uterus, third trimester, first visit
43273	Ultrasound study of the pregnant uterus, third trimester, follow-up visit
20200	Ultrasound of the thyroid
20220	Ultrasound of the carotid arteries, bilateral including b mode, pulsed and colour doppler
30200	Ultrasound of the chest wall, any region
30210	Ultrasound of the pleural space

Radiology in GP rooms

Radiology in GP rooms for Momentum Medical Scheme Ingwe Option, Momentum Health4Me, Moto Health Custom and Essential, Pick n Pay Primary, Horizon Hospital Plus, Wooltru Network Option, Sisonke Health Pride and Diversity and Medimed Medisave Essential.

Tariff code	Description	Price
3305	Finger, toe	R142.55
3321	Per region, e.g. cervical, sacral, lumbar, coccygeal, one region thoracic	R248.60
3331	Pelvis (sacro-iliac or hip joints only to be added where an extra set of view is required)	R248.60
3445	Chest (item 3601 included)	R212.15
3447	Chest and cardiac studies (item 3601)	R285.00
3615	Routine obstetric ultrasound at 10 to 20 weeks gestational age preferable at 10 to 14 weeks gestational age to include nuchal translucency assessment - Limited to one per pregnancy	R504.60
6500	Hand	R174.70
6501	Wrist (specify region)	R174.70
6503	Scaphoid	R174.70
6504	Radius and Ulna	R174.70
6505	Elbow	R174.70
6506	Humerus	R174.70
6507	Shoulder	R174.70
6508	Acromio-clavicular joint	R174.70
6509	Clavicle	R174.70
6510	Scapula	R174.70
6511	Foot	R174.70
6512	Ankle	R174.70
6513	Calcaneus	R174.70
6514	Tibia and Fibula	R174.70
6515	Knee	R174.70
6516	Patella	R174.70
6517	Femur	R174.70
6518	Hip	R174.70

Chronic conditions list

Condition	Momentum Medical Scheme	Horizon	Moto Health Care	
	Ingwe Option	Hospital Plus Network Plan	Custom	Essential
Acne	✗	✓	✗	✗
Addison's Disease	✓	✓	✓	✓
Allergic Rhinitis	✗	✓	✗	✗
Asthma	✓	✓	✓	✓
Bipolar Mood Disorder	✓	✓	✗	✗
Bronchiectasis	✓	✓	✓	✓
Cardiac dysrhythmias	✓	✓	✓	✗
Cardiac Failure	✓	✓	✓	✓
Cardiomyopathy	✓	✓	✓	✓
Chronic Obstructive Pulmonary Disease	✓	✓	✓	✓
Chronic Renal Disease	✓	✓	✓	✗
Coronary Artery Disease	✓	✓	✓	✓
Crohn's Disease	✓	✓	✓	✗
Depression	✗	✓	✓	✗
Diabetes Insipidus	✓	✓	✓	✓
Diabetes Type 1	✓	✓	✓	✓
Diabetes Type 2	✓	✓	✓	✓
Epilepsy	✓	✓	✓	✗
Glaucoma	✓	✓	✓	✗
Gout	✗	✓	✗	✗
Haemophilia	✓	✓	✗	✗
Hyperlipidaemia	✓	✓	✓	✓
Hypertension	✓	✓	✓	✓
Hypothyroidism	✓	✓	✓	✓
Menopause	✗	✓	✓	✗
Migraine Prophylaxis	✗	✓	✗	✗
Multiple Sclerosis	✓	✓	✓	✗
Osteo-Arthritis	✗	✓	✓	✗
Osteoporosis	✗	✗	✗	✗
Parkinson's Disease	✓	✓	✓	✗
Rheumatoid Arthritis	✓	✓	✓	✗
Schizophrenia	✓	✓	✓	✗
Systemic Lupus Erythematosus	✓	✓	✓	✗
Ulcerative Colitis	✓	✓	✓	✗
HIV				

(Refer to Benefit and contact matrix on pages 4 and 5)

Momentum Medical Scheme

T 0860 11 78 59 (Operating hours Monday to Friday 07:00 - 17:00 and Saturday 08:00 - 12:00)

WhatsApp +27 860 11 78 59

drnet@momentum.co.za

www.provider.momentum.co.za

PO Box 2338 Durban 4000

Momentum Health4Me

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WhatsApp +27 860 102 903

drnet@momentum.co.za

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PO Box 7400 Centurion 0046

Momentum CareCross

Pick n Pay Primary, Horizon, Moto Health Care and Wooltru

T 0860 10 11 59 (Operating hours Monday to Friday 08:00 - 17:00)

network@momentum.co.za

www.carecross.co.za

Parc du Cap 4 Mispel Road Bellville 7530 Cape Town South Africa

Momentum TYB

Medimed Medisave Essential

T 0861 777 660 (Operating hours Monday to Friday 08:00 - 17:00)

info@medimed.co.za

7 Lutman Street PO Box 1674 Port Elizabeth 6001

Sisonke Health

Diversity and Pride

T 0860 104 012 (Operating hours Monday to Friday 08:00 - 17:00)

info@sisonkehealth.co.za

7 Lutman Street PO Box 1674 Port Elizabeth 6001

We value your contribution in providing quality and affordable healthcare to our members. Provider support is of utmost importance to us and we invite you to contact us for any assistance.