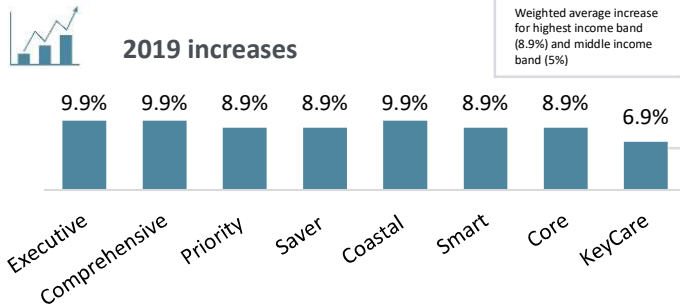


September 2018

DISCOVERY NEWSFLASH

Scheme statistics as at 31 December 2017

- Weighted average increase: **9.2%***
- Number of beneficiaries: **2.77 million lives**
- Membership growth (beneficiaries): **1.6%**
- Solvency: **27.44%**
- Global Credit Ratings (GCR) rating: **AAA**
- Scheme's average age: **34.5**



*Excluding restructured KeyCare Plus and Core income bands, and KeyCare Start. The weighted average contribution increase includes 1% to account for the VAT increase.



2019 Discovery Health Medical Scheme benefit updates

KeyCare series

- **Updates to the funding of scopes for KeyCare Plans:**
Funding for endoscopies on all KeyCare Plans will be limited to Prescribed Minimum Benefits in 2019.

KeyCare Access has been renamed KeyCare Start with a redesigned benefit structure.

The income bands for members earning below R13 050 for Plus and Core have been consolidated.
- **NEW – KeyCare Start:**
Access to healthcare through 17 innovative “hub and spoke” regional networks with access to a KeyCare Start Network hospital, day surgery procedures as well as a network of day-to-day providers and healthcare services.
- **Risk Benefits:**
 - Unlimited cover for admissions to the member’s chosen KeyCare Start Network hospital.
 - Outside their chosen KeyCare Start Network hospital, members are only covered for emergencies.
 - Unlimited cover for a list of procedures in the regional KeyCare Start Day Surgery Network.
 - Full cover for contracted-in providers and cover up to 100% of the Discovery Health rate for non-network providers.

- **Chronic Benefits:** Chronic medicine, cancer treatment and renal dialysis through state facilities.
- **Day-to-day Benefits:**
 - Unlimited GP visits to the member’s selected KeyCare Start GP.
 - Two out-of-network visits to a KeyCare Start GP.
 - Acute medicine dispensed by the member’s KeyCare Start GP.
 - Two private specialist visits covered up to R2 000 per person if referred by the member’s KeyCare Start GP.
 - Formulary driven radiology and pathology.
 - Defined conservative dentistry covered at the Discovery Health rate.
 - Defined optometry at IsoLeso.
 - Annual Health Check – covered at a wellness provider for adults and children.

KeyCare members will receive detailed, personalised communication during October 2018 regarding the changes to KeyCare in 2019. These members will have the option of changing their current plan choices during the year-end review period.

- Members on the lowest income band of KeyCare Plus in 2018 will remain on the lowest income band of KeyCare Plus in 2019. These members will have the option to change their plans until 30 June 2019.
- Members on the lowest income band of KeyCare Core in 2018 will remain on the lowest income band of KeyCare Core in 2019. These members will have the option to change their plans until 30 June 2019.
- Members on KeyCare Access in 2018 will be transferred to KeyCare Start in 2019 based on their income band as at 31 December 2018. These members will have the option to change their plans until 30 June 2019.

KeyCare Start			
Income bracket	Principal	Adult	Child
R0 - R9 150	R839	R839	R505
R9 151 – R13 050	R1 412	R1 412	R551
R13 050+	R2 198	R2 198	R596
KeyCare Core			
R0 - R13 050	1038	R1 038	R255
R13 050+	R1 661	R1 661	R376
KeyCare Plus			
R0 - R13 050	R1 456	R1 456	R463
R13 050+	R2 249	R2 249	R602

Updates to limits, co-payments, deductibles and thresholds

- Co-payments and deductibles are increased by the plan-specific contribution increase.
- **Thresholds for Above Threshold Benefits are increased as follows:**
 - Executive Plan: 11.9%
 - Comprehensive Plans: 11.9%
 - Priority Plans: 10.9%
- **Benefit limits are increased by the plan-specific contribution increase, with the exception of the following:**
 - Internal prosthesis limit, which increases by surgical inflation.

- **No increases to the following:**
 - International Travel Benefit limit.
 - Overseas Treatment Benefit limit.
 - Oncology Benefit threshold.
 - Specialised Medicine and Technology Benefit limit.
 - Hip, knee and spinal prostheses limit.
 - External Medical Item limit.

Changes to Chronic Illness Benefit (CIB) for 2019

From 1 January 2019, certain formulary changes and Chronic Drug Amount updates will be applied. Discovery has been communicating these changes to impacted members since August 2018.

These members will have until the end of 2018 to make changes to their treatment to avoid or reduce co-payments.

Introduction of MedXpress as Designated Service Provider for Priority and Saver Plans

- From 2019, the MedXpress Pharmacy Network will be the Designated Service Provider for chronic medication on the Priority and Saver Plans.

Should members voluntarily use a pharmacy outside the MedXpress Pharmacy Network, a 20% co-payment will apply.

Changes are effective 1 April 2019 for members already registered on the Chronic Illness Benefit (CIB), and 1 January 2019 for members newly registered on the CIB.

The MedXpress Pharmacy Network includes all Clicks pharmacies and Dis-Chem pharmacies and 63% of independent pharmacies.

Members without easy access to a MedXpress pharmacy can use the MedXpress delivery service for nationwide delivery of chronic medicine.

Managed Care programmes

- **NEW – Cardio Care:**
Members diagnosed with hypertension, hyperlipidaemia and ischaemic heart disease can register on Cardio Care through their Premier Plus GP. Members have access to a risk-funded extended consultation with their Premier Plus GP and it includes an annual cardiovascular assessment with recommended clinical pathways.
- **NEW – Mental Health Care:**
Through your Premier Plus GP, members with major depression can be enrolled in the Mental Health Care programme. Prescribed formulary medication, including plans where major depression is not covered, will be covered as a chronic condition. Two additional GP consultations to allow effective evaluation, tracking and monitoring of treatment.
- **NEW – Diabetes Care – Nurse Educator Programme:**
Introducing a supplementary Nurse Educator Programme to support your Premier Plus GP, this will include medicine adherence, effective eye and foot care, promotion of healthy nutrition and physical activity.
- **Oncology Care:**
 - **NEW – The Oncology Innovation Benefit**
Members of the Executive and Comprehensive Plans will have access to the Oncology Innovation Benefit. The benefit will provide cover for a list of innovative cancer treatments subject to a 25% co-payment from the first rand.

- **NEW – The Extended Oncology Benefit**

Members on the Executive and Comprehensive Plans will have access to the Extended Oncology Benefit. This benefit provides members with full cover for a defined list of oncology treatments that are not considered Prescribed Minimum Benefits, and will not be subject to any co-payments.

Emergency Assist

Members can access the Emergency Assist functionality on the Discovery App (whether members are logged in or not). The member's location will be sent to a medical dispatcher with an immediate call back.

Introducing the Discovery Day Surgery Network

- The Discovery Day Surgery Network provides national coverage for a range of medical procedures that can be performed on a same-day basis.
- The network ensures national coverage by including both day surgery centres and acute hospitals.
- In 2019, the Discovery Day Surgery Network will be the Designated Service Provider for a defined list of clinically appropriate procedures on Priority, Saver, Core, Smart and KeyCare Plans.
- **Priority, Saver, Core and Smart Plans:**
 - Members will be covered in full if the procedure is performed in the Discovery Day Surgery Network.
 - Members will pay an upfront deductible of R5 000 if the procedure is voluntarily performed outside the network.
 - On the Smart and Delta Plans there will be an upfront deductible for procedures performed outside the network, which will be R8 800 and R7 650 respectively.
 - No upfront deductibles will apply in the case of an emergency (life threatening or loss of limb).
- **KeyCare Plans:**
 - Members will be covered in full if the procedure is performed in the Discovery Day Surgery Network.
 - KeyCare members will have no cover if the procedure is performed outside the network.
 - In the case of an emergency, the member will be covered in full for the procedure outside the network.

Introduction of Designated Service Provider for Renal Dialysis and Oncology on Essential Smart

In 2019, Essential Smart will cover oncology and renal dialysis in full through a network of Designated Service Providers:

- Oncology will be covered in full in the ICON network.
- Renal dialysis will be covered in full in state facilities.

Where members voluntarily use providers outside the Designated Service Provider network, the Scheme will cover healthcare expenses up to 80% of the Discovery Health Rate.

Essential Smart members with an approved oncology treatment plan continuing into 2019 may complete their active treatment plan at their current provider.



Vitality update 2019

Vitality Active Rewards 2.0

Vitality Active Rewards now extend beyond physical activity to include the primary health behaviours that underpin Vitality, including preventive screening, nutrition, weight loss management and medicine adherence. Clients who:

- achieve their fitness and drive goals will earn a game board play each week
- eat healthy and achieve a personalised monthly HealthyFood goal will earn Vitality reward points each month
- complete their relevant personalised health checks will earn Vitality reward points
- track and achieve at least 85% weekly chronic medicine adherence will earn weekly and monthly Vitality reward points
- track progress towards a personalised monthly weight goal and verify this through the Vitality Wellness Network will earn Vitality reward points each month.

Vitality reward points can be converted towards members' Vitality status or spent on coffees, smoothies or shopping vouchers.

Healthy Dining:

Get up to 25% cash back when choosing healthier meals when dining in or out, plus enjoy half-price kids' meals, through accredited providers.

Enhancement to Device Booster and HealthyGear:

- Vitality members will now be able to earn points using Huawei fitness devices including the Band 2 Pro, available to purchase at Sportsman's Warehouse through HealthyGear and Device Booster.
- No activation fee will apply to Device Booster in 2019.

Vitality points updates:

- Gym visits with a minimum duration of 30 minutes will qualify for 100 Vitality points.
- Members will earn up to 1 200 Vitality points per month by tracking step activity.

Allocation of points has been adjusted.

NEW – Smoking cessation programme:

- Members can now earn up to 25% cash back when participating in GoSmokeFree through Clicks or Dis-Chem, with the programme included as part of the HealthyCare catalogue.

Reduced gym activation fee to continue:

- The campaign around the one-off activation fee of R799 (at a Virgin Active or Planet Fitness gym) to new members **has been extended** until the end of December 2018. **This is a saving of R1 196.**

Introducing Vitality Open:

For the first time, Vitality is open to all South Africans aged 18 and older for **10 weeks**. From **13 September to 23 November 2018**, download the app, get active, drive well, get rewarded and get an opportunity to win **prizes for life**.

Vitality Active Rewards Structure:

This has morphed into a **gaming board** where members can **choose a tile** revealing a lucky reward. Rewards will take the following form:

- Vitality reward **points** (which **convert into monetary value** and can be saved, converted to **Vitality points** or **spent** at Vitality Partner stores) of 25 or 40 or 100.
- **Diamond** Rewards hold a higher monetary value than normal Vitality reward points.

- Each time a Diamond reward is chosen over the next 10 weeks, members are entered into a draw to win further **prizes for life**, i.e. coffee for life, fuel rewards for life, tyres for life, etc.