

momentum
health

2025

Guide for
general
practitioners



Primary Care Network

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Primary care products

Momentum Health has its own primary care network for the medical schemes that it administers, 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 Health Primary Care Network are:

Horizon – Hospital Plus Network Plan

Medimed – Medisave Essential Option

Momentum Medical Scheme – Ingwe Active Network and Ingwe Primary Care Network Options

Moto Health Care – Custom Option and Essential Option

Pick n Pay – Primary Option

Sisonke Health – Pride and Diversity Options

Wooltru – Network Option

Suremed Health – Explorer and Shuttle Options

Designated Service Provider for:

Wooltru – Saver and Comprehensive



Benefit and contact

Option	Specialist referral process and benefit confirmation	Hospital	HIV	Chronic administration/formulary	OTC/PAT	
Medical schemes						
 MOMENTUM MEDICAL SCHEME	Ingwe Active Network and Ingwe Primary Care Network	Contact Momentum Medical Scheme 0860 11 78 59	Contact Momentum Medical Scheme 0860 11 78 59	Contact LifeSense 0860 50 60 80	Contact Momentum Medical Scheme 0860 11 78 59	No benefit
 HORIZON	Hospital Plus Network Plan	Contact Horizon 0860 101 103	Contact Horizon 0860 101 103	Contact Aid for AIDS 0860 100 646	Contact Momentum Health 0860 102 182 chronic.carecross@momentum.co.za	No benefit
 MOTO HEALTH CARE	Custom Option	Contact Momentum Health - Specialist name - Referral number 0861 000 300	Contact Moto Health Care 0861 000 300	Contact YourLife HIV Management 0860 109 793	Contact Momentum Health 0861 000 300 carecrossmotoc@momentum.co.za	5 scripts per beneficiary, maximum 7 scripts per family at Pharmacy Network, covering 11 conditions
	Essential Option		Refer to State			3 scripts per beneficiary, maximum 5 scripts per family at Pharmacy Network, covering 11 conditions
 PICK N PAY	Primary Option	Contact Pick n Pay 0800 004 389	Contact Pick n Pay 0800 004 389	Contact YourLife HIV Management 0860 109 793	Contact Pick n Pay 0800 004 389	R120 per script, limited to a maximum of R365 per family per year
 WOOLTRU	Network Option	Contact Wooltru - Specialist name - Referral number 0802 228 922	Contact Wooltru 0802 228 922	Contact YourLife HIV Management 0860 109 793	Contact Wooltru 0802 228 922	No benefit
 MEDIMED	Medisave Essential Option	Contact Medimed 0861 777 660 info@medimed.co.za specauth@medimed.co.za	Contact Clinical pre-authorization 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	R130 per script up to a maximum of R500 per family per annum
 SISONKE	Diversity Option	Contact Sisonke Health 0860 104 012 info@sisonkehealth.co.za specauth@sisonkehealth.co.za	Contact Clinical pre-authorization 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	R679 per family per annum
	Pride Option					R522 per family per annum
 SUREMED HEALTH	Explorer	Contact clinical pre-authorization on (041) 395 4545 / 0860 08 08 88 or hospauth@suremedhealth.co.za	Contact clinical pre-authorization on (041) 395 4545 / 0860 08 08 88 or hospauth@suremedhealth.co.za	Contact MomentumTYB 0860 103228 wellbeing@suremedhealth.co.za	Contact Pharmacy Benefit Department 041 395 4482 chronic@suremedhealth.co.za	R120 per script up to a maximum of R368 per beneficiary and R445 per family per annum
	Shuttle					R120 per script up to a maximum of R350 per beneficiary and 3 events a year
Non-medical scheme product						
 MOMENTUM HEALTH4ME	Gold	Contact Momentum Health4Me 0860 102 903	Refer to State	Contact YourLife HIV Management 0860 555 609 health4mehiv@momentum.co.za	Contact Momentum Health4Me 0860 102 903	No benefit
	Silver					
	Bronze	Gold option only			Gold option only	Gold option only
Designated service provider option						
 WOOLTRU	Saver and Comprehensive Options	Contact Wooltru - Specialist name - Referral number 0802 228 922	Contact Wooltru 0802 228 922	Contact YourLife HIV Management 0860 109 793	Contact Wooltru 0802 228 922	Contact Wooltru 0802 228 922

General GP consultations

Available at a contracted Momentum Health Primary Care 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 Ingwe Active Network and Ingwe Primary Care Network	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 Hospital Plus Network Plan	Unlimited medically necessary visits	Contact Momentum Health 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.
MOTO HEALTH CARE Custom and Essential	Unlimited medically necessary visits	Contact Momentum Health 0861 000 300 providerlogin.mmihealth.co.za/schemenavigator/scheme-navigator-main.html		Not available
PICK N PAY Primary Option	Unlimited medically necessary visits	Contact Momentum Health 0800 004 389 providerlogin.mmihealth.co.za/schemenavigator/scheme-navigator-main.html		Not available
WOOLTRU Network Option	Unlimited medically necessary visits. Members need to contact Hello Doctor to obtain pre-authorisation for Network GP visits from the 7th visit	Contact Momentum Health 0802 228 922 providerlogin.mmihealth.co.za/schemenavigator/scheme-navigator-main.html	EDI: 202P Healthbridge: DIWO0000	Not available
MEDIMED Medisave Essential Option	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 Pride and Diversity Options	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
SUREMED HEALTH Explorer and Shuttle Options	Unlimited medically necessary visits at the member's nominated GP	Contact Suremed Health 086 008 0888 www.suremedhealth.co.za	EDI: 072P Healthbridge: DEAC0000	Not available
Non-medical scheme product				
MOMENTUM HEALTH4ME	Unlimited medically necessary visits Members that do not have the GP visit booster benefit 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, HIV 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 Saver and Comprehensive Options	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

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.

Treatments and/or medication that do not fall under Primary Care benefits will be for the member's own account. The member needs to be informed upfront of these treatments and/or medication, and sign an acknowledgment thereof.

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 Active Network and Ingwe Primary Care Network, 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 18 and 19.
- Code 0199 can be charged at a rate of R111.05 for the chronic registration of a patient.

For Suremed Health Explorer and Shuttle Options

- chronic@suremedhealth.co.za

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 18 and 19. 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 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-authorization.

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	R111.05

Kindly refer to the annual communication, sent in November 2024 for the relevant reimbursement rates for 2025.

Procedure codes

0300	Stitching of wound	R508.50
0301	Stitching of additional wound	R113.45
0307	Excision and repair	R677.95
0308	Each additional small procedure done at the same time	R225.60
0255	Drainage of subcutaneous abscess and avulsion of nail	R413.75
0259	Removal of foreign body superficial to deep fascia	R565.75
2133	Circumcision - clamp	R844.85
0887	Limb cast - inclusive of cost of P.O.P.	R565.75
1232	ECG without effort*	R205.70
1233	ECG with and without effort*	R276.70
1136	Nebulisation (2 per family per year)	R73.65
4188	Urine dipstick	R16.35

- 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-authorization. Please contact the scheme for authorisation.

Momentum **Health4Me**

Momentum Health4Me benefits overview

	Bronze	Silver	Gold
GP benefit	✓	✓	✓
GP in room procedures	✓	✓	✓
Hello Doctor	✓	✓	✓
Hello Doctor scripting	✓	✓	✓
Specialist benefit	✗	✗	✓
Acute medication	✓	✓	✓
Chronic benefit and medication	✗	✗	✓
HIV benefit	✗	✗	✓
Maternity benefit	✓	✓	✓
Basic pathology	✓	✓	✓
Basic radiology	✓	✓	✓
Basic and emergency dentistry	✗	✓	✓
Basic optometry	✗	✓	✓
Flu vaccination	✓	✓	✓
COVID-19 screening test	✓	✓	✓
On-site wellness days	✓	✓	✓
Health assessment	✓	✓	✓
Employee Assistance Programme	✓	✓	✓
Multiply Engage	✓	✓	✓
More4Me	✓	✓	✓

Processes and formularies

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

Momentum Health4Me Network GP visits

Momentum Health4Me has grown its membership substantially and currently provides cover to more than 195 000 members.

Members have access to unlimited Network GP visits through the valuable services that you provide. To ensure that we continue to provide affordable healthcare solutions to this market, members need to follow a referral process once they have exceeded their 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.

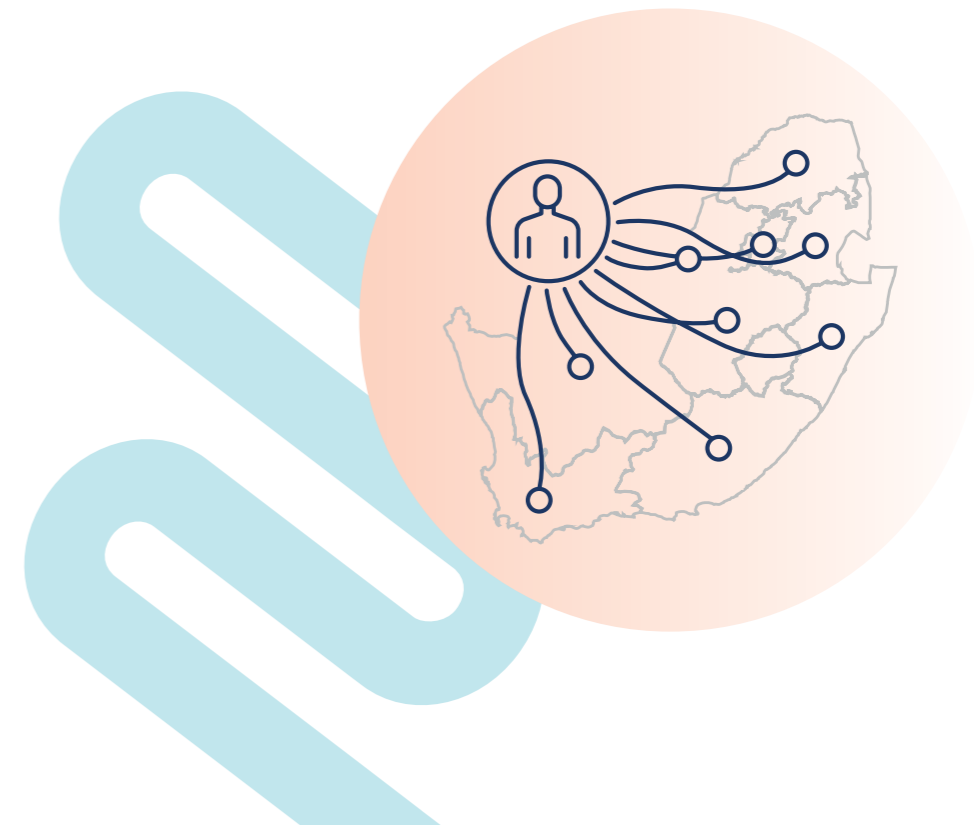
The purpose of this process is to ensure that valid cases, i.e. medically necessary cases, are referred to you, thereby minimising unnecessary visits to your practice that can be handled through virtual support offered by Hello Doctor.

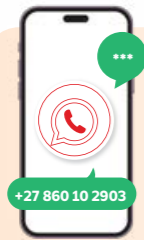
It is the responsibility of the member to ensure that they have received an authorisation from Hello Doctor once they have exceeded their three Network GP visits. We monitor members' Network GP visits and pro-actively notify them regarding the number of visits they have available. Once they have exceeded their limit, we 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 face to face.
- Step 5** > 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 have unlimited medically necessary Network GP visits, with no Hello Doctor authorisation required.





Members can use **WhatsApp** to contact Hello Doctor to unlock additional GP visits

Step 1 Add **+27 860 10 29 03** as a contact on their cell phone

Step 2 Open the saved contact in WhatsApp and send a **“Hi”**. Follow the easy step-by-step process that will guide them through the Hello Doctor authorisation process

Scan the QR code to start a WhatsApp chat

The WhatsApp QR code will only work if they have an active data/internet connection on their cell phone



They will receive a notification to confirm that their request has been submitted

Step 3 Hello Doctor will call them back to see whether they can help them over the phone. If they are unable to, they will unlock a Network GP visit and recommend that the member visits a Network GP

The member will receive an SMS with an authorisation number, and an authorisation card in the app



Verify patients via the Health4Me IVR process

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.

Please take note of the following

- No authorisation is needed for members on the GP Booster Benefit
- No authorisation is needed for the member's first 3 visits, or first 5 visits if member is registered on the Maternity benefit, Chronic benefit or HIV programme
- The member/dependant has to be on benefit for an authorisation to be granted
- If the membership is suspended or terminated, you will be transferred to an agent
- GP authorisations are valid for 3 days date of issue, e.g. if you called us and received authorisation on September, the authorisation valid until 3 September
- Claims need to be submitted within days of the consultation

Step 1

For a quick and easy experience, have all the relevant details ready when contacting us, such as:

- your practice number, excluding the zeros in front
- the membership number
- the ID number of the member you are querying, or
- the dependant code
- the authorisation number if you are calling to confirm a booking

Contact us

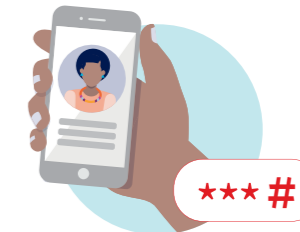
Call or WhatsApp: **0860 102 903**
Email: health4me@momentum.co.za



Making the call

Step 2

Call us on **0860 102 903**
[Enter your practice number excluding any zeros in front, followed by # to validate practice number]

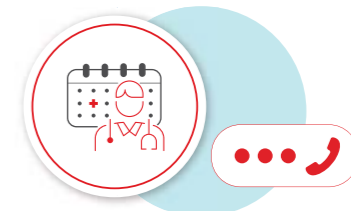


You will then have 3 options to choose from:

1. To book a GP consultation, **press 1**
2. To confirm an existing GP authorisation, **press 2**
3. For all other queries, **press 3**

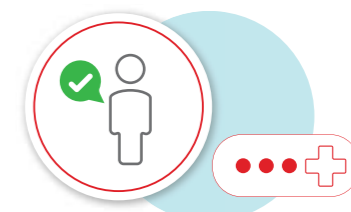
Step 3

Depending on your selection, you will be prompted to provide the details necessary for a GP consultation to be booked or to confirm an authorisation, or for your query to be resolved.



Please ensure that you have all the relevant details on hand in order for us to assist you

Step 4



Once you have been able to book or confirm the authorisation number, you can either hang up or select one of the next three options:

1. To query another membership or ID number, **press 1**
2. To return to the Network GP menu, **press 2**
3. To speak to a consultant, **press 3**

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 number/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
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Haematology

3709	<input type="checkbox"/>	Antiglobin Test - Direct or Indirect Coombs
3739	<input type="checkbox"/>	Erythrocyte Count
3743	<input type="checkbox"/>	Erythrocyte Sedimentation Rate (ESR)
3755	<input type="checkbox"/>	Full Blood Count (incl 3739/3762/3783/3785/3791)
3762	<input type="checkbox"/>	Haemoglobin Estimation (Hb)
3783	<input type="checkbox"/>	Leucocyte Differential Count
3785	<input type="checkbox"/>	Leucocytes: Total Count
3791	<input type="checkbox"/>	Packed cell volume
3792	<input type="checkbox"/>	Plasmodium Falciparum (Malaria: Antigen)
3805	<input type="checkbox"/>	Prothrombin Index
3806	<input type="checkbox"/>	PI/INR dosage information
3797	<input type="checkbox"/>	Platelet Count
4528	<input type="checkbox"/>	Ferritin

Biochemical tests

3999	<input type="checkbox"/>	Albumin
4001	<input type="checkbox"/>	Phosphatase
4006	<input type="checkbox"/>	Amylase
4009	<input type="checkbox"/>	Bilirubin: Total
4010	<input type="checkbox"/>	Bilirubin: Conjugated
4026	<input type="checkbox"/>	LDL Cholesterol (Chemical Determination)
4027	<input type="checkbox"/>	Total Cholesterol (Fasting)
4028	<input type="checkbox"/>	HDL Cholesterol (Fasting)
4147	<input type="checkbox"/>	Triglyceride

Code	✓	Description
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Biochemical tests (continued)

4032	<input type="checkbox"/>	Creatinine
4057	<input type="checkbox"/>	Glucose: Quantitative
4113	<input type="checkbox"/>	Potassium
4114	<input type="checkbox"/>	Sodium
4117	<input type="checkbox"/>	Protein (Total)
4130	<input type="checkbox"/>	Aspartate Aminotransferase (AST)
4131	<input type="checkbox"/>	Alanine Aminotransferase (ALT)
4134	<input type="checkbox"/>	Gamma Glutamyl Transferase (GGT)
4155	<input type="checkbox"/>	Uric Acid
4171	<input type="checkbox"/>	Urea and electrolytes
4188	<input type="checkbox"/>	Urine Dipstick - Per Stick
4352	<input type="checkbox"/>	Occult Blood (Monoclonal antibodies)
4023	<input type="checkbox"/>	Chloride
4151	<input type="checkbox"/>	Urea
4161	<input type="checkbox"/>	Troponin Isoforms
4017	<input type="checkbox"/>	Calcium Spectrophotometric
4049	<input type="checkbox"/>	Glucose Tolerance Test

Serology

3932	<input type="checkbox"/>	HIV: Elisa
3947	<input type="checkbox"/>	C-Reactive Proteins
3948	<input type="checkbox"/>	IgG: Varicella, Herpes, Rubella, etc
3949	<input type="checkbox"/>	Syphilis serology
3951	<input type="checkbox"/>	Quantitative Khan, VDRL or other Flocculation
3980	<input type="checkbox"/>	Bilharzia Ag Serum / Urine

Code	✓	Description
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Histology and Cytology

4567	<input type="checkbox"/>	Histology per sample
4571	<input type="checkbox"/>	Histology (more than 2 units) per additional block (max 1)
4566	<input type="checkbox"/>	Vaginal or Cervical Smear (1 slide)
4559	<input type="checkbox"/>	Liquid pap smear

Immunology

4450	<input type="checkbox"/>	HcG: Qualitative
4507	<input type="checkbox"/>	Thyrotropin (TSH)
4519	<input type="checkbox"/>	PSA
4531	<input type="checkbox"/>	Hepatitis: A IGM antibody
4531	<input type="checkbox"/>	Hepatitis: B surface antigen

Bacteriology

3893	<input type="checkbox"/>	Bacteriological Culture (Sensitivity)
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Microscopy

3885	<input type="checkbox"/>	Cytochemical Stain (AO AFB)
3869	<input type="checkbox"/>	Faeces microscopy (incl parasites)
3881	<input type="checkbox"/>	Tubercle Bacillus
3883	<input type="checkbox"/>	Conc-Urine Parasites
3865	<input type="checkbox"/>	Parasites in blood: Malaria, Trypanosomes
3867	<input type="checkbox"/>	Body fluids, Urine, Exudate

For Momentum Medical Scheme Ingwe members only

4182	<input type="checkbox"/>	Quantitative Protein Estimation Nephelometer or Turbidimetric Method
4614	<input type="checkbox"/>	HIV ab-Rapid test
3946	<input type="checkbox"/>	IgM: Varicella, Herpes, Rubella, etc
4451	<input type="checkbox"/>	HCG: Monoclonal - Quantitative
3887	<input type="checkbox"/>	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 number/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
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Arms and shoulders

61100	<input type="checkbox"/>	X-Ray Of The Left Clavicle
61105	<input type="checkbox"/>	X-Ray Of The Right Clavicle
61110	<input type="checkbox"/>	X-Ray Of The Left Scapula
61115	<input type="checkbox"/>	X-Ray Of The Right Scapula
61120	<input type="checkbox"/>	X-Ray Of The Left Acromioclavicular Joint
61125	<input type="checkbox"/>	X-Ray Of The Right Acromioclavicular Joint
61130	<input type="checkbox"/>	X-Ray Of The Left Shoulder
61135	<input type="checkbox"/>	X-Ray Of The Right Shoulder
62100	<input type="checkbox"/>	X-Ray Of The Left Humerus
62105	<input type="checkbox"/>	X-Ray Of The Right Humerus
63100	<input type="checkbox"/>	X-Ray Of The Left Elbow
63105	<input type="checkbox"/>	X-Ray Of The Right Elbow
64100	<input type="checkbox"/>	X-Ray Of The Left Forearm
64105	<input type="checkbox"/>	X-Ray Of The Right Forearm

Hand and wrist

65100	<input type="checkbox"/>	X-Ray Of The Left Hand
65105	<input type="checkbox"/>	X-Ray Of The Right Hand
65120	<input type="checkbox"/>	X-Ray Of A Finger
65130	<input type="checkbox"/>	X-Ray Of The Left Wrist
65135	<input type="checkbox"/>	X-Ray Of The Right Wrist
65140	<input type="checkbox"/>	X-Ray Of The Left Scaphoid
65145	<input type="checkbox"/>	X-Ray Of The Right Scaphoid

Legs and knees

71100	<input type="checkbox"/>	X-Ray Of The Left Femur
71105	<input type="checkbox"/>	X-Ray Of The Right Femur
72100	<input type="checkbox"/>	X-Ray Of The Left Knee One Or Two Views
72105	<input type="checkbox"/>	X-Ray Of The Right Knee One Or Two Views
73100	<input type="checkbox"/>	X-Ray Of The Left Lower Leg
73105	<input type="checkbox"/>	X-Ray Of The Right Lower Leg
72150	<input type="checkbox"/>	X-Ray Both Knees Standing - Single View

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 Option members

Radiology applicable codes

Additional radiology benefits for Momentum Medical Scheme Ingwe Active Network and Ingwe Primary Care Network

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 Active Network and Ingwe Primary Care Network, Momentum Health4Me, Moto Health Custom and Essential, Pick n Pay Primary, Horizon Hospital Plus, Wooltru Network Option, Sisonke Health Pride and Diversity, Suremed Health Explorer and Shuttle and Medimed Medisave Essential.

Tariff code	Description	Price
3305	Finger, toe	R165.85
3321	Per region, e.g. cervical, sacral, lumbar, coccygeal, one region thoracic	R289.25
3331	Pelvis (sacro-iliac or hip joints only to be added where an extra set of view is required)	R289.25
3445	Chest (item 3601 included)	R246.80
3447	Chest and cardiac studies (item 3601)	R331.55
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	R586.95
6500	Hand	R203.25
6501	Wrist (specify region)	R203.25
6503	Scaphoid	R203.25
6504	Radius and Ulna	R203.25
6505	Elbow	R203.25
6506	Humerus	R203.25
6507	Shoulder	R203.25
6508	Acromioclavicular joint	R203.25
6509	Clavicle	R203.25
6510	Scapula	R203.25
6511	Foot	R203.25
6512	Ankle	R203.25
6513	Calcaneus	R203.25
6514	Tibia and Fibula	R203.25
6515	Knee	R203.25
6516	Patella	R203.25
6517	Femur	R203.25
6518	Hip	R203.25

Chronic conditions list

Condition	Momentum Medical Scheme	Horizon	Moto Health Care		Pick n Pay	Wooltru	Momentum Health4Me	Medimed	Sisonke Health		Suremed Health		
	Ingwe Active Network and Ingwe Primary Care Network	Hospital Plus Network Plan	Custom	Essential	Primary	Network * PMB CDL only	Gold	Medisave	Diversity	Pride	Explorer	Shuttle	
Acne	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	
Addison's Disease	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Allergic Rhinitis	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	
Asthma	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Bipolar Mood Disorder	✓	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	
Bronchiectasis	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
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	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Dysrhythmias	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	
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
provider.momentum.co.za
PO Box 2338 Durban 4000

Momentum Health4Me

T 0860 102 903 (Operating hours Monday to Friday 07:30 - 19:00 and Saturday 08:00 - 13:00)

WhatsApp +27 860 102 903

drnet@momentum.co.za
provider.momentum.co.za
PO Box 7400 Centurion 0046

Horizon

T 0860 101 159 (Operating hours Monday to Friday 08:00 - 17:00)

network@momentum.co.za
carecross.co.za

Moto Health Care

T 0861 000 300 (Operating hours Monday to Friday 08:00 - 17:00)

drnet@momentum.co.za
providerlogin.mmihealth.co.za/schemenavigator/
scheme-navigator-main.html

Wooltru

T 0802 228 922 (Operating hours Monday to Friday 08:00 - 17:00)

drnet@momentum.co.za
providerlogin.mmihealth.co.za/schemenavigator/
scheme-navigator-main.html

Pick n Pay Primary

T 0800 004 389 (Operating hours Monday to Friday 08:00 - 17:00)

providers@momentum.co.za
providerlogin.mmihealth.co.za/schemenavigator/
scheme-navigator-main.html

Medimed Medical Scheme

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 Gqeberha 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 Gqeberha 6001

Suremed Health

Explorer and Shuttle

T 0860 080 888 (Operating hours Monday to Friday 08:00 - 17:00)

info@suremedhealth.co.za

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.