



Quality, affordable healthcare for the staff you depend on

With DomestiCare, your domestic workers can get access to premium healthcare from private healthcare providers at an affordable cost

This means

- Quality treatment and prescriptions
- Better recovery times and overall health
- Less time off from work and lower infection risk

Suitable for all domestic workers

- Cleaners • Child-minders
- Gardeners • Au-pairs • Cooks
- Old-age carers • Tea ladies
- Night nurses

Sign up for DomestiCare with our simple online application process at domesticare.co.za, or call us on **0860 103 491** for sign-up assistance.

DomestiCare

momentum

DomestiCare

| Benefit | DomestiCare | DomestiCare Plus |
|-------------------------------|---|---|
| GP visits | Unlimited GP visits at a Momentum CareCross Network GP per member per annum* No out of Network GP visits will be allowed | Unlimited GP visits at a Momentum CareCross Network GP per member per annum* No out of Network GP visits will be allowed |
| GP in room procedures | Minor medical procedures performed as part of a Momentum CareCross Network GP consult in rooms | Minor medical procedures performed as part of a Momentum CareCross Network GP consult in rooms |
| Hello Doctor | Unlimited access to telephonic consultations and online/mobile health information via Hello Doctor | Unlimited access to telephonic consultations and online/mobile health information via Hello Doctor |
| Acute medication | Unlimited when provided in accordance with the Momentum CareCross Network prescribed acute medication formulary | Unlimited when provided in accordance with the Momentum CareCross Network prescribed acute medication formulary |
| Basic pathology | Unlimited when linked to a Momentum CareCross Network GP visit and referred by a Momentum CareCross Network GP, according to the applicable Momentum DomestiCare pathology list | Unlimited when linked to a Momentum CareCross Network GP visit and referred by a Momentum CareCross Network GP, according to the applicable Momentum DomestiCare pathology list |
| Basic radiology | Unlimited cover for black and white x-rays, when linked to a Momentum CareCross Network GP visit and referred by a Momentum CareCross Network GP, according to the applicable Momentum DomestiCare radiology list | Unlimited cover for black and white x-rays, when linked to a Momentum CareCross Network GP visit and referred by a Momentum CareCross Network GP, according to the applicable Momentum DomestiCare radiology list |
| Basic and emergency dentistry | Not covered | Covered at any dentist on the Momentum CareCross Dental Network Basic dentistry such as fillings, extractions, infection control, cleaning and polishing of teeth Specialised dentistry such as bridges, crowns, surgical extractions, implants, root canals, gold fillings, dentures and braces are not covered Provided in accordance with the Momentum CareCross Dental Network protocols and approved Momentum DomestiCare dentistry list 3 Months waiting period applies |
| Basic optometry | Not covered | Covered at any optometrist on the Momentum CareCross Optical Network Benefit available every 2 years 1 Eye test and 1 pair of clear standard single vision lenses, or 1 pair of bi-focal lenses, with a standard frame Sunglasses, tinted lenses, hard coating and contact lenses are not covered Provided in accordance with the Momentum CareCross Optical Network protocols and approved Momentum DomestiCare optometry list 3 Months waiting period applies |
| Maternity benefit | 1 1st trimester growth scan per pregnancy | 1 1st trimester growth scan per pregnancy |
| Flu vaccination | 1 Flu vaccination per member per annum at any pharmacy clinic, preferably at a Dis-Chem, Clicks, MediRite or Pick n Pay pharmacy clinic | 1 Flu vaccination per member per annum at any pharmacy clinic, preferably at a Dis-Chem, Clicks, MediRite or Pick n Pay pharmacy clinic |
| Health assessment | 1 Health assessment (blood pressure test, cholesterol and blood sugar finger prick tests, height, weight and waist circumference) per member per annum at a pharmacy clinic, preferably at a Dis-Chem, Clicks, MediRite or Pick n Pay pharmacy clinic | 1 Health assessment (blood pressure test, cholesterol and blood sugar finger prick tests, height, weight and waist circumference) per member per annum at a pharmacy clinic, preferably at a Dis-Chem, Clicks, MediRite or Pick n Pay pharmacy clinic |

* Authorisation is required after the 10th visit per member per annum.

| Payment option | Cover period | Payment method | DomestiCare | DomestiCare Plus |
|---------------------------|--------------|---|----------------------------------|----------------------------------|
| 12 months upfront payment | 12 Months | <ul style="list-style-type: none"> Credit Card Bank Debit Order Electronic Fund Transfer | R2 803.20 (R233.60 per month) | R3 189.60 (R265.80 per month) |
| Monthly payment | 1 Month | <ul style="list-style-type: none"> Bank Debit Order | R273.60 per month | R305.80 per month |

Terms and conditions apply.
After-hours GP visits, visits to specialists, hospitalisation and chronic medication are excluded.
Momentum DomestiCare is not a medical scheme product, and is not a substitute for medical scheme membership.