



# POLMED Preventative Healthcare Benefits

POLMED has enhanced its preventative and screening benefits as approved by the Council for Medical Schemes. As such, we would like to remind you of the Preventative Care Benefit that allows members and their dependents access to a full medical examination and other screening benefits on an annual basis.

This benefit allows risk assessment tests to ensure the early detection of conditions that may be completely cured or successfully managed if treated early. The goal of the Preventative Care Benefit is to promote the health and wellbeing of our members, as well as promote the early detection and effective management of disease.

All services per specified benefit will be covered from Risk and will not deplete your out-of-hospital benefits. If you'd like more information on our Preventative Care Benefit, call our team at 0860 765 633 or email your query to [polmed@medscheme.co.za](mailto:polmed@medscheme.co.za).

Benefit description	Age	Tariff codes/ICD 10 <sup>1</sup>	Cycle
One wellness measure per year (Tariff code 55500) inclusive of: <ul style="list-style-type: none"> <li>Blood pressure test</li> <li>Body mass index (BMI) calculation</li> <li>Waist-to-hip ratio measurement</li> <li>Cholesterol screening</li> <li>Glucose screening</li> <li>Healthy diet counselling (if the member is overweight)</li> </ul>		55500	Annually
			Annually
			Annually
			Annually
			Annually
Occult blood test (screening for peptic ulcer disease) (members over the age of 50 years)	> 50	4027, Z13.8 4061, Z13.1 4050, Z71.3	Annually
Flu vaccine		732826, 07355	Annually
Pneumococcal vaccine			Limited to one every five years
Consultation and topical fluoride application for children aged 0-6 years	0 - 6	8101, 8151	Annually
Caries risk assessment for children aged 0-14 years (Clinical information to be submitted to managed care)	0 - 14	8102	Once every second year
Topical application of fluoride	7 - 16	8151	Annually
Periodontal disease and caries risk assessment for adults 19 years of age and older (Clinical information to be submitted to managed care)	> 19	8102	Once every second year
Fissure sealants for 5 - 25 year olds	5 - 25	8163	Maximum of 4 per annum
Contraceptives		Contraceptive formulary applies Z30 Female	
HIV Counselling and tests <ul style="list-style-type: none"> <li>HIV counselling and pre-counselling</li> <li>HCT consultation, rapid testing, and post counselling</li> <li>ELISA tests: 3932</li> <li>Confirmation test: Western Blot 3969 (payable after HCT or ELISA tests)</li> </ul>		3932 3969	Annually

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Glaucoma Screening		3014	Once every third year
Cervical cancer screening (PAP Smear) • For all females aged 21-64 years old, except for those who have had a complete hysterectomy with no residual cervix	21 - 64	4566, Z12.4	Once every third year
HPV vaccine for girls aged 10-17 years	10 - 17	710020	2 x vaccinations per beneficiary
HPV screening once every five years for females aged 21 years and older	> 21	4434	Once every five years
Breast cancer screening (Mammogram)	40 - 74	3605, 34100,34101, Z12.3, Z01.6	Once every two years, unless motivated
Pertussis booster vaccine (Beneficiaries 7 years and older)	> 7		
Prostate screening (For all males aged between 50 and 75 years)	50 - 75	4524	Annually
Post-trauma debriefing sessions utilising the Psycho-Social Network (only for active serving SAPS members)		86777, 86888, 89777	4 x individual or group sessions
Child immunisations provided by the Department of Health (DOH) for children twelve (12) years old and younger	12 <	As per DOH age schedule as per the Road to Health chart	Immunisation – National Department of Health
Infant hearing screening for infants up to 6 weeks of age	0 - 6 weeks		One test in- or out-of-hospital
Hib titer for 60 years and older, annually (Serology: IgM: specific antibody titer)	> 60	3946	Annually
Circumcision		2137	Subject to clinical protocols
Weight Management Program: 12-week exercise programme provided by BASA (Biokineticist Association of South Africa). It includes an HRA (Health Risk Assessment), group or individual exercise sessions, and dietician and psychologists' consultations		Biokineticist Association of South Africa	One enrolment per beneficiary per annum. Subject to clinical protocols. Funded from Risk
GoSmokeFree Programme is delivered by a trained nurse through HealthCraft accredited pharmacies. The approach includes motivational behaviour changes, clinical measures (carbon monoxide readings), follow ups to manage relapse  Book a pre-quit assessment with a GoSmokeFree advisor. Visit <a href="http://gosmokefree.co.za">gosmokefree.co.za</a> for more information		Health Craft accredited pharmacies	6 x sessions Pre-assessment and five support sessions. One enrolment per beneficiary per annum. Funded from risk as part of preventative health care benefit.  Nicotine Replacement Therapy to be funded from Acute benefits for members enrolled on the programme.
Bone densitometry scan	> 65	50120, Z13.8	Once in a lifetime
COVID-19 vaccine benefit			Limited to PMB requirements

**Disclaimer:** POLMED has outlined the services that are covered under the Preventative Care Benefit. Best clinical practice dictates that your doctor should follow the best clinical management as per guidelines

1. ICD 10 code - describes the diagnosis.  
The purpose of ICD-10 coding is to translate diagnoses of diseases and other health related problems from descriptions into an alphanumeric code

Tariff code - indicate the type of treatment or service provided