

PRESCRIBED MINIMUM BENEFITS BASKET OF CARE FOR WHO GLOBAL OUTBREAK BENEFIT

DISCOVERY HEALTH MEDICAL SCHEME
2026





Overview

From time to time, viruses and diseases emerge that impact global health and may lead to public health emergencies. These outbreaks are closely monitored by the World Health Organization (WHO), and in some cases, may be declared a pandemic when they pose a widespread risk to health.

In support of national and global efforts to manage such outbreaks, you have access to a defined set of benefits to help protect our members' health. These benefits are carefully designed to assist with containment and treatment, ensuring access to appropriate care during an outbreak period.

A dedicated team at Discovery Health monitors the progression of global outbreaks in real time. This allows for a timely, coordinated response aimed at improving health outcomes and ensuring our members receive the care they need.

Cover is subject to the Scheme's preferred provider networks (where applicable), clinical protocols, and the treatment meeting the Scheme's entry criteria and guidelines. If recommended treatment or healthcare services fall outside the defined basket of care, they will be covered according to the benefits available on your chosen health plan, or in line with Prescribed Minimum Benefits (PMBs), where applicable. For full definitions and a list of PMB conditions, please refer to the Council for Medical Schemes (CMS) website at www.medicalschemes.co.za.

Discovery Health Medical Scheme plans are structured to give members access to more than just the minimum cover required by law. While some plans offer more comprehensive benefits and others focus on affordability, all our plans are designed to maximise value and support no matter which option you choose.

This document provides information on the Prescribed Minimum Benefits (PMBs) basket of care for acute COVID-19 and long COVID treatment, offered as part of the WHO Global Outbreak Benefit. This benefit applies to approved disease outbreaks as recognised by the WHO and includes access to a defined basket of care for each outbreak, such as cover for the administration of vaccines (where applicable) and appropriate out-of-hospital treatment.

About some of the terms we use in this document

There may be some terms we refer to in the document that you may not be familiar with. Here are the meanings of these terms.

TERMINOLOGY	DESCRIPTION
Day-to-day benefits	The day-to-day benefits are the available money allocated to your Personal Health Fund, Medical Savings Account, cover from the limited Above Threshold Benefit or defined benefits for day-to-day healthcare services.
Designated service provider (DSP)	This refers to a healthcare professional or provider (for example, a doctor, specialist, allied healthcare professional, pharmacy or hospital) who/that has agreed to provide Discovery Health Medical Scheme members with treatment or services at a contracted rate. To view the full list of designated service providers, visit www.discovery.co.za or click on 'Find a healthcare provider' on the Discovery Health app
Discovery Health Rate (DHR)	This is the rate that we pay for healthcare services from hospitals, pharmacies, healthcare professionals and other providers of relevant healthcare services.
ICD-10 code	A clinical code that describes diseases and signs and symptoms, abnormal findings, complaints, social circumstances and external causes of injury or diseases, as classified by the World Health Organization (WHO).
Prescribed Minimum Benefits (PMB)	In terms of the Medical Schemes Act 131 of 1998 and its Regulations, all medical schemes have to cover the cost related to the diagnosis, treatment and care of: <ul style="list-style-type: none"> • An emergency medical condition • A defined list of 271 diagnoses • A defined list of 27 chronic conditions.



TERMINOLOGY	DESCRIPTION
	<p>The Council for Medical Schemes has set the following rules for how to access Prescribed Minimum Benefits:</p> <ul style="list-style-type: none"> Your medical condition must qualify for cover and be part of the defined list of Prescribed Minimum Benefit conditions. The treatment that you need must be provided for in the defined benefits. You must use designated service providers in our network. This does not apply in emergencies. Where appropriate and in line with the rules of the Scheme, you may be transferred to a hospital or other service providers in our network, once your condition has stabilised. If you do not use a designated service provider, we will pay up to 80% of the Discovery Health Rate. You will be responsible for the difference between what we pay and the actual cost of your treatment. <p>If your treatment doesn't meet the above criteria, we will pay according to your plan benefits</p>
WHO Global Outbreak Benefit	The WHO Global Outbreak Benefit provides cover for global disease outbreaks recognised by the World Health Organization (WHO) such as COVID-19. This benefit provides access to a defined basket of care per disease outbreak, which includes cover for the administration of vaccines, where applicable, and relevant out-of-hospital treatment.
Acute COVID-19 infection	Initial diagnosis of COVID-19.
Long COVID	Diagnosis when symptoms of an acute COVID-19 infection persist beyond 28 days after a confirmatory test.

Please make sure your claims have the appropriate ICD-10 code

To ensure your claims are paid from the WHO Global Outbreak Benefit and meet Prescribed Minimum Benefit (PMB) requirements, all claims must include the correct ICD-10 (diagnosis) codes.

Please ask your treating doctor to include these codes when referring you to a pathologist, radiologist or other healthcare provider. This allows them to share the right information with us and helps prevent delays in processing your claims.

We may pay claims from your day-to-day benefits if Prescribed Minimum Benefit (PMB) requirements are not met

If a claim doesn't meet the Prescribed Minimum Benefit (PMB) requirements, we'll pay it from your available day-to-day benefits. This may happen when:

- The claim is submitted without the correct ICD-10 (diagnosis) code.
- The treatment doesn't meet the Scheme's clinical entry criteria for PMB funding.

What happens if you need more treatment or treatment that falls outside of these defined benefits

If your treatment goes beyond what's covered under the defined benefits, you can still apply for Prescribed Minimum Benefit (PMB) cover. You and your healthcare professional can send us additional clinical information explaining why the treatment is needed. If approved, we'll pay for it from your PMB cover – not from your day-to-day benefits.

Here's how to apply:

- Download the *Request for additional cover for out-of-hospital PMB conditions* form from www.discovery.co.za (Medical Aid > Find documents and certificates) or call **0860 99 88 77** to request it.
- Complete the form with your doctor.
- Email the signed form and supporting documents to PMB_APP_FORMS@discovery.co.za.
- Alternatively, your doctor can submit an application through HealthID, provided that you have given them consent to do so.



If the request is approved, we'll automatically fund the treatment from your PMB cover for COVID-19. If it's declined and you wish to dispute the decision, you can submit a Disputes Investigation Form on our website under the same documents section.

For more information on your cover for Prescribed Minimum Benefits (PMBs) please visit our website www.discovery.co.za under Medical Aid > Find documents and certificates.

COVID-19 vaccine

COVID-19 vaccines and boosters are available to all South Africans, at no cost, through accredited public and private vaccination sites as guided by the National Department of Health and subject to availability.

To access the vaccine, you'll need to register on the Department of Health's Electronic Vaccination Data System (EVDS) and visit an approved vaccination site. A full list of sites is available on the Department's official channels.

We cover the administration of the vaccine and boosters at up to 100% of the Discovery Health Rate (DHR), in line with national guidelines and availability:

	DESCRIPTION	CODES	LIMIT
COVID-19 vaccine administration	Administration fee for vaccine including material and Personal Protective Equipment (PPE)	3002823001	Four (4)

Screening and testing

If you suspect you have an acute COVID-19 infection, you have access to funding of up to 100% of the Discovery Health Rate (DHR) for screening and testing, through the Prescribed Minimum Benefits (PMBs).

This includes specific tests and consultations outlined in the COVID-19 Screening and Testing Basket of Care.

	DESCRIPTION	CODES	LIMIT
Consultations with a doctor on the online platform or a Discovery Network GP	Telephone, online or face-to-face consultations	0190 or 0191 or 0192 or 0193 or 0130 or VCONS or VCONM or VCONSC or 7060 or 7061 or 7062 or 7063 or 7064	Unlimited if you see a doctor on the online platform or a Discovery network GP.
		0145 or 0146 (only with 0190, 0191 or 0192)	
		0132 (only with 0130) or 0133	
Consultations	Casualty Facility fees	58301 or 57801 or 58805 or 58807 or 58303 or 57803 or 57805 or 57301 or 57303 or 58802 or 57807 or 58804 or 58806 or 58302 or 57802 or 57804 or 58808 or 57806 or 57808 or 58801 or 57302 or 58803	One (1)
Pathology	Polymerase Chain Reaction (PCR) SARS-CoV-2	CO19/3979	Two (2) per person per year, when referred by a healthcare professional. Unlimited where approved as PMB, subject to application.
Pathology	Rapid Antigen*	COAG or ANTG or relevant Nappi code	Two (2) per person per year, when referred by a healthcare professional and four (4) if



	DESCRIPTION	CODES	LIMIT
			you are a registered healthcare provider. Unlimited where approved as PMB, subject to application. Covered in full at a network provider. Where a non-network provider is used cover will be up to the Discovery Health Rate (DHR).

**In line with national screening guidelines, a PCR test is recommended for symptomatic patients who receive a negative antigen test result. While a negative antigen test on its own is not covered as a Prescribed Minimum Benefit (PMB), if it's followed by a positive PCR result, the full testing process will be covered under PMB rules.*

If you need more COVID-19 testing than what's shown in your benefit table, you can apply for additional PMB cover. If approved, these costs won't affect your day-to-day benefits.

Here's how to apply for additional PMB cover:

- Download the *Request for additional cover for out-of-hospital PMB conditions* form from www.discovery.co.za under Medical Aid > Find documents and certificates or call 0860 99 88 77.
- Complete the form with your healthcare provider.
- Email the signed form and supporting clinical information to PMB_APP_FORMS@discovery.co.za.
- Alternatively, your doctor can submit an application through HealthID, provided that you have given them consent to do so.

Diagnostic Basket

If you test positive for an acute COVID-19 infection, the following benefits will be applicable for funding from the Prescribed Minimum Benefits (PMBs):

	DESCRIPTION	CODES	LIMIT
Consultations	Telephone, online or face-to-face consultations	0190 or 0191 or 0192 or 0193 or 0130 or VCONS or VCONM or VCONSC or 7060 or 7061 or 7062 or 7063 or 7064	One (1), except where additional consultations are approved as PMB
		0145 or 0146 (only with 0190, 0191 or 0192)	
	0132 (only with 0130) or 0133		
	Casualty Facility fees	58301 or 57801 or 58805 or 58807 or 58303 or 57803 or 57805 or 57301 or 57303 or 58802 or 57807 or 58804 or 58806 or 58302 or 57802 or 57804 or 58808 or 57806 or 57808 or 58801 or 57302 or 58803	
Pathology	Full blood count (FBC)	3755 or 53755 or (any combination of 3739 & 3762 &	One (1)



	DESCRIPTION	CODES	LIMIT
		3783 & 3785 & 3791 or 53739 & 53762 & 53783 & 53785 & 53791)	
	Platelet count	3797 or 53797	One (1)
	Glucose	4057 or 54057	One (1)
	Prothrombin Index	3805 or 53805	One (1)
	U&E including Creatinine	4171 & 4032 or 54171 & 54032	One (1)
	C-Reactive Protein (CRP)	3947 or 53947	Four (4)
	Blood Gases	4076	One (1)
	Lactate dehydrogenase (LDH)	4133 or 54133	One (1)
	Aspartate aminotransferase (AST)	4130 or 54130	One (1)
	Alanine aminotransferase (ALT)	4131 or 54131	One (1)
	D-dimer (quantitative)	3856 or 53856	Four (4)
	Interleukin 6 (IL)	3948 or 4172	Four (4)
	Blood Culture		
	Blood culture	3891 or 3892 or 3894 or 4651 or 53891 or 53892 or 53894 or 54651	Two (2)
	Bottles	0201 (only when claimed with any one of these NAPPI codes: 266042001, 266043001, 266044001, 684916001, 684921001, 684922001, 684925001, 684927001, 684928001, 684949001, 684952001, 686435001, 686440001, 686444001, 686448001, 686449001 or 897221002)	Two (2)
	Blood-culture microscopy	3867 or 3895 or 53867 or 53895	One (1)
	Identification as organism/type	3923 or 3924 or 3927 or 4652 or 53923 or 53924 or 53927 or 54652	Four (4)
	Sensitivity per organism	3887 or 4653 or 53887 or 54653	Four (4)
	Sputum microscopy, culture and sensitivity (MC&S)		
	Microscopy	3867 or 53867	One (1)
	Culture	3895 or 53895	One (1)
Pathology	TB microscopy / TB GeneXpert (PCR*)	3881 or 3885 or 4657 or 3974 or 4658 or 3915 or 3919 or 4434 or	One (1)



	DESCRIPTION	CODES	LIMIT
		53881 or 53885 or 54657 or 53974 or 53915 or 53919 or 54434	
	Identification as organism/type	3923 or 3924 or 3927 or 4652 or 53923 or 53924 or 53927 or 54652	Four (4)
	Sensitivity per organism	3887 or 4653 or 53887 or 54653	Four (4)
	Mycobacterium antibiotic sensitivity	3920 (only with 3974) or 3930 or 53930	One (1)
	LAM (for HIV positive only)	4172 or 4655 or 3882 or 54172 or 54655 or 53882	One (1)
	PCR* SARS-CoV-2	CO19/3979	One (1)
	Rapid Antigen	COAG or ANTG or relevant Nappi code	One (1)
	Flu PCR*	3974 or 4434 or 53974 or 54434	One (1)
	Blood gases	4076 or 54076	One (1)
Radiology	Chest x-ray (basic)	30100 or 30110 or 39107 and 39300 and 39XEQ and 01065	One (1)
	X-ray with mobile unit in other facility	00130	One (1)
	CT scan of the chest	30300 or 30310 or 30340 or 30350	One (1)
	CT of the chest for pulmonary embolism	30360	One (1)
	X-ray of the chest complete with additional views	30120	One (1)

*PCR = polymerase chain reaction

Follow-up treatment basket

	DESCRIPTION	CODES	LIMIT
Consultations	Telephone, online or face-to-face consultations	0190 or 0191 or 0192 or 0193 or 0130 or VCONS or VCONM or 7060 or 7061 or 7062 or 7063 or 7064	One (1), except where approved as PMB
		0145 or 0146 (only with 0190, 0191 or 0192)	
		0132 (only with 0130) or 0133	
Psychotherapy	022 - Psychiatrist	2974 or 2975 or 2957 or 2958 OR	One (1)



	DESCRIPTION	CODES	LIMIT
	086 - Psychologists	86200 or 86201 or 86202 or 86203 or 86204 or 86205 OR	
	089 - Social worker	89200 or 89201 or 89202 or 89203 or 89204 or 89205	
Pathology	Full blood count	3755 or 53755 or (any combination of 3739 & 3762 & 3783 & 3785 & 3791 or 53739 & 53762 & 53783 & 53785 & 53791)	One (1)
	Platelet count	3797 or 53797	One (1)
Radiology	Chest x-ray (basic)	30100 or 30110 or 39107 and 39300 and 39XEQ and 01065	One (1)
	X-ray with mobile unit in other facility	00130	One (1)
	CT of the chest	30300 or 30310 or 30340 or 30350	One (1)
Chest physiotherapy	Evaluation/counselling at the first visit only	72701 or 72702	One (1)
	One complete re-assessment of a patient's condition	72703	One (1)
	Interview, guidance or consultation with the patient or his family	72708	One (1)
	Breathing exercises or Respiratory re-education and training	72307 or 72507	Three (3)
	Vibration, percussion or massage	72300 or 72301 or 72302	Four (4)
	Rehabilitation	72501	Three (3)
	Suction	72323 or 72325	One (1)
Medicine	Acute COVID-19 medicine list		

Acute COVID-19 medicine list

The following table contains the medicine on our list for supportive treatment of COVID-19. You have full cover for medicine on our medicine list. If your medicine is not on our list, we cover it up to the lowest cost medicine of the same kind on our list.

BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI	PRODUCT NAME	STRENGTH	DOSAGE FORM
Analgesics	Acetylsalicylic acid	720577	Disprin	300 mg	Effervescent tablet
		704642	Soluspirin (was aspirin soluble)	300 mg	Effervescent tablet



BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI	PRODUCT NAME	STRENGTH	DOSAGE FORM
	Paracetamol	758558	Pyralen	120 mg/5 ml	Syrup
		704093	Actamol red (unboxed)	120 mg/5 ml	Syrup
		792101	Actamol red (boxed)	120 mg/5 ml	Syrup
		703820	Feverpain	120 mg/5 ml	Syrup
		704450	Painogesic	120 mg/5 ml	Syrup
		863742	Feverpain (boxed)	120 mg/5 ml	Syrup
		889772	Painblok (plastic bottle)	120 mg/5 ml	Syrup
		895199	Go-pain p	120 mg/5 ml	Syrup
		745723	Adco-napamol	500 mg	Tablet
		805467	Antalgic	500 mg	Tablet
	757403	Adco-prolief	500 mg	Tablet	
	Codeine and paracetamol	745707	Adco-napacod	500 mg/10 mg	Tablet
		707910	Painamol plus	500 mg/8 mg	Tablet
		719662	Cogesic	500 mg/8 mg	Tablet
		787043	Codorol	500 mg/8 mg	Tablet
Paracetamol, Combinations with Psycholeptics	892662	Nucopain	-	Tablet	
	809055	Adco-salterpyn	-	Tablet	
	823538	Astrapain forte	-	Tablet	
	834440	Spectrapain forte	-	Tablet	
Musculoskeletal	Diclofenac	786012	Mylan diclofenac	25 mg	Tablet
		893390	A-lennon diclofenac	25 mg	Tablet
		718479	Diclofenac biotech	25 mg	Tablet
		893391	A-lennon diclofenac	50 mg	Tablet
		786020	Mylan diclofenac	50 mg	Tablet
		788597	Adco-diclofenac	50 mg	Tablet
		752398	Panamor at	50 mg	Tablet
Musculoskeletal	Indometacin	787833	Betacin	25 mg	Capsule
		868213	Gulf indomethacin	25 mg	Capsule
		701891	Amdocin	25 mg	Capsule
		814393	Methocaps	25 mg	Capsule
	Ibuprofen	700315	Ibucine (was Ibumax)	100 mg/5 mL	Suspension



BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI	PRODUCT NAME	STRENGTH	DOSAGE FORM
		704781	Ibugesic	100 mg/5 mL	Suspension
		3004030	Ibugesic oral suspension (strawberry)	100 mg/5 mL	Suspension
		721335	Inflamax Paediatric	100 mg/5 mL	Suspension
		700316	Ibucine (was Ibumax)	200 mg	Tablet
		787426	Betaprofen	200 mg	Tablet
		708536	Ibusor	200 mg	Tablet
		868221	Ibunate	200 mg	Tablet
		705940	Ibu	200 mg	Tablet
		701975	Betaprofen fc	400 mg	Tablet
		708290	Bren	400 mg	Tablet
	700318	Ibucine (was Ibumax)	400 mg	Tablet	
	Mefenamic acid	875643	Adco-mefenamic acid	50 mg/5 mL	Suspension
		797014	Fenamin	50 mg/5 mL	Suspension
793264		Ponac	50 mg/5 mL	Suspension	
Corticosteroids	Betamethasone	826928	Betanoid	0.5 mg	Tablet
		899124	Pharma-q betamethasone ampoule 1 ml	4 mg/1 mL	Injection
	Dexamethasone	713730	Dexona ampoule 1 ml	4 mg/1 mL	Injection
		720206	Fresenius dexamethasone ampoule 1 ml	4 mg/1 mL	Injection
	Methylprednisolone	741116	Medrol	4 mg	Tablet
		741124	Medrol	16 mg	Tablet
Corticosteroids	Methylprednisolone	717086	Mylan methylprednisolone powder for solution vial	40 mg	Injection
		717229	Mylan methylprednisolone powder for solution vial	500 mg	Injection



BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI	PRODUCT NAME	STRENGTH	DOSAGE FORM
		717230	Mylan methylprednisolone powder for solution vial	1000 mg	Injection
	Hydrocortisone	722809	Macleods hydrocortisone powder for sol for inj vial	100 mg	Injection
	Prednisone	752304	Panafcort	5 mg	Tablet
		818267	Trolic	5 mg	Tablet
		788783	Be-tabs prednisone	5 mg	Tablet
716381		Adco Prednisone	15 mg/5 mL	Syrup	
	714552	Aspelone	15 mg/5 mL	Liquid	
Vitamins and Minerals	Nicotinic acid	723588	Solal niacin	35 mg	Tablet
Anticoagulants	Enoxaparin	3001997	Noxibra pre-filled syringe 0.2 ml	20 mg/0.2 mL	Injection
		3006745	Crusia pre-filled syringe 0.2 ml	20 mg/0.2 mL	Injection
		3002000	Noxibra pre-filled syringe 0.4 ml	40 mg/0.4 mL	Injection
		3006746	Crusia pre-filled syringe 0.4 ml	40 mg/0.4 mL	Injection
		3002001	Noxibra pre-filled syringe 0.6 ml	60 mg/0.6 mL	Injection
		3006747	Crusia pre-filled syringe 0.6 ml	60 mg/0.6 mL	Injection
		3002002	Noxibra pre-filled syringe 0.8 ml	80 mg/0.8 mL	Injection
		3006748	Crusia pre-filled syringe 0.8 ml	80 mg/0.8 mL	Injection
	Rivaroxaban	3008139	Xabriva	10 mg	Tablet
		3002434	Rivaxored	10 mg	Tablet
Anticoagulants	Rivaroxaban	3002520	Rezalto	10 mg	Tablet
		3008140	Xabriva	15 mg	Tablet
		3002436	Rivaxored	15 mg	Tablet
		3002521	Rezalto	15 mg	Tablet
		3008141	Xabriva	20 mg	Tablet
		3002437	Rivaxored	20 mg	Tablet



BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI	PRODUCT NAME	STRENGTH	DOSAGE FORM
		3002522	Rezalto	20 mg	Tablet

Understanding long COVID

Long COVID is diagnosed when symptoms of a COVID-19 infection continue for more than 28 days after a positive test.

To support you through this extended recovery, the *Long COVID Recovery Programme* offers additional care, tailored to the severity of your illness. These benefits are provided through the WHO Global Outbreak Benefit and are in addition to those for acute COVID-19 treatment.

Care is structured into four baskets, based on clinical need:

- Mild disease
- Moderate disease
- Severe disease (general ward admission)
- Severe disease (ICU or High Care admission)

For full details, please visit www.discovery.co.za > Medical aid > Benefits and cover > COVID-19 Benefits and download the *WHO Global Outbreak Benefit* guide.

Mild disease follow-up treatment basket

	DESCRIPTION	CODES	LIMIT
Consultations	General practitioner	0130 or VCONS or VCONM or VCONSC	One (1)
		0132	One (1)
Medicine	COVID-19 medicine list		

Moderate disease follow-up treatment basket

	DESCRIPTION	CODES	LIMIT
Consultations	General practitioner	0130 or VCONS or VCONM or VCONSC	One (1)
		0190 or 0191 or 0192 or 0193	One (1)
		0132	One (1)
Pathology	Full Blood Count (FBC)	3755 or 53755	One (1)
	C-Reactive Protein (CRP)	3947 or 53947	One (1)
Physiotherapy	Evaluation/counselling at the first visit only	72701 or 72702	Two (2)
	Physio consultations	Follow-up consultations	Two (2)
Medicine	COVID-19 medicine list		



Severe disease with general ward admission follow-up treatment basket

	DESCRIPTIONS	CODES	LIMIT
Consultations	General practitioner	0130 or VCONS or VCONM or VCONSC	One (1)
		0190 or 0191 or 0192 or 0193	One (1)
	Specialist	0190 or 0191 or 0192 or 0193	One (1)
	Consulting service	0132	One (1)
Pathology	D-Dimer	3856 or 53856	One (1)
	Full Blood Count (FBC)	3755 or 53755	One (1)
	U&E only	4171 or 54171	One (1)
	LFT	3999 or 53999 & 4001 or 54001 & 4009 or 54009 & 4010 or 54010 & 4117 or 54117 & 4130 or 54130 & 4131 or 54131 & 4134 or 54134	One (1)
	Glucose - random/fasting	4057 or 54057	One (1)
Pathology	C-Reactive Protein (CRP)	3947 or 53947	One (1)
	Ferritin	4528 or 54528	One (1)
	B-type Natriuretic Peptide	4488 or 54488	One (1)
	Thyroid Function tests	4484 or 54484 or (4482 or 54482 & 4507 or 54507)	One (1)
Procedures	Flow volume test: Inspiration/expiration	1186	One (1)
Radiology	Chest x-ray	30100 or 30110 or	One (1)
		39107 and 39300 and 39XEQ and 01065	
Physiotherapy	Evaluation/counselling at the first visit only	72701 or 72702	One (1)
	Physio consultations	Follow-up consultations	Two (2)
Medicine	COVID-19 medicine list		

Severe disease with Highcare/ICU admission follow-up treatment basket



	DESCRIPTIONS	CODES	LIMIT
Consultations	General practitioner	0190 or 0191 or 0192 or 0193 or 0130	Two (2)
	Specialist	0190 or 0191 or 0192 or 0193	Two (2)
Pathology	D-Dimer	3856 or 53856	One (1)
	Full Blood Count (FBC)	3755 or 53755	One (1)
	U&E only	4171 or 54171	One (1)
	LFT	3999 or 53999 & 4001 or 54001 & 4009 or 54009 & 4010 or 54010 & 4117 or 54117 & 4130 or 54130 & 4131 or 54131 & 4134 or 54134	One (1)
	Glucose - random / fasting	4057 or 54057	One (1)
	C-Reactive Protein (CRP)	3947 or 53947	One (1)
	Ferritin	4528 or 54528	One (1)
	B-type Natriuretic Peptide	4488 or 54488	One (1)
Pathology	Thyroid Function Tests	4484 or 54484 or (4482 or 54482 & 4507 or 54507)	One (1)
Radiology	Chest x-ray	30100 or 30110 or	One (1)
		39107 and 39300 and 39XEQ and 01065	
	CT chest	30300 or 30310 or 30340 or 30350	One (1)
Procedures	Electrocardiogram (ECG)	1232 or 1233 or 1234	One (1)
	ECHO	3620 & 3621 & 3622 & 3624 & 3625	One (1)
	Flow volume test: Inspiration/expiration	1186	One (1)
Physiotherapy and Occupational Therapy	Evaluation/counselling at the first visit only	72701 or 72702	One (1)
	Specific evaluation of dysfunction	66205 or 66207 or 66209 or 66211	One (1)
	Physiotherapy/Occupational Therapy consultations	Follow-up treatment sessions	Seven (7)



	DESCRIPTIONS	CODES	LIMIT
Speech therapy	Consultation, assessment and treatment	821021 or 821022 or 821023 or 821051 or 821052 or 821053	One (1)
Medicine	COVID-19 medicine list		

Long COVID medicine list

BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI6	PRODUCT NAME	STRENGTH	DOSAGE FORM
Analgesics	Acetylsalicylic acid	720577	Disprin	300 mg	Effervescent
		704642	Soluspirin (was aspirin soluble)	300 mg	Effervescent
	Paracetamol	758558	Pyralen	120 mg/5 mL	Syrup
		704093	Actamol red (un-boxed)	120 mg/5 mL	Syrup
		792101	Actamol red (boxed)	120 mg/5 mL	Syrup
		703820	Feverpain	120 mg/5 mL	Syrup
		704450	Painogesic	120 mg/5 mL	Syrup
		863742	Feverpain (boxed)	120 mg/5 mL	Syrup
		889772	Painblok (plastic bottle)	120 mg/5 mL	Syrup
		895199	Go-pain p	120 mg/5 mL	Syrup
		745723	Adco-napamol	500 mg	Tablet
		805467	Antalgic	500 mg	Tablet
		757403	Adco-prolif	500 mg	Tablet
		Musculo-Skeletal	Diclofenac	786012	Mylan diclofenac
893390	A-lennon diclofenac			25 mg	Tablet
718479	Diclofenac biotech			25 mg	Tablet
893391	A-lennon diclofenac			50 mg	Tablet
786020	Mylan diclofenac			50 mg	Tablet
788597	Adco-diclofenac			50 mg	Tablet
752398	Panamor at			50 mg	Tablet
Musculo-Skeletal	Indometacin	787833	Betacin	25 mg	Capsule
		868213	Gulf indomethacin	25 mg	Capsule



BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI6	PRODUCT NAME	STRENGTH	DOSAGE FORM
		701891	Amdocin	25 mg	Capsule
		814393	Methocaps	25 mg	Capsule
	Ibuprofen	700315	Ibucine (was Ibumax)	100 mg/5 mL	Suspension
		704781	Ibugesic	100 mg/5 mL	Suspension
		3004030	Ibugesic oral suspension (strawberry)	100 mg/5 mL	Suspension
		721335	Inflamax Paediatric	100 mg/5 mL	Suspension
		700316	Ibucine (was Ibumax)	200 mg	Tablet
		787426	Betaprofen	200 mg	Tablet
		708536	Ibusor	200 mg	Tablet
		705940	Ibu	200 mg	Tablet
		868221	Ibunate	200 mg	Tablet
		701975	Betaprofen fc	400 mg	Tablet
		708290	Bren	400 mg	Tablet
		700318	Ibucine (was Ibumax)	400 mg	Tablet
	Mefenamic acid	875643	Adco-mefenamic acid	50 mg/5 mL	Suspension
		797014	Fenamin	50 mg/5 mL	Suspension
793264		Ponac	50 mg/5 mL	Suspension	
Corticosteroids	Betamethasone	826928	Betanoid	0,5 mg	Tablet
		899124	Pharma-q betamethasone ampoule 1 ml	4 mg/1 mL	Injection
	Dexamethasone	713730	Dexona ampoule 1 ml	4 mg/1 mL	Injection
		720206	Fresenius dexamethasone ampoule 1 ml	4 mg/1 mL	Injection
	Methylprednisolone	741116	Medrol	4 mg	Tablet
		741124	Medrol	16 mg	Tablet
		717086	Mylan methylprednisolone powder for solution vial	40 mg	Injection
Corticosteroids	Methylprednisolone	717229	Mylan methylprednisolone powder for solution vial	500 mg	Injection
		717230	Mylan methylprednisolone powder for solution vial	1000 mg	Injection



BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI6	PRODUCT NAME	STRENGTH	DOSAGE FORM
	Hydrocortisone	722809	Macleods hydrocortisone powder for sol for inj vial	100 mg	Injection
	Prednisone	752304	Panafcort	5 mg	Tablet
		818267	Trolic	5 mg	Tablet
		788783	Be-tabs prednisone	5 mg	Tablet
		716381	Adco prednisolone	15 mg/5 mL	Syrup
		714552	Aspelone	15 mg/5 mL	Liquid
Vitamins and Minerals	Nicotinic acid	723588	Solal niacin	35 mg	Tablet
Anticoagulants	Enoxaparin	3001997	Noxfibra pre-filled syringe 0.2 mL	20 mg/0,2 mL	Injection
		3006745	Crusia pre-filled syringe 0.2 mL	20 mg/0,2 mL	Injection
		3002000	Noxfibra pre-filled syringe 0.4 mL	40 mg/0,4 mL	Injection
		3006746	Crusia pre-filled syringe 0.4 mL	40 mg/0,4 mL	Injection
		3002001	Noxfibra pre-filled syringe 0.6 mL	60 mg/0,6 mL	Injection
		3006747	Crusia pre-filled syringe 0.6 mL	60 mg/0,6 mL	Injection
		3002002	Noxfibra pre-filled syringe 0.8 mL	80 mg/0,8 mL	Injection
		3006748	Crusia pre-filled syringe 0.8 mL	80 mg/0,8 mL	Injection
	Rivaroxaban	3008139	Xabriva	10 mg	Tablet
		3002434	Rivaxored	10 mg	Tablet
		3002520	Rezalto	10 mg	Tablet
		3008140	Xabriva	15 mg	Tablet
		3002436	Rivaxored	15 mg	Tablet
		3002521	Rezalto	15 mg	Tablet
		3008141	Xabriva	20 mg	Tablet
		3002437	Rivaxored	20 mg	Tablet
		3002522	Rezalto	20 mg	Tablet



How to activate the Long COVID Recovery Programme

If you qualify, we'll automatically activate the Long COVID Recovery Programme for you by identifying relevant COVID-19 claims. We'll let you know once it's been activated.

If you haven't been enrolled and believe you qualify, you can also apply:

- Download the *Application for out-of-hospital treatment of a Prescribed Minimum Benefit (PMB) condition* form from www.discovery.co.za under Medical Aid > Find documents and certificates.
- Include the appropriate ICD-10 code for long COVID.
- Or call 0860 99 88 77 to request the form.

Mental Health Care Programme

Your mental wellbeing matters. That's why Discovery Health Medical Scheme gives you access to the *Mental Health Care Programme* – designed to provide enhanced benefits and dedicated support for your mental health journey.

To learn more about your cover and how the programme works:

- Visit www.discovery.co.za > Medical aid > Benefits and cover > Most Queried Benefits > Mental Health Care
- Explore our dedicated *Mental Health Information Hub* for resources, guidance and support.



How to contact us

	Members can call us on 0860 99 88 77 Health partners can call us on 0860 44 55 66
	Go to www.discovery.co.za to get help from our chatbot, Ask Discovery.
	You can ask us a question by just saving the number 0860 75 67 56 on your phone and typing 'Hi' to start chatting with us 24/7.
	You can send us a letter to PO Box 784262, Sandton, 2146
	You can visit our offices at 1 Discovery Place, Sandton, 2196

We welcome any feedback about our service

We would love to hear if there's anything we can improve on or if we have exceeded your expectations. Your feedback helps us serve you better. To give us feedback, you can complete our short *Complaints and compliments form* on the right side of the [Complaints, compliments or disputes page](#) under **Contact us**.

What to do if you have a complaint

1. To take your query further

If you have already contacted Discovery Health Medical Scheme and feel that your query has not been resolved, you can take the next step. Please complete our short online *Complaints and compliments form*. It's on the right side of the [Complaints, compliments and disputes page](#) under section 1, Contact us.

2. To contact the principal officer

If you are still not satisfied with the outcome after following the process in Step 1, you can escalate your complaint to the principal officer of Discovery Health Medical Scheme by choosing one of these options:

- Complete our short online *Contact the principal officer form*. You'll find it on the right side of the [Complaints, compliments and disputes page](#) under section 2, Contact us.
- Send an email to principalofficer@discovery.co.za.

3. To lodge a dispute

If you have received a final decision from the principal officer of Discovery Health Medical Scheme and want to challenge it, you can lodge a formal dispute. You can find more information online about the [Scheme's dispute process](#).

4. To contact the Council for Medical Schemes

Discovery Health Medical Scheme is regulated by the Council for Medical Schemes. You can contact the Council directly at any stage of the complaints process, but we encourage you to follow the steps above before doing so.

The contact details are:

	Council for Medical Schemes Complaints Unit, Block A, Eco Glades 2 Office Park, 420 Witch-Hazel Avenue, Eco Park, Centurion, 0157
	complaints@medicalschemes.co.za
	0861 12 32 67
	www.medicalschemes.co.za

Your privacy matters to us

We take your privacy seriously. We're committed to protecting your personal information and keeping it safe and confidential. You can read our full privacy statement anytime at www.discovery.co.za > **MEDICAL AID** > **About Discovery Health Medical Scheme**.