



Just found out you are pregnant?

Remember to register on the Maternity Programme!

We offer a comprehensive ante-natal service for our pregnant members and beneficiaries! This includes visits to midwives, GP's and gynaecologists; ultrasound scans, blood tests, pregnancy vitamins, hospital stays and much more!

Once you've confirmed your pregnancy, it is very important that you register on the Maternity Programme so that you and your baby can enjoy the benefits you deserve.

You can obtain the Maternity Programme Registration form from the Platinum Health website (www.platinumhealth.co.za) or by contacting Case Management on 014 590 1700 or 080 000 6942, email: plathealth@platinumhealth.co.za. PlatComprehensive and PlatCap members who need help with completing the form, can visit any Platinum Health (PH) medical facility where midwives will assist them with completing the document..

After completing the form, please submit it to Case Management via any of the following channels:

- Email: plathealth@platinumhealth.co.za or
- Hand the form in at a Platinum Health medical facility

Take care of yourself and your baby during pregnancy!

- **Don't miss any of your pre-natal appointments!** Your healthcare provider will monitor your pregnancy and identify any complications that may occur, for example preeclampsia (high blood pressure).
- **Take ALL your prescribed medication!** Your healthcare provider will prescribe the safest medication at the most appropriate dose for your pregnancy, but also for conditions that are not related to the pregnancy.
- **Learn!** Get as much information as you can on birthing options and the risks associated with each. You would want to know what the safest and best option for you and your baby is. You will also receive an antenatal booklet which will guide you on the do's and don'ts during your pregnancy.
- **Stay active!** Follow your healthcare provider's advice for physical activity during pregnancy.
- **Eat a healthy diet!** Choose foods low in sodium.
- **Know what's off-limits!** Avoid smoking, alcohol and illicit drugs. Also, talk to your healthcare provider before taking any over-the-counter medications.



Here's a quick guide of the benefits you will receive if you are registered on the Maternity Programme:

| Benefit | PlatComprehensive | PlatCap | PlatFreedom |
|-------------------------|--|--|--|
| Antenatal consultations | <ul style="list-style-type: none"> • Referral letter from GP/Specialist required to see Gynaecologist. • Authorisation required from Case Management for each visit. • Motivational letter from Gynaecologist required for high-risk pregnancy. • DSP's will be covered 100% at agreed rates. • Non-DSP will be covered 100% at scheme rates. | <ul style="list-style-type: none"> • Subject to Specialist consultations benefit limit: 3 visits or R4 378 PB, up to 5 visits or R6 350 per family at DSP specialists. • Authorisation required from Case Management for each visit. • DSP's will be covered 100% at agreed rates. | <ul style="list-style-type: none"> • Subject to the Maternity benefit limit of R10 830 PMF. • No authorisation required. • Subject to Overall Annual Limit (OAL) • 100% of the lower of cost or Scheme rate. |
| Pregnancy scans | <ul style="list-style-type: none"> • 3 sonars per event/ pregnancy at a General Practitioner or Gynaecologist. • Authorisation required from Case Management prior to scans requested by a General Practitioner or Gynaecologist. • Motivation letter from Obstetrician required for high-risk pregnancies. • Ultrasound scans are performed three times: at 12 and 22 weeks, and between 23 and 40 weeks. • Other sonars will be for your own account, if no complication is registered. | <ul style="list-style-type: none"> • 3 sonars per event/ pregnancy at a General practitioner or Gynaecologist. • Authorisation required from Case Management prior to scans requested by a General Practitioner or Gynaecologist. • Motivational letter from Obstetrician required for high-risk pregnancies. • Ultrasound scans are performed three times: at 12 and 22 weeks, and between 23 and 40 weeks. • Other sonars will be for your own account, if no complication is registered. | <ul style="list-style-type: none"> • Two 2D scans for the family for the year. • Subject to the Maternity benefit limit of R10 830 PMF. • 3D & 4D scans paid up to the rate of a 2D scan only. • Subject to Overall Annual Limit (OAL) |



| Benefit | PlatComprehensive | PlatCap | PlatFreedom |
|---------------------------|---|---|--|
| Amniocentesis | <ul style="list-style-type: none"> • 100% of Scheme tariff. | <ul style="list-style-type: none"> • 100% of Scheme tariff. | <ul style="list-style-type: none"> • Limited to R10 900 PMF. • 80% of Scheme tariff. • Subject to Overall Annual Limit (OAL). |
| Blood tests | <ul style="list-style-type: none"> • Lancet to be used. • Noninvasive prenatal testing (NIPT) test not covered. | <ul style="list-style-type: none"> • Lancet to be used. • Noninvasive prenatal testing (NIPT) test not covered. | <ul style="list-style-type: none"> • Limited to R12 062 PMF • Subject to Overall Annual Limit (OAL) • Noninvasive prenatal testing (NIPT) test not covered. |
| Antenatal classes | <ul style="list-style-type: none"> • Not covered | <ul style="list-style-type: none"> • Not covered | <ul style="list-style-type: none"> • Not covered |
| Supplements | <ul style="list-style-type: none"> • As per option formulary. | <ul style="list-style-type: none"> • As per option formulary. | <ul style="list-style-type: none"> • As per option formulary. |
| Normal vaginal deliveries | <ul style="list-style-type: none"> • A stay of 2 days at a DSP hospital. (1 night and 2 days) • Authorisation required from Case Management prior to hospital admission. | <ul style="list-style-type: none"> • A stay of 2 days at a DSP hospital only. (1 night and 2 days) • No cover for non-DSP hospitals. • Authorisation required from Case Management prior to your hospital admission. | <ul style="list-style-type: none"> • A stay of 2 days at any hospital only. (1 night and 2 days) • Authorisation required from Case Management prior to hospital admission. • Subject to Overall Annual Limit (OAL) |
| Caesarean section | <ul style="list-style-type: none"> • A stay of 3 days at a DSP hospital. (2 nights and 3 days) • Authorisation required from Case Management prior to hospital admission. | <ul style="list-style-type: none"> • A stay of 3 days at a DSP hospital. (2 nights and 3 days) • No cover for non-DSP hospitals. • Authorisation required from Case Management prior to hospital admission. | <ul style="list-style-type: none"> • A stay of 3 days at any hospital. (2 nights and 3 days) • Authorisation required from Case Management prior to hospital admission. • Subject to Overall Annual Limit (OAL) |
| Childhood Immunisation | <ul style="list-style-type: none"> • 100% of Scheme tariff. • Limited to PH Child Immunisation Programme (excludes consultation cost). | <ul style="list-style-type: none"> • 100% of Scheme tariff. • Limited to PH Child Immunisation Programme (excludes consultation cost). | <ul style="list-style-type: none"> • 100% of the lower of cost or scheme rate. • According to the Department of Health protocols (excludes consultation cost). • Subject to Overall Annual Limit (OAL) |



Very important:

Once your baby is born, please make sure you register your baby as dependant on the Scheme within 30 days of the delivery. This will give you peace of mind that your baby will receive appropriate medical care if needed!

Baby Bag

To celebrate the arrival of your bundle of joy, you will receive a free baby bag from us, filled with goodies for both you and your newborn. Remember, you have to register on the Maternity Programme to qualify!

