

Focus on HealthSaver 2025

Last Modified on 08/10/2024 4:30 pm CAT

momentum



2025

● Focus Page

ON THIS PAGE

- [HealthSaver+](#)
- [Want to know more about the HealthReturns you can earn?](#)
- [Healthcare voucher](#)
- [Who is eligible for HealthSaver?](#)
- [FICA](#)
- [Not sure whether to contribute or not?](#)
- [Applying for credit](#)
- [How to claim from HealthSaver](#)
- [Tax implications](#)
- [Contribution holidays](#)
- [Funding education expenses from HealthReturns Booster funds](#)
- [Payment of medical scheme contributions from HealthSaver](#)
- [Transfer of funds to FundsAtWork](#)
- [Adding funds to HealthSaver](#)
- [HealthSaver Card fees](#)
- [HealthSaver video](#)

HealthSaver⁺

HealthSaver lets you save for medical expenses, such as vitamins, cosmetic surgery and more, while earning a HealthSaver reward of up to 10% on your positive HealthSaver balance, based on a combination of your Healthy Heart Score and fitness assessment.

The HealthSaver account, which costs just R40 a year to administer, is the **most convenient way to pay** for treatments and procedures not covered by your option. In fact, you can even use HealthSaver funds to:

- Pay your Momentum Medical Scheme contribution (if you are the contribution payer, and have a positive balance);
- Fund your child's education;

- Buy a voucher for someone less fortunate to see a GP, dentist or optometrist (even if they are not a member of the Scheme);
- Boost your retirement;
- Pay for non-medical expenses at pharmacies and veterinarians, using the HealthSaver Card;
- Buy a fitness device.

You can have a HealthSaver account without making contributions into it – it could simply be where you receive the HealthReturns+ you earn.

You can have a HealthSaver account without making contributions into it – it could simply be where you receive the HealthReturns+ you earn.

To track your activity and achieve Active Dayz, you can use your HealthSaver funds to buy a fitness device. You could say you are **buying or upgrading your fitness device for free**, considering you can pay for it with the HealthReturns you may have already earned. Or, if you applied for a credit facility on your HealthSaver account, you could buy a fitness device with that **credit from as little as 0% penalties**, depending on your Healthy Heart Score and fitness assessment level.

Let's have a closer look at just some of the healthcare related expenses that you could pay for with HealthSaver funds:

- GP visits, consultations and prescription medication;
- Medication, provided it has a NAPPI code;
- Services rendered by a registered healthcare provider, provided it has a tariff code;
- Claims that exceed available scheme benefits, such as specialised dentistry;
- Treatment that is excluded by the Scheme, such as cosmetic surgery;
- Co-payments payable for hospitalisation, MRI and CT scans or medication;
- Virtual consultations and prescription medication through Hello Doctor;
- Fitness assessments at Multiply's health professionals' network. Log in to the app or multiply.co.za for a complete list of health professionals;
- Fitness apps or devices that are integrated with Multiply. Log in to the app or multiply.co.za to view the fitness devices applicable; and
- Multiply affiliated gym fees – if you submit your bank statement or an invoice to us showing that you paid your gym fees (you need to have joined this gym via Multiply), we will manually reimburse you from your HealthSaver account.

You can access your HealthSaver funds with the HealthSaver Card. The card allows you to pay for purchases and services at the following providers and retailers:

- Doctors, hospitals and pharmacies
- Dentists and orthodontists
- Medical services, medical and dental laboratories
- Medical, dental, ophthalmic and hospital equipment and suppliers
- Providers of orthopaedic goods, such as prosthetic devices
- Osteopaths, chiropractors, chiropodists and podiatrists

- Optometrists, ophthalmologists, opticians, optical goods and prescription glasses
- Nursing and personal care
- Ambulance services
- Hearing aid sales and supplies
- Veterinary services.

You will be able to view these purchases on your monthly HealthSaver statement.

Want to know more about the HealthReturns you can earn?

Multiply Inspire and Inspire Plus members

You can earn up to R1 000 a month as an Inspire Plus member. Start earning HealthReturns from day one for every step you take towards improving your mental and physical health. Log in to the Momentum App and tap on Multiply to do the quick Lifestyle Quiz. You'll get access to the Digital Coach for daily tips on how to improve the way you eat, sleep, move, breathe and connect. You'll also get access to Wysa, your personal, confidential mental health companion, to support you whenever you need it. It's private, easy to use, and available 24/7.

You start earning HealthReturns for completing your health and fitness assessment, achieving your Weekly and Monthly Wins and for ranking high on the leaderboard. You also earn HealthReturns when you shop at selected Multiply partners.

Healthcare voucher

Show you care and donate a healthcare voucher to anyone in need

In order to allow those in more fortunate circumstances to assist others, you can use the positive balance in your HealthSaver account to donate a GP visit, eye care or dental care to anyone in need by buying a NetcarePlus voucher online with your HealthSaver Card.

Go to netcare.co.za/netcareplus to buy a virtual or face-to-face GP visit, with or without medication, an eye care or dental care voucher. The recipient can use the voucher to visit a NetcarePlus GP, dentist or optometrist.

Who is eligible for HealthSaver?

All Momentum Medical Scheme members qualify for HealthSaver. You can sign up for a HealthSaver account via the Momentum App, and enjoy immediate access. If you opt to apply for credit, you can do so in real time. Irrespective of whether you have a waiting period on the Scheme, you will have access to your HealthSaver account as soon as you join.

FICA

In terms of the Financial Intelligence Centre Act (FICA), we need to successfully perform FICA verification on all

members applying for HealthSaver before we activate the HealthSaver account. If we don't receive this information, we will not be able to activate your HealthSaver account. For online applications via the web or Momentum App, follow the prompts for copies to be submitted or information to be captured, in order for FICA to be performed.

Not sure whether to contribute or not?

You do not have to pay money into your HealthSaver - it could simply be the account where you receive your HealthReturns. If you would like to make provision for additional day-to-day healthcare expenses by contributing monthly to your HealthSaver account, you get to choose how much, and can easily change that amount.

If you choose to make monthly contributions, the minimum amount is R100 per month and the maximum amount for debit orders is R11 500 per month. You can apply for a credit facility. Your annual credit facility is based on your monthly HealthSaver contribution, eg if your contribution is R500 per month your credit facility will be R6 000 for the year. The maximum annual credit allowed is R36 000 (based on a monthly contribution of R3 000), subject to National Credit Act (NCA) requirements. You can also deposit any lump sum amounts, in addition to monthly payments. Lump sum deposits from R50 000 and above are subject to Anti-Money Laundering (AML) audits.

An annual administration fee of R40 will apply and will be deducted in January of each year. Cash withdrawals and transfers are not allowed. Any positive balance in this account, excluding HealthReturns, is paid out to you after four months if you cancel your Momentum Medical Scheme membership or HealthSaver account.

Applying for credit

You can easily apply for credit in real time. If you apply for credit (new applications or changes to existing HealthSaver credit), you will be offered the opportunity to accept the credit terms before Momentum grants the credit. You will receive communication prompting you to confirm acceptance of the credit terms. If we do not receive your acceptance within the defined period of 60 days for members linked to employer groups and 30 days for members applying in their individual capacity, your HealthSaver account will be activated without a credit facility. Credit granted will be pro-rated per calendar year.

Where an employer would like to extend the HealthSaver credit facility to all employees, regardless of whether they meet NCA requirements, the employer can consider signing the Momentum Deed of Suretyship for employees who do not meet the requirements. We use a predictive scoring system to determine the penalty rate you will pay on credit. This scoring system takes your financial records and current credit status into consideration. Penalties on credit are calculated at the end of each month on the daily change in the HealthSaver balance.

If you use the credit facility, we charge you a penalty of of prime plus 6%. The penalty rate that we charge will change if the prime lending rate changes. As the principal member, your Healthy Heart Score and fitness assessment result can **reduce the penalty you pay on credit to 0%, or help you earn up to 10% HealthSaver rewards on your positive HealthSaver balance.**

Healthy Heart Score	Fitness assessment	Effective annual HealthSaver rewards on positive balances	Discount on credit penalties
	Level 5	10%	100%
	Level 4+	5%	50%
	Level 3+	2%	15%
	Level 2+	1%	5%
	Level 1+	0%	0%

To earn HealthSaver rewards, you need to make a deposit into your HealthSaver account.

The HealthSaver rewards rate discount is calculated monthly using retrospective data and will not be adjusted during that month, despite any adjustments to fitness assessment results or Healthy Heart Score. If you have not gone for your annual health assessment, it will mean that we do not know your Healthy Heart Score and cannot apply the HealthSaver rewards rate discount or boosted HealthSaver rewards on your positive balance. Similarly, these benefits will also not be available if you do not meet any chronic compliance requirements that may apply to you in terms of the HealthReturns programme.

How to claim from HealthSaver

HealthSaver funds can be used to pay claims for you and your registered dependants on Momentum Medical Scheme. Claims are submitted and paid via the normal administration process and you will receive monthly claims statements reflecting the amounts paid and the available balance.

Claims need to be submitted with a valid practice number and tariff code or NAPPI code. You can choose whether your HealthSaver claims should be paid at cost, or up to 200% of the Momentum Medical Scheme Rate. If you do not choose to have your claims paid at cost and subsequently require payment above these rates, we will need your permission to do so.

To claim for fitness devices, send the invoice with your proof of payment to us via email at claims@momentumhealth.co.za. To claim for gym membership fees, submit your bank statement or an invoice showing that you paid your gym fees (you need to have joined this gym via Multiply) to us at claims@momentumhealth.co.za. Remember that it needs to be a Multiply affiliated gym, log in to multiply.co.za and view the list of affiliated gyms.

If you swipe your HealthSaver Card at a healthcare provider, you will receive an SMS notifying you that you may submit a claim for a possible refund from Scheme benefits. In order for the claim to be processed, email the healthcare provider's account, together with the reference number provided in the SMS, as well as the Point of Sale (POS) receipt to refundhealthsaver@momentum.co.za. If you would like the payment to be recorded for tax purposes only, write

clearly on the claim that it is for tax purposes and submit it in the same manner.

Tax implications

Tax treatment of the HealthSaver differs from the tax treatment for medical scheme savings. Medical scheme savings are incorporated into the medical scheme contributions, while contributions made to the HealthSaver are funded out of after-tax income. HealthSaver contributions are not deductible, however, most expenses paid via the HealthSaver are tax deductible in the same way as healthcare expenses you incurred yourself.

You will receive a HealthSaver tax statement that you may use as proof of the healthcare expenses paid during the tax year. Deductions can be made accordingly, provided that all healthcare spend not covered by the scheme is shown in the HealthSaver statement, ie no additional receipts are required. The tax certificate will include descriptors of the healthcare expenses paid, as required by SARS. Any non-deductible items, such as gym fees and fitness devices paid from your HealthSaver funds will not reflect on your tax certificate.

Transactions made using your HealthSaver account, will not reflect on your tax certificate.

Contribution holidays

If you have a positive HealthSaver balance, you can apply for a contribution holiday. If the contribution holiday is approved, your credit facility will be suspended but claims will still be paid from your available HealthSaver funds.

Funding education expenses from HealthReturns Booster funds

You will be able to use any HealthReturns Booster balance to pay your child dependants' education expenses once a year (fees applicable for the current year only), provided at least R5 000 remains in your HealthSaver account. In order to qualify, your dependants must be registered on your Momentum Medical Scheme membership. This is available in February and March each year. You need to submit invoices from officially registered educational institutions, with proof of payment, for reimbursement.

Payment of medical scheme contributions from HealthSaver

This option is available if you pay your contributions directly to Momentum Medical Scheme. In other words, if your contribution is deducted from your salary (ie paid by your employer) you will not be able to fund your contributions from your HealthSaver due to the impact on your tax deductions.

If you would like to pay your medical scheme contributions from your positive HealthSaver balance, contact us via the web chat facility on momentummedicalscheme.co.za, email us at member@momentumhealth.co.za send us a WhatsApp message or call us on **0860 11 78 59**.

Please note:

- You or your financial adviser will need to let us know how many months' contributions you would like to fund from

your HealthSaver

- We need to receive your request at least seven working days before the 1st of the month.
- Medical scheme contributions can be paid from all positive HealthSaver funds (actual and Booster).

Contributions can only be funded up to 1 December of the same year and cannot continue into the following calendar year. If the above criteria are met, the request is approved and the total amount (for the requested number of months) will be paid from your HealthSaver account to Momentum Medical Scheme. If you would like to stop funding your medical scheme contribution from your HealthSaver account before the requested number of months is completed, contact us at least seven working days before the 1st of the month. The unused balance of the amount paid across to Momentum Medical Scheme will be returned into your HealthSaver account.

Transfer of funds to FundsAtWork

If you have accumulated excess funds in your HealthSaver account, you can invest some of these funds to supplement your retirement savings. Once a year, if your HealthSaver balance is more than R5 000 (excluding any credit facility) and you are an active, contributing member of the FundsAtWork Umbrella Pension or Provident Funds, you can transfer your excess HealthSaver funds to FundsAtWork. For example, if the balance is R20 000, you would be able to transfer R15 000.

The transfers will be available in November of each year. If you want to take up this offer, let us know by no later than 30 November. You can send an email to us at member@momentumhealth.co.za, or WhatsApp or call us on **0860 11 78 59**, to request the transfer. The actual transfer of the funds will take place no later than 31 January of the following year and you will receive a letter from FundsAtWork confirming the transfer values. The amount transferred will show as an additional voluntary contribution (AVC) in the FundsAtWork Umbrella Fund. You can claim the AVC from Sars as a tax deduction, as long as your total contributions don't exceed the legislated maximum amount. The amount transferred into FundsAtWork will be invested in the same investment portfolios as your future contributions.

Adding funds to HealthSaver

You can make ad-hoc deposits into your HealthSaver account, using the following banking details:

Bank	First National Bank
Account name	Momentum Health Solutions (Pty) Ltd - Momentum HealthSaver
Account number	62176002469
Account type	Current account
Branch code	22 36 26
Branch name	Corporate Account Services - Durban

For the beneficiary reference, use HS and your Momentum Medical Scheme membership number, eg HS123456. It is important for you to use the correct reference number and email a copy of your deposit slip as proof of your payment to us at mhretail@momentum.co.za, to make sure that we allocate your money correctly.

What happens if you cancel your Momentum Medical Scheme membership or HealthSaver account?

If you cancel your Momentum Medical Scheme membership and/or your HealthSaver account, your HealthSaver

balance will be paid out to you after a period of four months (to allow for any outstanding claims to be processed). Any funds earned from HealthReturns will, however, be forfeited and no interest is payable during the four-month period. If you cancel your HealthSaver account and do not claim your positive balance within four months after the cancellation date, we will charge a monthly administration fee from the fourth month onwards. This fee will be for the cost of maintaining the dormant account.

What happens if your HealthSaver account is suspended?

If your HealthSaver account is suspended, we will store your HealthReturns for a period of three months. If your account is reinstated within the three months, we will pay your accumulated HealthReturns into your HealthSaver account. If not, you will forfeit your HealthReturns.

HealthSaver Card fees

If you apply for a HealthSaver Card, the following fees are applicable and will be deducted from the HealthSaver account:

Primary card fee	R180 Annually
Secondary card fee	R15 Monthly
Card re-issue fee	R100
Urgent delivery	R100
Unsuccessful delivery	R100
Declined transaction	R4
Pin change	R2
Dispute fee (if not resolved in member's favor)	R200

HealthSaver video

*Disclaimer: * You may choose to make use of additional products available from Momentum Group Limited and its subsidiaries as well as Momentum Multiply (herein collectively referred to as Momentum). Momentum is not a medical scheme and is a separate entity to Momentum Medical Scheme. Momentum products are not medical scheme benefits. You may be a member of Momentum Medical Scheme without taking any of the products offered by Momentum.*