



Health Platform - Prevention is better than cure.

Health assessment

All adult beneficiaries qualify for an annual health assessment

Height and weight
Waist circumference
Blood pressure test
Cholesterol and blood sugar finger-prick tests

What is your Healthy Heart Score?



General physical exam (consultation only)

Beneficiaries aged 21 - 29 (every 5 years)
Beneficiaries aged 30 - 59 (every 3 years)
Beneficiaries aged 60 - 69 (every 2 years)
Beneficiaries 70 and older (annually)



Preventative dental care

Covered up to R380 at dentists, dental therapists and oral hygienists



Glaucoma test*

Beneficiaries aged 40 - 49 (every 2 years)
Beneficiaries 50 and older (annually)



HIV pathology test

Beneficiaries 15 and older (every 5 years)



Dexa bone density scan*

Beneficiaries 50 and older (every 3 years)

Female



Mammogram*

Women 38 and older (every 2 years)

Pap smear (pathologist)

Women 15 and older (once a year):
Standard or LBC (Liquid based cytology) or
Women 21 - 65 (every 3 years):
HPV PCR screening test. If HPV screening result indicates high risk, then a follow-up LBC is also covered



Maternity benefit

Up to 12 antenatal visits
2 scans
Up to 3 nurse home visits facilitated through BabyYumYum
Up to 2 paediatrician visits for babies up to 12 months
Register from the 8th week of your pregnancy



Vaccines

Tetanus diphtheria
(all beneficiaries)

Pneumococcal*
(beneficiaries 60 and older and high-risk beneficiaries)

Flu (children between 6 months and 5 years, beneficiaries 60 and older and high-risk beneficiaries)

Child immunisations (as stipulated by DOH)
Children up to age 6



Male

Prostate specific antigen test

Men aged 40 - 49 (every 5 years)
Men aged 50 - 59 (every 3 years)
Men aged 60 - 69 (every 2 years)
Men 70 and older (annually)



* Not covered on the Ingwe Option.

On the Ingwe Option, Health Platform Benefits are only available from your chosen Primary Care Network provider, except for health assessments, maternity programme benefits and baby immunisations, up to R2 950 in baby's first year, which are available at any healthcare. Members who selected the Ingwe Connect Network can access Health Platform benefits from Any provider. You do not need to pre-notify before using Health Platform Benefits, except for preventative dental care, pap smears, general physical examinations and HIV tests. Where pre-notification is required, you can pre-notify quickly and easily on the Momentum App, via the web chat facility or by logging on to momentummedicalscheme.co.za. You may also send us a WhatsApp or call us on 0860 11 78 59. This is a summary of the benefits provided. For full details, refer to the 2025 marketing brochure or Health Platform focus page.