

Momentum Health 2026 Updates



Hi Hilton,

Momentum presented their 2026 medical scheme contribution increases, plan changes and benefit enhancements recently. In today's newsletter we will provide a brief overview of these changes.

2026 Contribution and Benefit Updates:

Momentum Health has announced a **weighted average 9.9% annual contribution increase** for its medical scheme members in 2026, with individual plans increasing from 9.4% to 10.5%. The increase is attributed to industry-wide pressures like medical inflation and rising healthcare costs. To mitigate the impact, Momentum is implementing new benefits, such as a new screening benefit, increased dental cover on the Health Platform, and a simplified rewards program to encourage healthy behaviour.

- 2026 will see the introduction of an additional early detection test for colon cancer with the introduction of FIT (Faecal Immunochemical testing), available to beneficiaries aged 45 to 80.
- The [Health Platform](#) dental benefit will be enhanced to cover preventative dental care up to R500 per beneficiary..
- Certain annual sub-limits for in-hospital benefits and co-payments for specialised procedures/treatment will increase.
- [HealthReturns](#) remains integral to Momentum Health's value proposition, enabling members to earn up to R1,000 per month into their [HealthSaver](#) account for engaging in healthy behaviours such as fitness assessments and activity goals specific to the individual.

Plan Change Cutoffs:

Please note that members who would like to change their Momentum Medical Scheme option for January 2026 will need to submit their [option change](#) request by **28 November 2025**.

Ingwe Plan Declaration of Income:

If you are on the Ingwe Option, please make sure that they complete their [declaration of income](#) and send it to Momentum, together with proof of income, by **28 November 2025** in order to qualify for the relevant contribution in 2026.

We have updated our medical aid webpage with the latest Momentum Health plan focus guides. You can access these [here](#) to see what your plan will offer in 2026. You are also welcome to engage with me if you have any queries.

Warm regards,

Clinton Ramsbottom

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