

## Diabetes Care Programme 2025

### Who we are

Netcare Medical Scheme, registration number 1584, is a non-profit organisation, registered with the Council for Medical Schemes.

Discovery Health (Pty) Ltd (referred to as “the administrator”) is a separate company and an authorised financial services provider (registration number 1997/013480/07), which takes care of the administration of your membership of Netcare Medical Scheme.

### Overview

Diabetes mellitus (diabetes) is a chronic condition which if left untreated, can result in serious complications like blindness, kidney failure and heart attacks. However good control of diabetes will reduce the incidence of these complications.

As a member registered on the Chronic Illness Benefit (CIB) for diabetes, you can join the Diabetes Care Programme. This programme together with your Premier Plus GP, will help you actively manage your diabetes. The programme gives you and your Premier Plus GP access to various tools to monitor and manage your condition and to ensure you get high quality coordinated healthcare and the best outcomes.

This document gives you more information about the Diabetes Care programme.

### 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
Chronic Illness Benefit (CIB)	The Chronic Illness Benefit (CIB) covers you for a defined list of chronic conditions. You need to apply to have your medicine covered for your chronic condition.
Designated service provider (DSP)	A healthcare provider (for example doctor, specialist, pharmacist or hospital) who we have an agreement with to provide treatment or services at a contracted rate.



Medical Scheme  
Administered by Discovery Health

Terminology	Description
Emergency medical condition	<p>An emergency medical condition, also referred to as an emergency, is the sudden and, at the time unexpected onset of a health condition that requires immediate medical and surgical treatment, where failure to provide medical or surgical treatment would result in serious impairment to bodily functions or serious dysfunction of a bodily organ or part or would place the person's life in serious jeopardy.</p> <p>An emergency does not necessarily require a hospital admission. We may ask you for additional information to confirm the emergency.</p>
Scheme Rate	<p>This is a rate set by us. We pay for healthcare services from hospitals, pharmacies, healthcare providers and other providers of relevant health services at this rate.</p>
HealthID	<p>HealthID is an app that gives your doctor fast, up-to-date access to your health information. Once you have given consent, your doctor can use HealthID to access your medical history, gain insight into the benefits of your membership, make referrals to other healthcare providers, study your blood test results, and write electronic prescriptions and referrals. Discovery HealthID is brought to you by Discovery Health (Pty) Ltd; registration number 1997/013480/07, an authorised financial services provider and administrator of medical schemes.</p>
ICD-10 diagnosis code	<p>A clinical code that describes diseases and signs, symptoms, abnormal findings, complaints, social circumstances and external causes of injury or diseases, as classified by the World Health Organisation (WHO).</p>
Premier Plus GP	<p>A Premier Plus GP is a network GP who has contracted with us to provide you with high quality healthcare for your condition.</p>
Prescribed Minimum Benefits (PMBs)	<p>In terms of the Medical Schemes Act of 1998 (Act No. 131 of 1998) and its Regulations, all medical schemes have to cover the costs related to the diagnosis, treatment and care of:</p> <ul style="list-style-type: none"> <li>• An emergency medical condition</li> <li>• A defined list of 271 diagnoses</li> <li>• A defined list of 27 chronic conditions.</li> </ul> <p>To access Prescribed Minimum Benefits, there are rules that apply:</p> <ul style="list-style-type: none"> <li>• Your medical condition must qualify for cover and be part of the defined list of Prescribed Minimum Benefit conditions</li> <li>• The treatment needed must match the treatments in the defined benefits</li> <li>• You must use designated service providers (DSPs) in our network. This does not apply in emergencies. However, even in these cases, where appropriate and according to 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 DSP, we will pay up to</li> </ul>

Terminology	Description
	<p>80% of the Scheme Rate. You will be responsible for the difference between what we pay and the actual cost of your treatment.</p> <p>If your treatment doesn't meet the above criteria, we will pay according to your membership benefits.</p>

## About joining the Diabetes Care Programme

If you have been diagnosed with and registered on the CIB for Diabetes, you have access to the Diabetes Care Programme. A Premier Plus GP can enrol you on the Diabetes Care Programme.

Visit [www.netcaremedicalscheme.co.za](http://www.netcaremedicalscheme.co.za) to find a doctor on the network.

## Your Premier Plus GP will work with you to manage your condition

The Diabetes Care programme is based on clinical and lifestyle guidelines. Through the programme, you and your GP can agree on key goals and track your progress on a personalised dashboard on HealthID. This will help to identify which areas require you and your GP's attention so that you can improve the management of your condition.

In addition to the standard basket of procedures and consultations available to members with diabetes, members who join the Diabetes Care programme will have the following additional benefits per year funded from Risk:

- A biokineticist consultation is offered to ensure that you obtain the best advice about exercise, tailored to your needs. To make sure that we fund this from the correct benefit, **please ask your biokineticist to claim the code DCARE and include the ICD-10 diagnosis code on the claim.**
- An additional dietitian consultation is offered to ensure that you obtain the best advice about nutrition. To make sure that we fund this from the correct benefit, **please ask your dietitian to claim the most appropriate code from the table below and include the ICD-10 diagnosis code on the claim.**

Procedure code	Description
84200	Nutritional assessment, counselling and/or treatment. Duration: 1-10min
84201	Nutritional assessment, counselling and/or treatment. Duration: 11-20min
84202	Nutritional assessment, counselling and/or treatment. Duration: 21-30min
84203	Nutritional assessment, counselling and/or treatment. Duration: 31-40min
84204	Nutritional assessment, counselling and/or treatment. Duration: 41-50min
84205	Nutritional assessment, counselling and/or treatment. Duration: 51-60min

- You will have access to additional blood glucose test strips per year. Blood glucose test strips that are on our formulary will be funded in full up to the Scheme rate. Blood glucose test strips that are not on our formulary will be funded up to the monthly Chronic Drug Amount (CDA).

## Additional benefits for members with diabetes

### Cover for continuous glucose monitoring sensors

Continuous glucose monitoring (CGM) automatically tracks blood glucose levels giving you the ability to test your glucose level at any time and better manage your condition. When appropriately prescribed by a doctor in our network, members with type 1 diabetes have cover for continuous glucose monitoring sensors up to a monthly cover amount. Benefits are available for children and adults on all plan types, registered on the CIB for type 1 diabetes. CGM sensors will be funded from your Scheme benefits up to a monthly limit depending on the age of the patient and your chosen health plan.

Children up to age 18:	Adults:
Funded up to 100% of the monthly limit of R1,640	Funded up to 100% of the monthly limit of R1,640

## Contact us

You can call us on 0861 638 633 or visit [www.netcaremedicalscheme.co.za](http://www.netcaremedicalscheme.co.za) for more information.

## Complaints process

You may lodge a complaint or query with Netcare Medical Scheme directly on 0861 638 633 or address a complaint in writing to the Principal Officer at the Scheme's registered address. Should your complaint remain unresolved, you may lodge a formal dispute by following the Netcare Medical Scheme internal disputes process.

You may, as a last resort, approach the Council for Medical Schemes for assistance. Council for Medical Schemes Complaints Unit, Block A, Eco Glades 2 Office Park, 420 Witch-Hazel Avenue, Eco Park, Centurion, 0157 / 0861 123 267 / [complaints@medicalschemes.co.za](mailto:complaints@medicalschemes.co.za) / [www.medicalschemes.co.za](http://www.medicalschemes.co.za)