



Get healthy
Get rewarded

Dear Pharmacist,

Implementation of the enhanced Vitality Health Check effective 1 December 2017

Pharmacy clinics currently perform Vitality Health Checks (VHC) on medical scheme members to assist with the early detection of chronic conditions that members may have. Members' results are either submitted to Vitality via the Vitality web portal or directly via the Allegra system.

From 1 December 2017, you will be able to submit claims for the new *enhanced* Vitality Health Check which will be covered by a blended fee and offered by certain schemes only.

It is important to understand the difference between these two VHC tests:

The traditional Vitality Health Check (VHC) is a simple and convenient set of the most essential health screening and preventive tests, and you can earn up to 20 000 Vitality points depending on how many of your results are in range.

The following schemes qualify for the traditional VHC only:

- Anglo Medical Scheme
- Anglovaal Group Medical Scheme
- BMW Employees Medical Aid Society
- Glencore Medical Scheme
- LA Health Medical Scheme
- Malcor Medical Aid Scheme
- Remedi Medical scheme
- SAB Medical Aid Scheme

- TFG Medical Aid Scheme
- University of Kwazulu-Natal Medical Scheme
- University of the Witwatersrand, Johannesburg Staff Medical Aid Fund (Witsmed)

Claiming code	Procedure	2017 VAT inclusive	Benefit
705255001	Traditional Vitality Health Check <ul style="list-style-type: none"> • Blood pressure • Body mass index (weight, height & waist circumference) • Blood glucose • Blood cholesterol • Non-smokers declaration 	R180.00	Risk *

The enhanced Vitality Health Check (EVHC) includes two new tests, an HbA1c and lipogram, over and above the blood glucose and blood cholesterol:

Claiming code	Procedure and finger prick tests	2017 VAT inclusive	Benefit
001093001	Enhanced Vitality Health Check <ul style="list-style-type: none"> • Blood pressure and • <i>Blood glucose or HbA1c</i> • <i>Blood cholesterol or lipogram</i> • Body mass index (weight, height & waist circumference) • Non-smokers declaration 	R250.00 (Blended fee)	Risk*
001091001	Standalone HbA1C (if this is not done as part of the full EVHC)	R150	MSA
001092001	Standalone lipogram (if this is not done as part of the full EVHC)	R150	MSA

*Frequency limits per patient.

*Recommended for at risk members who meet Discovery Health clinical entry criteria

- The original blood glucose and blood cholesterol finger prick tests continue to be used for members who are not at-risk. The **HbA1c** and **lipogram** tests are only recommended for at risk members who meet Discovery Health clinical entry criteria.

- The rate for the Enhanced Vitality Health Check makes use of a blended fee which is offered at a flat rate of R250 regardless of the choice of tests. Claims can be submitted on the dispensing system.
- It remains in the clinic's best interest to:
 - Follow the Discovery Health's entry criteria as a precaution not to over-utilise the HbA1c and lipogram.
 - Ensure that at-risk members are appropriately selected and re-tested and the test results are submitted to Vitality.
 - Please note that the HbA1C and lipogram results will override the blood glucose and blood cholesterol finger prick results for points and data purposes
 - Information on these results will be collected to ensure that the at-risk population has appropriately received the enhanced Vitality Health Check. Discovery Health reserves the right to apply a settlement agreement on the blended fee payments which is intended to compensate clinics for the full set of services within the enhanced Vitality Health Check for at risk members.

Refer to the below entry criteria before administering the HbA1c and/or lipogram test.

Discovery Health entry criteria

Test	Original algorithm	Updated EVHC algorithm
HbA1c (no changes)	BP \geq 140/90 or	
	Glucose \geq 7.8 or	
	BMI \geq 35 for age $<$ 45 or	
	BMI \geq 25* for age 45+	
Lipogram	Total cholesterol \geq 5 or	Total cholesterol \geq 5
	BP \geq 140/90 or	
	HbA1c \geq 6	

* Waist adjusted BMI

The enhanced VHC is offered by:

- Discovery Health Medical Scheme
- LA KeyCare
- M-Med Option of the Naspers Medical fund
- Naspers Medical Fund
- Quantum Medical Aid Society
- Retail Medical Scheme
- Tsogo Sun Group Medical Scheme
- University of the Witwatersrand, Johannesburg Staff Medical Aid Fund (Witsmed) Network option (Keycare)

We have arranged with your pharmacy software vendor to only make the appropriate VHC (traditional or enhanced) claiming code for a particular scheme available on your dispensing systems.

If you have any queries or questions please email vitalitypartneroperations@discovery.co.za.

Kind regards

Vitality