

# **MENOPAUSE MEDICINE LIST (FORMULARY)**

DISCOVERY HEALTH MEDICAL SCHEME  
2025





## Menopause medicine list (formulary) 2025

### DISCLAIMER

The information contained in this document may be subject to change. The Chronic Illness Benefit (CIB) and the utilisation of the benefits and programmes associated with the Chronic Illness Benefit is subject to specific conditions and rules. Members must ensure that they are familiar with these rules and conditions. The scheme rules are available on our website at [www.discovery.co.za](http://www.discovery.co.za) under Medical Aid > About Discovery Health Medical Scheme.

Any instruction or advice we give about medicines and the management of your condition is intended as a supplement to, and not a substitute for, the knowledge, expertise, skill and judgement of your doctor, pharmacist or other healthcare professional. You may need to get your medicine from a designated service provider (DSP) to avoid a 20% co-payment. Visit [www.discovery.co.za](http://www.discovery.co.za) under Medical Aid > Find a doctor or click on Find a provider in the Discovery Health app to find providers in our network.

Discovery Health Medical Scheme reserves the right to change the benefit at any time. We will communicate any changes to the way we pay medicines when we make these. The latest version is always available on our website at [www.discovery.co.za](http://www.discovery.co.za) under Medical Aid > Find documents and certificates.

### 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 Drug Amount (CDA)	The Chronic Drug Amount (CDA) is the monthly amount that we pay for a medicine class, subject to a member's plan type. This applies to chronic medicine that is not listed on the medicine list (formulary).
Discovery Health Rate for Medicine	This is the rate at which Discovery Health Medical Scheme will pay for medicine. It is the Single Exit Price of medicine plus the relevant dispensing fee.
Medicine class	This describes medicines that have similar chemical structures or similar therapeutic effects.
Reference Price	The Reference Price is the set monthly amount we pay for a medicine category. This applies for medicine that is not listed on the medicine list (formulary).



## Formulary medicines and monthly Chronic Drug Amounts

The menopause medicine list (formulary) applies to all Discovery Health Medical Scheme plans for the 2025 benefit year. The Chronic Drug Amount (CDA) **does not apply** to the Smart and KeyCare plans.

MEDICINE NAME	MEDICINE CLASS	MONTHLY CHRONIC DRUG AMOUNT (CDA)
Estrofem 1mg	Estrogens	R205
Estrofem 2mg	Estrogens	R205
Activelle	Progestogens and estrogens, fixed combinations	R285
Novofem	Progestogens and estrogens, sequential preparations	R295
Provera 5mg	Progestogens - Pregnen (4) derivatives	R230
Provera 10mg	Progestogens - Pregnen (4) derivatives	R230



## Working to care for and protect you

Our goal is to provide support for you in the times when you need it most.

### How to contact us

Tel (members): 0860 99 88 77, Tel (health partners): 0860 44 55 66

Go to [www.discovery.co.za](http://www.discovery.co.za) to Get Help or ask a question on WhatsApp. Save this number 0860 756 756 on your phone and say "Hi" to start chatting with us 24/7.

PO Box 784262, Sandton, 2146. 1 Discovery Place, Sandton, 2196.

### What to do if you have a complaint

#### 01 | To take your query further:

If you have already contacted Discovery Health Medical Scheme and you feel that your query has still not been resolved, please complete our online complaints form on [www.discovery.co.za](http://www.discovery.co.za). We would also love to hear from you if we have exceeded your expectations.

#### 02 | To contact the principal officer:

If you are still not satisfied with the resolution of your complaint after following the process in Step 1, you can escalate your complaint to the Principal Officer of Discovery Health Medical Scheme. You can lodge a query or complaint with us by completing the online form on [www.discovery.co.za](http://www.discovery.co.za) or by emailing [principalofficer@discovery.co.za](mailto:principalofficer@discovery.co.za).

#### 03 | To lodge a dispute:

If you have received a final decision from us and you want to challenge it, you can lodge a formal dispute. You can find more information about our dispute process on the [website](#).

#### 04 | To contact the Council for Medical Schemes:

Discovery Health Medical Scheme is regulated by the Council for Medical Schemes. You can contact the Council at any stage of the complaints process, but we encourage you to first follow the steps above to resolve your complaint before contacting the Council. Contact details for the Council for Medical Schemes: Council for Medical Schemes Complaints Unit, Block A, Eco Glades 2 Office Park, 420 Witch-Hazel Avenue, Eco Park, Centurion 0157 | [complaints@medicalschemes.co.za](mailto:complaints@medicalschemes.co.za) | 0861 123 267 | [www.medicalschemes.co.za](http://www.medicalschemes.co.za).

### Your privacy is important to us

We hold your privacy in the highest regard. Our unwavering commitment to protecting your personal information and ensuring the security and confidentiality of your data is clearly outlined in our Privacy Statement. You can view our latest version on [www.discovery.co.za](http://www.discovery.co.za) > Medical aid > About Discovery Health Medical Scheme.