

# **DISEASE PREVENTION PROGRAMME**

DISCOVERY HEALTH MEDICAL SCHEME  
2025





## Overview

Risk factors for cardiometabolic syndrome include high blood pressure, elevated blood sugar, abnormal cholesterol, elevated blood triglycerides, high Body-Mass-Index (BMI) and increased abdominal or waist circumference measures. Members living with one or more of these risk factors have a higher chance of developing diabetes and cardiovascular disease and suffering a stroke or heart attack. Discovery Health Medical Scheme offers a Disease Prevention Programme designed to support members who are at risk of developing diabetes or cardiovascular disease to improve health outcomes and quality of life.

## 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
Discovery Health Rate	This is the rate that we pay for healthcare services from hospitals, pharmacies, healthcare professionals and other providers of relevant healthcare services.
Health Check for adults	A set of essential health screenings and preventive tests for adults 18 years and older. It includes certain tests such as blood glucose, blood pressure, cholesterol, body mass index and HIV (optional) screening at one of our Discovery Wellness Network providers.
Health Check for seniors	In addition to the Health Check, members aged 65 and older have cover for an age-appropriate falls-risk assessment at one of our Discovery Wellness Network providers.
Health Check for children	A Health Check specifically for children between the ages of two and 18 years. This benefit covers growth assessment tests, including height, weight, head circumference and health and milestone tracking at one of our Discovery Wellness Network providers.
Impaired glucose tolerance (IGT)	Impaired glucose tolerance is a raised glucose level result after an oral glucose tolerance test, and impaired fasting glucose is defined as glucose levels of 100 to 125 mg per dL (5.6 to 6.9 mmol per L) in fasting patients.
Impaired fasting glucose (IFG)	Impaired fasting glucose is a raised glucose level result after a fasting oral glucose tolerance test.
Premier Plus GP	A Premier Plus GP is a network GP who has contracted with us to provide you with coordinated care and enrolment on one of our Care programmes for defined chronic conditions.

## Disease Prevention Programme

This programme, together with your Premier Plus GP, supported by your Discovery Health Coach and a Dietitian in our network, will help you actively manage your risk of developing a chronic condition. The programme gives you additional benefits to monitor and manage your health and to ensure you get high quality coordinated healthcare and improved outcomes.

### Can anyone join the Disease Prevention Programme?

The programme uses an advanced predictive model to identify members that are eligible. This is based on your Health Check assessment results. Members whose assessment results indicate a risk of developing diabetes or cardiovascular disease, can be enrolled on the programme through their Premier Plus GP.

### What is the goal of the programme?

The goal of the programme is to reduce your risk of developing diabetes. This may be in the form of addressing a high glucose level with a healthy food plan, exercise and if applicable, appropriate medicines. During or at the end of the programme, your



Premier Plus GP will guide you on the next steps for you to take which may include continuing with the changes you have made to your diet and exercise or continuing with the medicine prescribed. Alternatively, you may be diagnosed with diabetes.

## How to join the Disease Prevention Programme

Our predictive model uses your Health Check results, health claim patterns, family history and other information to determine if you are at risk of developing a diabetes or cardiovascular disease. If you meet the Scheme's eligibility criteria for the programme:

- A Discovery Health Coach will get in touch with you to explain how the programme works.
- A Premier Plus GP may enrol you on the Disease Prevention Programme through HealthID if you give them consent to do so.
- Members on KeyCare Plans must be enrolled by their nominated Premier Plus doctor who is also a participating GP in the KeyCare GP Network.
- Members on Smart plans must be enrolled by a Premier Plus doctor who is also a participating GP in the Smart GP Network.

Visit [www.discovery.co.za](http://www.discovery.co.za) under Medical Aid > Find a healthcare professional or click on Find a healthcare provider on the Discovery Health app to find a healthcare provider in the network to enrol you on the programme. [Give your Premier Plus GP consent to access your Electronic Health Record \(EHR\)](#).

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

The Disease Prevention Programme is based on clinical and lifestyle guidelines. Through the programme, you, your Discovery Health Coach and your Premier Plus GP can agree on key goals and track your progress.

This will help to identify which areas require attention so that you and your Premier Plus GP can improve the management of your condition.

Members who join the Disease Prevention Programme will have access to the following additional benefits:

- An additional consultation with your Premier Plus GP
- Two consultations with a dietitian in our network, to ensure that you get the best nutrition advice to optimise your health. The dietitian is a skilled healthcare professional that is experienced in tailoring a nutritional plan for you
- A defined set of blood tests
- Diabetes medicine (metformin) if prescribed by you Premier Plus GP
- Access to a Discovery Health Coach for 12 months. Your Discovery Health Coach Health Coach will offer clinical support to help you track, monitor, change and improve your health and quality of life.

To enjoy full cover for the consultations and tests on the programme, please ask your healthcare provider to claim the most appropriate code from the table below and include the appropriate ICD-10 diagnosis code on the claim.

BASKET	PROCEDURE CODE	DESCRIPTION AND RATES
GP visits (up to two)	0190 0191 0192 0193	New and established patient: Consultation/visit of new or established patient of an average duration and/or complexity
Dietician visits (up to two)	84204 84203 84202 84201 84200	Nutritional assessment, counselling and/or treatment. Duration: 41-50 min Nutritional assessment, counselling and/or treatment. Duration: 31-40min Nutritional assessment, counselling and/or treatment. Duration: 21-30min Nutritional assessment, counselling and/or treatment. Duration: 11-20min Nutritional assessment, counselling and/or treatment. Duration: 1-10min



BASKET	PROCEDURE CODE	DESCRIPTION AND RATES
Fasting glucose (up to two)	4057 or 54057	Glucose - random/fasting
Cholesterol (one)	4026 or 54026, 4027 or 54027, 4028 or 54028, or 4147 or 54147	LDL cholesterol (chemical determination) Cholesterol Total HDL cholesterol Triglyceride
Serum creatinine (one)	4032 or 54032	Creatinine

### What happens if I am diagnosed with diabetes during the 12-month programme?

Your Premier Plus GP will help to register you for diabetes on the Chronic Illness Benefit (CIB), which will give you access to benefits to manage your condition. You can then enrol in the Diabetes Care Programme to access support for your condition. You can learn more about these programmes on [www.discovery.co.za](http://www.discovery.co.za) > Medical Aid > Benefits and cover > Most Queried Benefits.

### Discover your best health with Personal Health Pathways

Personal Health Pathways is designed to help you get healthier by doing personalised health and exercise actions. You'll get personalised health and exercise actions to complete, based on your unique healthcare needs. By completing actions, you'll close your rings and earn personalised rewards. You can access your personalised healthcare pathway through the Discovery Health app making it easy for you to seamlessly navigate the healthcare system and to know what will have the biggest impact on your health. Completing these health and exercise actions will not only have a positive influence on your health but you can get rewarded along the way. As a Discovery Health Medical Scheme member, you can also access increased healthcare benefits when you complete your health next best actions. [Learn more here.](#)



## 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 the Discovery Health Medical Scheme and 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 are able to escalate your complaint to the Principal Officer of the Discovery Health Medical Scheme. You may lodge a query or complaint with Discovery Health Medical Scheme 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 Discovery Health Medical Scheme and want to challenge it, you may lodge a formal dispute. You can find more information of the Scheme's 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 may 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.