

## Menopause medicine list (formulary) 2023

### Who we are

LA Health Medical Scheme (referred to as "the Scheme"), registration number 1145, 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). We take care of the administration of your membership for the Scheme.

### Important information you need to know

The LA Health Medical Scheme Rules set out the requirements for the Chronic Illness Benefit (CIB). 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 [www.lahealth.co.za](http://www.lahealth.co.za)

Any instruction or advice we give about medicines and the management of the member's condition is intended as a supplement to, and not a substitute for, the knowledge, expertise, skill and judgement of the member's doctor, pharmacist or other healthcare professional.

LA Health Medical Scheme reserves the right to change the benefit at any time. We will communicate any changes to the way we pay for medicines.

You get full cover for approved chronic medicine on the medicine list (formulary). You may have a co-payment for medicine not on the medicine list (formulary).

### 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 CDA is a monthly amount we pay up to for a medicine class. This applies to medicine that is not listed on the medicine list (formulary). The Chronic Drug Amount includes VAT and the dispensing fee. The CDA does not apply to the LA KeyPlus Benefit Option. On this Benefit Option we cover up to the Generic Reference Price (GRP), which is up to the lowest cost medicine of the same kind on our medicine list for the condition.
Medicine class	Medicine with similar chemical structures or similar therapeutic effects.

## Formulary medicine and monthly Chronic Drug Amounts (CDAs)

The Menopause medicine list (formulary) applies to all LA Health Medical Scheme Benefit Options for the 2023 benefit year.

The Chronic Drug Amount (CDA) **does not** apply to the LA KeyPlus Benefit Option.

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	R240
Provera 5mg	Progestogens - Pregnen (4) derivatives	R210
Provera 10mg	Progestogens - Pregnen (4) derivatives	R210

## Contact us

For more information, call us on 0860 103 933 or visit [www.lahealth.co.za](http://www.lahealth.co.za)

## Complaints process

You may lodge a complaint or query with LA Health Medical Scheme directly on 0860 103 933 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 LA Health 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)