

## Prescribed Minimum Benefits basket of care for COVID-19

This document provides information about the Prescribed Minimum Benefits (PMB) basket of care for treating COVID-19.

### Please make sure your claims have the appropriate ICD-10 code

All claims must have the appropriate ICD-10 codes (diagnosis codes) so we can identify them and pay them from the applicable WHO Global Outbreak Benefits. Please ask your doctor to include the ICD-10 codes (diagnosis codes) when referring you to the pathologist, radiologist or other healthcare providers to enable them to share this information with us and allow us to comply with legislation by paying Prescribed Minimum Benefits (PMBs) claims correctly.

### You must use the services of the Scheme's Designated Service Providers (DSP) / Preferred Providers (PP)

If you are registered on the LA Comprehensive, LA Core, LA Active or LA Focus benefit options you must make use of the services of GPs in the Discovery GP Network or those of a Premier Rate Specialist. You must also undergo testing at one of the Scheme's DSP pathology providers and make use of any other DSP or PP as may be necessary.

If you are registered on the LA Keyplus Option, you must make use of the services of your chosen KeyCare GP. Your KeyCare GP will refer you when you require radiology or pathology services.

### We may pay claims from your day-to-day benefits if Prescribed Minimum Benefit (PMB) requirements are not met

We will pay claims from your available day-to-day benefits when:

- The claims are submitted without the relevant ICD-10 codes (diagnosis codes)
- The treatment does not meet the Scheme's clinical entry criteria and guidelines for Prescribed Minimum Benefit (PMB) funding

### What happens if you need more treatment or treatment that falls outside of these defined benefits

If you need treatment in excess of those allowed in the PMB baskets of care, or non-PMB treatment, you and your healthcare professional can send additional clinical information with a detailed explanation of the treatment that is needed, and we will review it. If this treatment is approved as part of the PMB care, it will not be paid from your available day-to-day benefits, but from your approved PMB cover.

2 | You can follow these easy steps to apply for PMB cover in excess of the benefits stated in the tables below:

Download the Request for additional cover for out-of-hospital Prescribed Minimum Benefit conditions Form. Up to date forms are always available on [www.lahealth.co.za](http://www.lahealth.co.za) under *Medical Aid > Find a document*. You can also call 0860 103 933 to request any of the forms.

Complete the form with the assistance of your doctor or healthcare professional.

Send the completed, signed form, along with any additional medical information, by email to PMB\_APP\_FORMS@discovery.co.za.

If we approve the requested medicine or treatment, we will automatically pay these from your PMB cover for COVID-19. If the request is unsuccessful, and you are not satisfied with the outcome, you may dispute the funding decision. Call us to lodge a formal dispute.

### 3 | **COVID-19 vaccines**

The COVID-19 vaccine and administration thereof is covered as a Prescribed Minimum Benefit (PMB).

You will be required to register on the National Department of Health's Electronic Vaccination Data System (EVDS), and go to an accredited vaccination site to get vaccinated. The list of accredited facilities is published by the National Department of Health.

The Scheme pays for the following vaccines and administration costs, up to 100% of the Scheme Rate.

	Description	Codes
COVID-19 vaccine	Pfizer-BioNTech	3003282001
	J&J/Janssen	3003366001
COVID-19 vaccine administration	Administration fee for vaccine including material and PPE	3002823001

Each vaccine may have its own frequency limits depending on whether it is a single or multi-dose vaccine. Booster vaccines are funded in accordance with the National Department of Health's regulations and guidelines.

The tables below show what treatment we pay for as PMB when you test positive for COVID-19. We have divided the baskets of care into a diagnostic basket and an out-of-hospital basket for care when you are not admitted to hospital.

### **Screening and testing**

If you suspect that you have COVID-19, the Scheme will pay for the following tests and consultations from the PMB Screening and Testing Basket of Care.

	Description	Codes	Number
Consultations with a Network GP	All Practitioners	0190 or 0191 or 0192 or 0130 or VCONS or VCONM or VCONSC or 7060 or 7061 or 7062 or 7063 or 7064	Unlimited if you see a doctor on the online Discovery GP network. LA KeyPlus members must make use of the services of a KeyCare Network GP
		0145 or 0146 (only with 0190, 0191 or 0192)	
		0132 (only with 0130) or 0133	
Pathology	PCR SARS-CoV-2	CO19 / 3979	2 per person per year except where approved as PMB

	Rapid Covid-19 Antigen test	COAg or ANTG	2 per person per year
Procedures	Personal Protective Equipment (PPE)	PPE01	Part of procedure and/or consultation.

## Diagnostic Basket

If you test positive for COVID-19, the following benefits will be paid for as PMB

	Description	Codes	Number
Consultations	Telephone, virtual or face-to-face consultations	0190 or 0191 or 0192 or 0130 or VCONS or VCONM or VCONSC or 7060 or 7061 or 7062 or 7063 or 7064	1, except where approved as PMB
		0145 or 0146 (only with 0190, 0191 or 0192)	
		0132 (only with 0130) or 0133	
	Casualty Facility fees	58301 or 57801 or 58805 or 58807 or 58303 or 57803 or 57805 or 57301 or 57303 or 58802 or 57807 or 58804 or 58806 or 58302 or 57802 or 57804 or 58808 or 57806 or 57808 or 58801 or 57302 or 58803	
Pathology	Full blood count	3755 or 53755 or (any combination of 3739 & 3762 & 3783 & 3785 & 3791 or 53739 & 53762 & 53783 & 53785 & 53791)	1
	Platelet count	3797 or 53797	1
	Glucose	4057 or 54057	1
	Prothrombin Index	3805 or 53805	1
	U&E including Creatinine	4171 & 4032 or 54171 & 54032	1
	CRP	3947 or 53947	4
	Blood Gases	4076	1
	Lactate dehydrogenase (LDH)	4133 or 54133	1
	Aspartate aminotransferase (AST)	4130 or 54130	1
	Alanine aminotransferase (ALT)	4131 or 54131	1

	D-dimer (quantitative)	3856 or 53856	4
	Interleukin 6 (IL)	3948 or 4172	4
	Blood Culture		
	Blood culture	3891 or 3892 or 3894 or 4651 or 53891 or 53892 or 53894 or 54651	2
	Bottles	0201 (only when claimed with any one of these NAPPI codes: 266042001, 266043001, 266044001, 684916001, 684921001, 684922001, 684925001, 684927001, 684928001, 684949001, 684952001, 686435001, 686440001, 686444001, 686448001, 686449001 or 897221002)	2
	Blood-culture microscopy	3867 or 3895 or 53867 or 53895	1
	Identification as organism/type	3923 or 3924 or 3927 or 4652 or 53923 or 53924 or 53927 or 54652	4
	Sensitivity per organism	3887 or 4653 or 53887 or 54653	4
	Sputum microscopy, culture and sensitivity (MC&S)		
	Microscopy	3867 or 53867	1
	Culture	3895 or 53895	1
	TB microscopy / TB GeneXpert (PCR*)	3881 or 3885 or 4657 or 3974 or 4658 or 3915 or 3919 or 4434 or 53881 or 53885 or 54657 or 53974 or 53915 or 53919 or 54434	1
	Identification as organism/type	3923 or 3924 or 3927 or 4652 or 53923 or 53924 or 53927 or 54652	4
	Sensitivity per organism	3887 or 4653 or 53887 or 54653	4
	Mycobacterium antibiotic sensitivity	3920 (only with 3974) or 3930 or 53930	1
	LAM (for HIV positive only)	4172 or 4655 or 3882 or 54172 or 54655 or 53882	1
	PCR SARS-CoV-2	CO19 / 3979	1
	Rapid Antigen	COAG or ANTG	1
	Flu PCR*	3974 or 4434 or 53974 or 54434	1
	Blood gases	4076 or 54076	1

Radiology	Chest X-ray (basic)	30100 or 30110	1
	X-ray with mobile unit in other facility	00130	1
	CT scan of the chest	30300 or 30310 or 30340 or 30350	1
	X-ray of the chest complete with additional views	30120	1
	PPE** consumables used in radiology procedures that have a NAPPI code (add VAT if it applies)	00090	Part of procedure
Procedures	Personal protective equipment	PPE01	Part of procedure and/or consultation

\*PCR = polymerase chain reaction

\*\*PPE = personal protective equipment

### Follow-up treatment basket

	Description	Codes	Number
Consultations	Telephone, virtual or face-to-face consultations	0190 or 0191 or 0192 or 0130 or VCONS or VCONM or 7060 or 7061 or 7062 or 7063 or 7064	1, except where approved as PMB
		0145 or 0146 (only with 0190, 0191 or 0192)	
		0132 (only with 0130) or 0133	
Psychotherapy	022 - Psychiatrist	2974 or 2975 or 2957 or 2958 OR	1
	086 - Psychologists	86200 or 86201 or 86202 or 86203 or 86204 or 86205 OR	
	089 - Social worker	89200 or 89201 or 89202 or 89203 or 89204 or 89205	
Pathology	Full blood count	3755 or 53755 or (any combination of 3739 & 3762 & 3783 & 3785 & 3791 or 53739 & 53762 & 53783 & 53785 & 53791)	1
	Platelet count	3797 or 53797	1
Radiology	Chest X-ray (basic)	30100 or 30110	1

	X-ray with mobile unit in other facility	00130	1
	PPE* consumables used in radiology procedures that have a NAPPI code (add VAT if it applies)	00090	Part of procedure
	CT of the chest	30300 or 30310 or 30340 OR 30350	1
	CT of the chest for pulmonary embolism	30360	1
Chest physiotherapy	Evaluation/counselling at the first visit only	72701 or 72702	1
	One complete re-assessment of a patient's condition	72703	1
	Interview, guidance or consultation with the patient or his family	72708	1
	Breathing exercises or Respiratory re-education and training	72307 or 72507	3
	Vibration, Percussion or Massage	72300 or 72301 or 72302	4
	Rehabilitation	72501	3
	Suction	72323 or 72325	1
Procedures	Personal protective equipment	PPE01	Part of procedure and/or consultation
Medication	Covid 19 Formulary		

\*PPE = personal protective equipment

## COVID-19 medicine list

You have full cover for the medicine for supportive treatment of COVID-19 as long as the medicine is on the list here below. If the medicine is not on our list, we will pay up to the value of the lowest cost medicine of the same kind that is on the list.

Broad Medicine category	Active ingredient	NAPPI code	Product name	Strength	Dosage form
Analgesics	Acetylsalicylic acid	720577	Disprin		Effervescent tablet
Analgesics	Paracetamol	758558	Pyralin	120 mg/5 mL	Syrup
Analgesics	Paracetamol	704093	Actamol red (un-boxed)	120 mg/5 mL	Syrup
Analgesics	Paracetamol	707583	Paracetamol elixir SAD (alcohol-free)	120 mg/5 mL	Syrup

Analgesics	Paracetamol	792101	Actamol red (boxed)	120 mg/5 mL	Syrup
Analgesics	Paracetamol	703820	Feverpain	120 mg/5 mL	Syrup
Analgesics	Paracetamol	704450	Painogestic	120 mg/5 mL	Syrup
Analgesics	Paracetamol	863742	Feverpain (boxed)	120 mg/5 mL	Syrup
Analgesics	Paracetamol	889772	Painblok (plastic bottle)	120 mg/5 mL	Syrup
Analgesics	Paracetamol	895199	Go-pain P	120 mg/5 mL	Syrup
Analgesics	Paracetamol	745723	Adco-Napamol	500 mg	Tablet
Analgesics	Paracetamol	805467	Antalgic	500 mg	Tablet
Analgesics	Paracetamol	757403	Adco-Prolief	500 mg	Tablet
Analgesics	Codeine and paracetamol	745707	Adco-Napacod 500 mg/10 mg		Tablet
Analgesics	Codeine and paracetamol	707910	Painamol Plus		Tablet
Analgesics	Codeine and paracetamol	719662	Co-gesic		Tablet
Analgesics	Codeine and paracetamol	787043	Codorol		Tablet
Analgesics	Paracetamol, Combinations with Psycholeptics	892662	Nucopain		Tablet
Analgesics	Paracetamol, Combinations with Psycholeptics	809055	Adco-salterpyn		Tablet
Analgesics	Paracetamol, Combinations with Psycholeptics	823538	Go-pain		Tablet
Analgesics	Paracetamol, Combinations with Psycholeptics	834440	Spectrapain forte		Tablet
Musculo-skeletal	Diclofenac	786012	Mylan Diclofenac	25 mg	Tablet
Musculo-skeletal	Diclofenac	893390	A-Lennon Diclofenac	25 mg	Tablet
Musculo-skeletal	Diclofenac	718479	Diclofenac Biotech	25 mg	Tablet
Musculo-skeletal	Diclofenac	893391	A-Lennon Diclofenac	50 mg	Tablet
Musculo-skeletal	Diclofenac	786020	Mylan Diclofenac	50 mg	Tablet
Musculo-skeletal	Diclofenac	788597	Adco-Diclofenac	50 mg	Tablet
Musculo-skeletal	Diclofenac	752398	Panamor At	50 mg	Tablet

Musculo-skeletal	Indomethacin	787833	Betacin	25 mg	Capsule
Musculo-skeletal	Indomethacin	868213	Gulf Indomethacin	25 mg	Capsule
Musculo-skeletal	Indomethacin	701891	Amdocin	25 mg	Capsule
Musculo-skeletal	Ibuprofen	700315	Ibucine (was Ibumax)	100 mg/5 mL	Suspension
Musculo-skeletal	Ibuprofen	704781	Ibugesic	100 mg/5 mL	Suspension
Musculo-skeletal	Ibuprofen	721335	Inflamax Paediatric	100 mg/5 mL	Suspension
Musculo-skeletal	Ibuprofen	3004030	Ibugesic oral suspension (strawberry)	100 mg/5 mL	Suspension
Musculo-skeletal	Ibuprofen	700316	Ibucine (was Ibumax)	200 mg	Tablet
Musculo-skeletal	Ibuprofen	787426	Betaprofen	200 mg	Tablet
Musculo-skeletal	Ibuprofen	708536	Ibusor	200 mg	Tablet
Musculo-skeletal	Ibuprofen	868221	Ibunate	200 mg	Tablet
Musculo-skeletal	Ibuprofen	701975	Betaprofen fc	400 mg	Tablet
Musculo-skeletal	Ibuprofen	708290	Bren	400 mg	Tablet
Musculo-skeletal	Ibuprofen	700318	Ibucine (was Ibumax)	400 mg	Tablet
Musculo-skeletal	Mefenamic acid	875643	Adco-Mefenamic Acid	50 mg/5 mL	Suspension
Musculo-skeletal	Mefenamic acid	797014	Fenamin	50 mg/5 mL	Suspension
Musculo-skeletal	Mefenamic acid	756156	Ponstan	50 mg/5 mL	Suspension
Musculo-skeletal	Mefenamic acid	793264	Ponac	50 mg/5 mL	Suspension
Corticosteroids	Betamethasone	826928	Betanoid	0.5mg	Tablet
Corticosteroids	Betamethasone	899124	Pharma-q batametasone ampoule 1ml	4mg/1mL	Injection
Corticosteroids	Dexamethasone	713730	Dexona ampoule 1 ml	4mg/1mL	Injection
Corticosteroids	Dexamethasone	720206	Fresenius Dexamethasone ampoule 1ml	4mg/1mL	Injection



Corticosteroids	Methylprednisolone	741116	Medrol	4mg	Tablet
Corticosteroids	Methylprednisolone	741124	Medrol	16mg	Tablet
Corticosteroids	Methylprednisolone	717086	Mylan methylprednisolone powder for solution vial	40mg	Injection
Corticosteroids	Methylprednisolone	717229	Mylan methylprednisolone powder for solution vial	500mg	Injection
Corticosteroids	Methylprednisolone	717230	Mylan methylprednisolone powder for solution vial	1000mg	Injection
Corticosteroids	Hydrocortisone	765074	Solu cortef mix 2ml	100mg	Injection
Corticosteroids	Prednisone	752304	Panafcort	5mg	Tablet
Corticosteroids	Prednisone	818267	Trolic	5mg	Tablet
Corticosteroids	Prednisone	788783	Be-tabs prednisone	5mg	Tablet
Corticosteroids	Prednisone	716381	Adco Prednisone	15mg/5mL	Syrup
Corticosteroids	Prednisone	714552	Aspelone	15mg/5mL	Liquid
Vitamins and Minerals	Nicotinic Acid	723588	Solal Niacin	35mg	Tablet
Anticoagulants	Enoxaparin	3001997	Noxibra pre-filled syringe 0.2 ml	20mg/0.2mL	Injection
Anticoagulants	Enoxaparin	3002000	Noxibra pre-filled syringe 0.4 ml	40mg/0.4mL	Injection
Anticoagulants	Enoxaparin	3002001	Noxibra pre-filled syringe 0.6 ml	60mg/0.6mL	Injection
Anticoagulants	Enoxaparin	3002002	Noxibra pre-filled syringe 0.8 ml	80mg/0.8mL	Injection
Anticoagulants	Enoxaparin	707095	Clexane pre-filled syringe 0.2 ml	20mg/0.2mL	Injection
Anticoagulants	Enoxaparin	788767	Clexane pre-filled syringe 0.4 ml	40mg/0.4mL	Injection
Anticoagulants	Enoxaparin	851140	Clexane pre-filled syringe 0.6 ml	60mg/0.6mL	Injection
Anticoagulants	Enoxaparin	851159	Clexane pre-filled syringe 0.8 ml	80mg/0.8mL	Injection
Anticoagulants	Rivaroxaban	3002051	Ixarola	10mg	Tablet
Anticoagulants	Rivaroxaban	3002052	Ixarola	15mg	Tablet
Anticoagulants	Rivaroxaban	3002053	Ixarola	20mg	Tablet

## Understanding Long COVID-19

We call the COVID-19 signs and symptoms that continue or develop after an acute COVID-19 illness 'long COVID'. It includes both ongoing symptomatic COVID-19 (from four to 12 weeks) and post COVID-19 syndrome (12 weeks or more). Some symptoms may only start for the first time three to four weeks after the acute COVID-19 infection.

Common symptoms of Long COVID include:

- Fatigue
- Persistent loss of smell and taste
- Shortness of breath
- Joint or muscle pains
- Persistent cough
- Headaches
- Difficulty thinking or concentrating (sometimes referred to as "brain fog").

Other symptoms that have been reported include chest or stomach pain, fast-beating or pounding heart (also known as heart palpitations), pins-and-needles, diarrhoea, sleep problems, fever, dizziness on standing (light-headedness), body rash, mood changes and changes in menstrual cycles.

Long COVID may be experienced as light symptoms, or you may be very ill:

- Mild symptoms or mild pneumonia occurs in approximately 80% of cases
- Severe symptoms that may include difficulty breathing and requiring oxygen, generally results in an hospital admission
- When your symptoms are critical, you may even require intensive care.

## We will authorise your Long COVID treatment and care

- When we identify qualifying claims and register you for the benefits; or
- When you also apply for the benefit by using the PMB application form and we approve the benefits.

We will allocate benefits for your based on their severity of your Long COVID illness.

## Contact us

Tel: 0860 103 933 • PO Box 652509 Benmore 2010 • [www.lahealth.co.za](http://www.lahealth.co.za)

## Complaints process

You can 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. If your complaint remains unresolved, you can lodge a formal dispute by following LA Health Medical Scheme's internal disputes process.

Once the Scheme's internal processes are exhausted, and the issues remains unresolved, you may 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 / [complaints@medicalschemes.co.za](mailto:complaints@medicalschemes.co.za) / 0861 123 267/ [www.medicalschemes.co.za](http://www.medicalschemes.co.za)