

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 so they can use the codes to bill and allow us to pay 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 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 the request for cover. 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.

You can follow the below easy steps to apply for cover that is more than the PMB benefits stated in your approval letter:

- 1 | 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 under *Medical Aid > Find a document*. You can also call 0860 103 933 to request any of the forms.

- 2 | Complete the form with the assistance of your doctor or healthcare professional.
- 3 | Send the completed, signed form, along with any additional medical information, by email to PMB_APP_FORMS@lahealthms.co.za.

If we approve the requested medicine or treatment, we will automatically pay these from your PMB cover for COVID-19. If we do not approve payment as PMB, we will pay claims from your available day-to-day and other benefits.

COVID-19 benefits

Vaccines

Administration of the COVID-19 vaccines is covered in accordance with the National Department of Health COVID-19 guidelines. All South Africans have access to the COVID-19 vaccines and boosters which are provided by the National Department of Health to public sector facilities and private service providers free of charge.

COVID-19 medicine list

The table below contains the medicine on our list for supportive treatment for COVID-19. You have full cover for medicine for supportive treatment of COVID-19 as long as the medicine is on the Scheme's list. 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 |
| | Paracetamol | 758558 | Pyralin | 120 mg/5 mL | Syrup |
| | | 704093 | Actamol red (un-boxed) | 120 mg/5 mL | Syrup |
| | | | | | |
| | | 792101 | Actamol red (boxed) | 120 mg/5 mL | Syrup |
| | | 703820 | Feverpain | 120 mg/5 mL | Syrup |
| | | 704450 | Painogesic | 120 mg/5 mL | Syrup |
| | | 863742 | Feverpain (boxed) | 120 mg/5 mL | Syrup |
| | | 889772 | Painblok (plastic bottle) | 120 mg/5 mL | Syrup |
| | | 895199 | Go-pain P | 120 mg/5 mL | Syrup |
| | | 745723 | Adco-Napamol | 500 mg | Tablet |
| | | 805467 | Antalgic | 500 mg | Tablet |
| | | 757403 | Adco-Prolief | 500 mg | Tablet |
| | Codeine and paracetamol | 745707 | Adco-Napacod 500 mg/10 mg | | Tablet |
| | | 707910 | Painamol Plus | | Tablet |
| | | 719662 | Co-gesic | | Tablet |

| Broad Medicine category | Active ingredient | NAPPI code | Product name | Strength | Dosage form |
|-------------------------|--|------------|---------------------------------------|-------------|-------------|
| Analgesics | Codeine and paracetamol | 787043 | Codorol | | Tablet |
| | Paracetamol, Combinations with Psycholeptics | 892662 | Nucopain | | Tablet |
| | | 809055 | Adco-salterpyn | | Tablet |
| | | 823538 | Go-pain | | Tablet |
| | | 834440 | Spectrapain forte | | Tablet |
| Musculoskeletal | Diclofenac | 786012 | Mylan Diclofenac | 25 mg | Tablet |
| | | 893390 | A-Lennon Diclofenac | 25 mg | Tablet |
| | | 718479 | Diclofenac Biotech | 25 mg | Tablet |
| | | 893391 | A-Lennon Diclofenac | 50 mg | Tablet |
| | | 786020 | Mylan Diclofenac | 50 mg | Tablet |
| | | 788597 | Adco-Diclofenac | 50 mg | Tablet |
| | | 752398 | Panamor At | 50 mg | Tablet |
| | Indomethacin | 787833 | Betacin | 25 mg | Capsule |
| | | 868213 | Gulf Indomethacin | 25 mg | Capsule |
| | | 701891 | Amdocin | 25 mg | Capsule |
| | Ibuprofen | 700315 | Ibucine (was Ibumax) | 100 mg/5 mL | Suspension |
| | | 704781 | Ibugesic | 100 mg/5 mL | Suspension |
| | | 721335 | Inflamax Paediatric | 100 mg/5 mL | Suspension |
| | | 3004030 | Ibugesic oral suspension (strawberry) | 100 mg/5 mL | Suspension |
| | | 700316 | Ibucine (was Ibumax) | 200 mg | Tablet |
| | | 787426 | Betaprofen | 200 mg | Tablet |
| | | 708536 | Ibusor | 200 mg | Tablet |
| | | 868221 | Ibunate | 200 mg | Tablet |
| | | 701975 | Betaprofen fc | 400 mg | Tablet |
| | | 708290 | Bren | 400 mg | Tablet |
| | | 700318 | Ibucine (was Ibumax) | 400 mg | Tablet |

| Broad Medicine category | Active ingredient | NAPPI code | Product name | Strength | Dosage form |
|-------------------------|--------------------|------------|---|------------|-------------|
| Musculoskeletal | Mefenamic acid | 875643 | Adco-Mefenamic Acid | 50 mg/5 mL | Suspension |
| | | 797014 | Fenamin | 50 mg/5 mL | Suspension |
| | | 756156 | Ponstan | 50 mg/5 mL | Suspension |
| | | 793264 | Ponac | 50 mg/5 mL | Suspension |
| Corticosteroids | Betamethasone | 826928 | Betanoid | 0.5mg | Tablet |
| | | 899124 | Pharma-q batametasone ampoule 1ml | 4mg/1mL | Injection |
| | Dexamethasone | 713730 | Dexona ampoule 1 ml | 4mg/1mL | Injection |
| | | 720206 | Fresenius Dexamethasone ampoule 1ml | 4mg/1mL | Injection |
| | Methylprednisolone | 741116 | Medrol | 4mg | Tablet |
| | | 741124 | Medrol | 16mg | Tablet |
| | | 717086 | Mylan methylprednisolone powder for solution vial | 40mg | Injection |
| | | 717229 | Mylan methylprednisolone powder for solution vial | 500mg | Injection |
| | | 717230 | Mylan methylprednisolone powder for solution vial | 1000mg | Injection |
| | Hydrocortisone | 765074 | Solu cortef mix 2ml | 100mg | Injection |
| | Prednisone | 752304 | Panafcort | 5mg | Tablet |
| | | 818267 | Trolic | 5mg | Tablet |
| | | 788783 | Be-tabs prednisone | 5mg | Tablet |
| | | 716381 | Adco Prednisone | 15mg/5mL | Syrup |
| | | 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 |
| | | 3002000 | Noxibra pre-filled syringe 0.4 ml | 40mg/0.4mL | Injection |

| Broad Medicine category | Active ingredient | NAPPI code | Product name | Strength | Dosage form |
|-------------------------|-------------------|------------|-----------------------------------|------------|-------------|
| Anticoagulants | Enoxaparin | 3002001 | Noxibra pre-filled syringe 0.6 ml | 60mg/0.6mL | Injection |
| | | 3002002 | Noxibra pre-filled syringe 0.8 ml | 80mg/0.8mL | Injection |
| | Rivaroxaban | 3002051 | Ixarola | 10mg | Tablet |
| | | 3002052 | Ixarola | 15mg | Tablet |
| | | 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.

A. Mild disease follow-up treatment basket

You have access to limited consultations and medicine that is on the COVID-19 medicine list to manage mild disease follow-up treatment.

B. Moderate disease follow-up treatment basket

You have benefits according to a basket of care to manage moderate disease follow-up treatment and care, which includes benefits for consultations, pathology, physiotherapy and medicine (that is on the Scheme's list). Some limits apply.

C. Severe disease with general ward admission follow-up treatment basket

The Scheme provides benefits to manage severe disease as a result of contracting COVID-19 with general ward admission and treatment and care, according to a treatment basket. Some limits apply.

You have cover for consultations, specific pathology tests, certain procedures, radiology, physiotherapy and medicine that is on the Scheme's list for Long COVID.

D. Severe disease with Highcare/ICU admission follow-up treatment basket

The Scheme provides benefits to manage severe disease as a result of contracting COVID-19 with high care or ICU admission and treatment and care, according to a treatment basket. Some limits apply.

Long COVID medicine list

| Broad Medicine category | Active ingredient | NAPPI code | Product name | Strength | Dosage form |
|-------------------------|----------------------|------------|---------------------------|-------------|--------------|
| Analgesics | Acetylsalicylic acid | 720577 | Disprin | | Effervescent |
| | Paracetamol | 758558 | Pyralen | 120 mg/5 mL | Syrup |
| | | 704093 | Actamol red (un-boxed) | 120 mg/5 mL | Syrup |
| | | 792101 | Actamol red (boxed) | 120 mg/5 mL | Syrup |
| | | 703820 | Feverpain | 120 mg/5 mL | Syrup |
| | | 704450 | Painogesic | 120 mg/5 mL | Syrup |
| | | 863742 | Feverpain (boxed) | 120 mg/5 mL | Syrup |
| | | 889772 | Painblok (plastic bottle) | 120 mg/5 mL | Syrup |
| | | 895199 | Go-pain p | 120 mg/5 mL | Syrup |
| | | 745723 | Adco-napamol | 500 mg | Tablet |
| | | 805467 | Antalgic | 500 mg | Tablet |
| | | 757403 | Adco-prolief | 500 mg | Tablet |
| Musculo-Skeletal | Diclofenac | 786012 | Mylan diclofenac | 25 mg | Tablet |
| | | 893390 | A-lennon diclofenac | 25 mg | Tablet |
| | | 718479 | Diclofenac biotech | 25 mg | Tablet |
| | | 893391 | A-lennon diclofenac | 50 mg | Tablet |
| | | 786020 | Mylan diclofenac | 50 mg | Tablet |
| | | 788597 | Adco-diclofenac | 50 mg | Tablet |

| Broad Medicine category | Active ingredient | NAPPI code | Product name | Strength | Dosage form |
|-------------------------|--------------------|------------|---|-------------|-------------|
| Musculo-Skeletal | Diclofenac | 752398 | Panamor at | 50 mg | Tablet |
| | Indometacin | 787833 | Betacin | 25 mg | Capsule |
| | | 868213 | Gulf indomethacin | 25 mg | Capsule |
| | | 701891 | Amdocin | 25 mg | Capsule |
| | Ibuprofen | 700315 | Ibucine (was Ibumax) | 100 mg/5 mL | Suspension |
| | | 704781 | Ibugesic | 100 mg/5 mL | Suspension |
| | | 3004030 | Ibugesic oral suspension (strawberry) | 100 mg/5 mL | Suspension |
| | | 721335 | Inflamax Paediatric | 100 mg/5 mL | Suspension |
| | | 700316 | Ibucine (was Ibumax) | 200 mg | Tablet |
| | | 787426 | Betaprofen | 200 mg | Tablet |
| | | 708536 | Ibusor | 200 mg | Tablet |
| | | 868221 | Ibunate | 200 mg | Tablet |
| | Indometacin | 701975 | Betaprofen fc | 400 mg | Tablet |
| | Ibuprofen | 708290 | Bren | 400 mg | Tablet |
| | | 700318 | Ibucine (was Ibumax) | 400 mg | Tablet |
| | Mefenamic acid | 875643 | Adco-mefenamic acid | 50 mg/5 mL | Suspension |
| | | 797014 | Fenamin | 50 mg/5 mL | Suspension |
| | | 756156 | Ponstan | 50 mg/5 mL | Suspension |
| | | 793264 | Ponac | 50 mg/5 mL | Suspension |
| Corticosteroids | Betamethasone | 826928 | Betanoid | 0,5 mg | Tablet |
| | | 899124 | Pharma-q betamethasone ampoule 1 ml | 4 mg/1 mL | Injection |
| | Dexamethasone | 713730 | Dexona ampoule 1 ml | 4 mg/1 mL | Injection |
| | | 720206 | Fresenius dexamethasone ampoule 1 ml | 4 mg/1 mL | Injection |
| | Methylprednisolone | 741116 | Medrol | 4 mg | Tablet |
| | | 741124 | Medrol | 16 mg | Tablet |
| | | 717086 | Mylan methylprednisolone powder for solution vial | 40 mg | Injection |

| Broad Medicine category | Active ingredient | NAPPI code | Product name | Strength | Dosage form |
|-------------------------|--------------------|------------|---|--------------|-------------|
| Corticosteroids | Methylprednisolone | 717229 | Mylan methylprednisolone powder for solution vial | 500 mg | Injection |
| | | 717230 | Mylan methylprednisolone powder for solution vial | 1000 mg | Injection |
| | Hydrocortisone | 765074 | Solu cortef mix 2 ml | 100 mg | Injection |
| | Prednisone | 752304 | Panafcort | 5 mg | Tablet |
| | | 818267 | Trolic | 5 mg | Tablet |
| | | 788783 | Be-tabs prednisone | 5 mg | Tablet |
| | | 716381 | Adco prednisolone | 15 mg/5 mL | Syrup |
| | | 714552 | Aspelone | 15 mg/5 mL | Liquid |
| Vitamins and Minerals | Nicotinic acid | 723588 | Solal niacin | 35 mg | Tablet |
| Anticoagulants | Enoxaparin | 3001997 | Noxfibra pre-filled syringe 0.2 ml | 20 mg/0,2 mL | Injection |
| | | 3002000 | Noxfibra pre-filled syringe 0.4 ml | 40 mg/0,4 mL | Injection |
| | Enoxaparin | 3002001 | Noxfibra pre-filled syringe 0.6 ml | 60 mg/0,6 mL | Injection |
| | | 3002002 | Noxfibra pre-filled syringe 0.8 ml | 80 mg/0,8 mL | Injection |
| | Rivaroxaban | 3002051 | Ixarola | 10 mg | Tablet |
| | | 3002052 | Ixarola | 15 mg | Tablet |
| | | 3002053 | Ixarola | 20 mg | Tablet |

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 based on the clinical guidelines that apply in terms of the severity of your Long COVID illness.

Contact us

Tel: 0860 103 933 • PO Box 652509 Benmore 2010 • www.lahealth.co.za

Queries or complaints

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. You can read more about the disputes process on www.lahealth.co.za

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 / 0861 123 267/ www.medicalschemes.co.za