



Bankmed benefits give you peace of mind

We provide cover for your mental wellbeing

Continuous stress (chronic stress) can be harmful to your health, - it decreases immunity, can result in migraines, headaches and tummy troubles and prevent you from sleeping properly. Chronic stress also leads to anxiety and mood swings and can eventually spiral into depression.

If you're experiencing too much stress, listen to your body, mind and emotions and take a break before it becomes too much to bear. This will prevent the downwards spiral of your health and wellbeing. You don't have to wait for a catastrophe to happen, before changing your lifestyle. If you feel you need help, visit your GP for a proper physical. They may also recommend a counsellor or psychologist to assist you in finding a way to cope with the cause of your stress. Be sure to check the 2017 Benefit & Contribution Schedule to find out what mental health benefits you are entitled to on your Plan.

We pay for contraceptives on select Plans

Did you know that you receive cover for approved contraceptives? This is how your Plan covers you:

Essential Plan

This Plan does not have cover for contraceptives.

Basic Plan

For female beneficiaries only. Oral contraceptives limited to one prescription or repeat prescription per member, per month.

- Limited to R1 670 per member, each year
- Covered at 100% of Scheme Rate
- Subject to the Scheme's formulary (medicine list)

Core Saver, Traditional, Comprehensive and Plus Plans

For female beneficiaries only. Oral contraceptives limited to one prescription or repeat prescription per member, per month.

- Limited to R1 670 per member, each year
- Covered at 100% of Scheme Rate

Cover for back pain

Back pain rarely requires medical intervention, but there are times that it is necessary. Trauma, your body structure and aging can affect your spine, leading to tingling, numbness and back pain.

To keep you in good health, Bankmed provides you with conservative lower back cover for a number of procedures that apply to the lumbar and thoracic spine. These include:

- Facet joint infiltration
- Rhizotomy
- Epidural
- Intrathecal injection
- Caudal block Local injections (eg nerve root block)

The following are diagnostic procedures of back pain covered by Bankmed:

- Myelogram
- Discogram
- Facet-joint infiltration

Medical expenses incurred during an approved hospital admission will be paid from the Hospital Benefit as per your chosen Bankmed Health Plan and subject to pre-authorisation.