



## ISSUE 4 NEWSLETTER

AUGUST/SEPTEMBER 2018

Dear member

In this edition of our newsletter we discuss the benefits of registering on the Scheme's managed care programmes, share information on how fissure sealants can help your children fight tooth decay and remind you why dental care is not just about having a beautiful smile.

We welcome any suggestions that you may have on articles or member benefits you would like to see published in future newsletters. Please send your suggestions to the Scheme Manager, Eugene Eakduth, by fax to 0861 64 77 75 or by email to [eugene.eakduth@momentum.co.za](mailto:eugene.eakduth@momentum.co.za).

Until the next issue, enjoy the read ...

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## The benefits of registering on the Scheme's managed care programmes

Our managed care programmes aim to manage medical conditions cost-effectively and appropriately. A core contributing factor to the success of these programmes is the cooperation of treating doctors who assist with submitting additional patient information when required and who work in conjunction with our clinical case managers to assist you in managing your medical conditions effectively. To this end, registration on the relevant managed care programmes is essential.

The following medical conditions are intensively managed:

- » asthma
- » bipolar disorder
- » cancer
- » cardiac failure
- » chronic obstructive pulmonary disease (COPD)
- » coronary artery disease
- » depression
- » diabetes 1 and 2
- » dysrhythmia
- » HIV/AIDS
- » hyperlipidaemia
- » hypertension
- » post-traumatic stress disorder
- » pregnancy
- » substance abuse and dependence.

### What do our managed care programmes offer?

The management process includes empowerment through education, the promotion of wellness and ensuring cost-effectiveness through pre-authorisation for consultations, tests, referrals, medication and hospital benefits.

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The programmes focus strongly on day-to-day healthcare and on the role that wellness, appropriate treatment, education, regular monitoring and support systems play in ensuring the optimal health of our members.

Here are a few examples of managed care programmes:

| Type of condition | Managed care programme                                       |
|-------------------|--|
| Cancer            | Oncology management programme                                |
| HIV/AIDS          | LifeSense disease management (HIV/AIDS management programme) |
| Renal disease     | Renal management programme                                   |

### What do these programmes offer you?

- Our programmes manage optimal, simultaneous treatment of several prescribed minimum benefit conditions through integrated treatment plans (care plans). A care plan lists general practitioner (GP) and specialist consultations and medication and blood tests that are available to you and your beneficiaries to ensure that your chronic conditions are well managed. The services and products listed in your care plan are covered in full by the Scheme and are not paid for from your medical savings account.
- Case managers can view the risk profiles of patients to make informed decisions about their treatment, thereby minimising the risk of complications.
- You will also receive calls from our clinical wellness coaches, who will assist you once you have registered on any of the managed care programmes by providing you with advice to make important lifestyle changes and to promote wellness. The qualified nurses will call you to provide more in-depth healthcare education on conditions such as asthma, diabetes, mental or even cardiovascular wellness, complete with advice on the necessary diet to follow to assist you in achieving overall health and wellness.
- If you suffer from a chronic condition and have not registered on the Scheme’s chronic medication programme, kindly contact us on 0860 00 50 37 and let one of our friendly consultants assist you with the registration process.







## Did you know that fissure sealants can help your children fight tooth decay?

Fissure sealants for children are an easy and effective way of preventing tooth decay. These thin, plastic coatings are painted on the chewing surfaces of the molars (back teeth), covering them to keep germs and food out. Ask your dentist for fissure sealants on your children's permanent teeth before they reach the age of 16.

### How can fissure sealants prevent tooth decay?

Fissure sealants are natural grooves on the surfaces of the molars. These deep grooves are often difficult to clean properly. Bacteria collect in the fissures and this triggers the start of the process of decay. Eventually a small cavity or hole forms in the tooth. Fissure sealants completely seal the grooves, preventing bacteria and food from sticking to them. This stops bacteria from gaining entry and starting tooth decay.

### Why does the Scheme only cover fissure sealants in children younger than the age of 16?

Children are more at risk of developing tooth decay than adults. Ideally one should have the first fissure sealant

placed as soon as possible after the first permanent molars appear. This usually occurs when children reach the age of six. Sealants generally last for three to five years and can protect fissures until the child's teeth are less prone to decay, i.e. when the child becomes a teen and the enamel is fully mineralised.

### Why are children more at risk of developing tooth decay?

- » their diets are usually high in refined sugars
- » their oral hygiene routine is not established
- » their tooth enamel is not fully mineralised.

### What else can your children do to prevent tooth decay?

- » avoid sugary foods
- » brush their teeth twice a day
- » floss every day
- » visit the dentist regularly.



Source: Denis

## Dental care is not just about having a beautiful smile

### Poor oral health goes beyond periodontal disease

Brushing your teeth is about so much more than the aesthetic appeal of having a bright, white smile. It's also about reducing the incidence of plaque, tooth decay and periodontal disease, all of which pose risks to your general health. In fact, recent research suggests that those with periodontal disease are twice more likely to suffer from coronary artery disease than those not affected by this condition.

Periodontal disease therefore affects not just the mouth, but also other areas of the body. The theory is that oral bacteria can circulate through the blood stream, thereby causing damage to the inside lining of blood vessels, promoting the development of clots, which can lead to a heart attack. Similarly, if the blood vessels that distribute blood to the brain are damaged and become obstructed due to clot formation, a stroke may likely ensue. So it's clear why brushing your teeth is so important.

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However, according to research conducted by Oral-B, who surveyed 16 000 participants, most people do not brush for the prescribed two minutes twice a day or they apply too much pressure when brushing or they aren't thorough enough in their brushing technique.

We all know that it's important to brush, floss and follow a balanced diet; however, we tend to forget about those all-important trips to the dentist. Regular dental visits can help spot oral health problems early on when treatment is likely to be simpler and more affordable. Regular visits to the dentist are essential for the maintenance of healthy teeth and gums, as well as for removing plaque and tartar that can lead to an increased risk of heart disease and strokes.

Source: Health24 – <https://www.health24.com/Medical/Oral-health/Dental-care/Dental-care-not-just-about-a-smile-20130210>



## DID YOU KNOW?

Payment of oral contraceptives, contraceptive patches and contraceptive injectables, as well as other types of contraceptives, such as intrauterine devices (IUDs) and contraceptive implants, is subject to the availability of funds in your medical savings account.

To find out more about this benefit, you can contact our customer care on 0860 00 50 37.

## Prescribed minimum benefit (PMB) alert

**Q:** If I have a PMB condition and require medication to treat the condition, will it automatically be paid as part of PMBs?

**A:** No, registration for chronic medication is not automatic. If you have been diagnosed with a PMB condition and need to take medication on an ongoing basis to treat the condition, you need to contact our Medicine Risk Management (MRM) Department and register the chronic medication on the MRM programme. This will ensure that your chronic medication claims are paid from the correct benefit category.

To register your chronic medication, kindly forward your doctor's prescription via email to [pggmrm@mhg.co.za](mailto:pggmrm@mhg.co.za), send a fax to 031 580 0597 or have your doctor/pharmacist contact our MRM department on 0860 00 50 37. Remember that co-payments may be applied if there are cheaper generics available and you opt for the original, brand-name product.



## Help us to report fraud, waste and abuse

We need your help to stamp out fraudulent behaviour. Please report suspicions of claims fraud confidentially to the Scheme on 0860 005 037 or via email to [info@pggmeds.co.za](mailto:info@pggmeds.co.za).

Thank you for playing your part in combatting fraud, waste and abuse.





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