

## 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](http://www.lahealth.co.za) under *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](mailto: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 DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI	PRODUCT NAME	STRENGTH	DOSAGE FORM
Analgesics	Acetylsalicylic acid	720577	Disprin	300 mg	Effervescent tablet
		704642	Soluspirin (was aspirin soluble)	300 mg	Effervescent tablet
	Paracetamol	758558	Pyralen	120 mg/5 ml	Syrup
		704093	Actamol red (unboxed)	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

BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI	PRODUCT NAME	STRENGTH	DOSAGE FORM	
Analgesics	Paracetamol	757403	Adco-prolief	500 mg	Tablet	
	Codeine and paracetamol	745707	Adco-napacod	500 mg/10 mg	Tablet	
		707910	Painamol plus	500 mg/8 mg	Tablet	
		719662	Cogesic	500 mg/8 mg	Tablet	
		787043	Codorol	500 mg/8 mg	Tablet	
		892662	Nucopain	-	Tablet	
	Paracetamol, Combinations with Psycholeptics	809055	Adco-salterpyn	-	Tablet	
		823538	Astrapain forte	-	Tablet	
		834440	Spectrapain forte	-	Tablet	
		Musculoskeletal	Diclofenac	786012	Mylan diclofenac	25 mg
	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	
Indometacin	787833		Betacin	25 mg	Capsule	
	868213		Gulf indomethacin	25 mg	Capsule	
	701891		Amdocin	25 mg	Capsule	
	814393		Methocaps	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		
	705940	Ibu	200 mg	Tablet		
	701975	Betaprofen fc	400 mg	Tablet		

BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI	PRODUCT NAME	STRENGTH	DOSAGE FORM	
Musculoskeletal	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	Fenammin	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	
		717229	Mylan methylprednisolone powder for solution vial	500 mg	Injection	
		717230	Mylan methylprednisolone powder for solution vial	1000 mg	Injection	
	Hydrocortisone	722809	Macleods hydrocortisone powder for sol for inj vial	100 mg	Injection	
	Prednisone	752304	Panafcort	5 mg	Tablet	
		818267	Trolic	5 mg	Tablet	
		788783	Be-tabs prednisone	5 mg	Tablet	
		716381	Adco Prednisone	15 mg/5 ml	Syrup	
		714552	Aspelone	15 mg/5 ml	Liquid	
	Vitamins and Minerals	Nicotinic acid	723588	Solal niacin	35 mg	Tablet

BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI	PRODUCT NAME	STRENGTH	DOSAGE FORM
Anticoagulants	Enoxaparin	3001997	Noxibra pre-filled syringe 0.2 ml	20 mg/0.2 ml	Injection
		3006745	Crusia pre-filled syringe 0.2 ml	20 mg/0.2 ml	Injection
		3002000	Noxibra pre-filled syringe 0.4 ml	40 mg/0.4 ml	Injection
		3006746	Crusia pre-filled syringe 0.4 ml	40 mg/0.4 ml	Injection
		3002001	Noxibra pre-filled syringe 0.6 ml	60 mg/0.6 ml	Injection
		3006747	Crusia pre-filled syringe 0.6 ml	60 mg/0.6 ml	Injection
		3002002	Noxibra pre-filled syringe 0.8 ml	80 mg/0.8 ml	Injection
		3006748	Crusia pre-filled syringe 0.8 ml	80 mg/0.8 ml	Injection
	Rivaroxaban	3008139	Xabriva	10 mg	Tablet
		3002434	Rivaxored	10 mg	Tablet
		3002520	Rezalto	10 mg	Tablet
		3008140	Xabriva	15 mg	Tablet
		3002436	Rivaxored	15 mg	Tablet
		3002521	Rezalto	15 mg	Tablet
		3008141	Xabriva	20 mg	Tablet
		3002437	Rivaxored	20 mg	Tablet
		3002522	Rezalto	20 mg	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.

You have cover for consultations, specific pathology tests, certain procedures, radiology, physio- and /or occupational therapy, speech therapy and medicine that is on the Scheme’s list for Long COVID.

## Long COVID medicine list

BROAD DRUG CATEGORY	ACTIVE INGREDIENT	NAPPI	PRODUCT NAME	STRENGTH	DOSAGE FORM
Analgesics	Acetylsalicylic acid	720577	Disprin	300 mg	Effervescent
		704642	Soluspirin (was aspirin soluble)	300 mg	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

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		863742	Feverpain (boxed)	120 mg/5 mL	Syrup
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		745723	Adco-napamol	500 mg	Tablet
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		3002520	Rezalto	10 mg	Tablet
		3008140	Xabriva	15 mg	Tablet
		3002436	Rivaxored	15 mg	Tablet
		3002521	Rezalto	15 mg	Tablet
		3008141	Xabriva	20 mg	Tablet
		3002437	Rivaxored	20 mg	Tablet
		3002522	Rezalto	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](http://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](http://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](mailto:complaints@medicalschemes.co.za) / 0861 123 267/ [www.medicalschemes.co.za](http://www.medicalschemes.co.za)