

Discovery News

for Discovery Health members

D&A
DORMAN &
ASSOCIATES

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This email is written by an independent commentator and not by Discovery Health. Any Discovery Health member is welcome to subscribe. Queries regarding this email can be sent to keith@dorman.co.za.

Discovery Website
www.discovery.co.za
Discovery Client Services
0860 99 88 77
KeyCare Client Services
0860 102 877
Discovery Emergency Number
0860 999 911

2026 Discovery Health Plans
Executive Plan
Classic Comprehensive
Classic Smart
Comprehensive
Classic & Essential Priority
Classic & Classic Delta
Saver and Core
Essential & Essential Delta
Saver and Core
Coastal Saver and Core
Classic and Essential
Smart Saver
Classic, Essential,
Essential Dynamic and
Active Smart
KeyCare Plus, Core, Start
and Start Regional

2026 Discovery Rewards
Vitality Active
Vitality

Dorman & Associates cc
Contact Details
Phone +27 (0)21 423 3411
Fax +27 (0)86 630 9383
Email Addresses
keith@dorman.co.za

Authorised FSP: 6593
Council for Medical Schemes:
ORG139

Care Programmes

Discovery has a number of Care programmes designed to assist with managing your conditions. All of these programmes give you consultations and/or testing covered by risk benefits, as opposed to using your day-to-day benefits. Your treating medical professional will assist you in activating these benefits and most require you to be registered for Chronic Benefits for the condition prior to joining the relevant programme. You will need to nominate a Premier Plus GP to monitor your condition while on the programme. This GP should also be within your plan's network if your plan is network based.

Step 1: Your treating doctor or your nominated Premier Plus GP will register you on Chronic Benefits (excl Mental Health Care Programme).

Step 2: Your nominated Premier Plus GP (or a psychologist in the Discovery network if registering for the Mental Health Care Programme) can register you on the relevant programme for your condition.

Step 3: You will be sent details of the basket of care associated with the programmes you are registered for. These are the consultations, tests or treatments that are covered in terms of the Programme. Any treatments, tests or consultations not listed under the Care Programme or your Chronic Benefits would be covered from your plan's day-to-day benefits.

Disease Prevention Programme and Diabetes Care Programme

The Disease Prevention Programme supports Discovery Health Medical Scheme members who are at risk of developing diabetes. The goal of the programme is to reduce your risk of developing type 2 diabetes.

The Diabetes Care Programme is based on established clinical and lifestyle guidelines. The programme will help you and your Premier Plus GP to actively manage your diabetes.

The basket of care includes consultations with your GP, consultations with a network dietitian, blood tests and medication. The Diabetes Care Programme includes consultations with a Diabetic Educator and a biokineticist.

Cardio Care Programme

The Cardio Care Programme is designed to offer optimal cover to Discovery Health Medical Scheme members living with hypertension (high blood pressure), hyperlipidaemia (high cholesterol) and coronary artery disease (problems with the heart vessels).

Kidney Care Programme

The Kidney Care Programme makes it easier for our members on chronic dialysis to manage their condition and treatment. Being on the programme gives you access to the yearly, calendar-based basket of care for chronic dialysis. This will cover all the blood tests that you need while on chronic dialysis.

Mental Health Care Programme

The Mental Health Care Programme is for members who've been diagnosed with episodic depression. Your nominated Premier Plus GP or a psychologist in our network can enrol you on the Mental Health Care Programme.

HIV Care Programme

The HIV Care Programme gives comprehensive support to members living with HIV and AIDS to help them better manage their condition.

Are you using your Network?

Discovery has many networks, the use of which may mean that costs are covered in full rather than with a part payment. Make sure you understand which networks your plan uses, so that you make the most out of your cover. Lists of all networks can be downloaded from the Discovery website, or use Ask Discovery (website or WhatsApp) to send you what you need. A summary of networks is below. Check your plan, and check your claim statements to make sure you are getting full cover.

- Hospitals (applicable to the KeyCare, Delta, Smart and Coastal plans)
- Day Surgery facilities (applicable to all plans)
- Primary Care Clinics (applicable to KeyCare plans)
- GPs (applicable to KeyCare and Smart plans)
- Cataract Surgery Network (applicable to all plans)
- Major Joints Network (applicable to Delta and Smart plans)
- Pharmacy network (all plans)

Networks are used for planned hospital admissions. In the event of an emergency requiring hospitalisation, you can go to the nearest hospital. You may be moved to a network hospital once stabilised.

On some plans, you might still need to pay an upfront amount when entering the facility. If there is always an upfront payment for the particular condition or procedure, the upfront amount may be less when using a network facility than when using a facility outside of the network.

If you are registered on Chronic Benefits or any of the Care Programmes that require a Premier Plus GP, you need to choose a Premier Plus GP that is also on your plan's GP network.

When claiming for ongoing chronic or regular-use medication, pharmacies within the network may offer cheaper medication or cheaper handling fees. Clicks, Dis-Chem and MedXpress are network pharmacies, as well as a few independent pharmacies. If not using a network pharmacy, you will likely only be covered up to 80% of the cost.

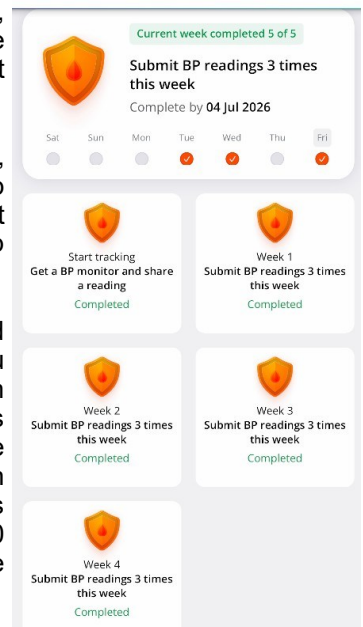
Personal Health Pathways Challenge: BP Tracking

To complete the BP Tracking Challenge within Personal Health Pathways, you need an iHealth BP Monitor. This can be purchased through the Discovery Health App, either with your Savings, or payment via credit card (and claim after payment). The aim of the challenge is to make sure you are checking your Blood Pressure at least 3 times a week.

The first step of the challenge, once you have accepted it, is to obtain the monitor, and link it to the Discovery Health App. You need to use the iHealth App to set up the monitor, and then use the Syntro-P App to link it to the Discovery Health App. It seems a little complicated but the Discovery Health App gives you step-by-step instructions, and the iHealth support (by email) is very good with assisting.

You earn 5000 Discovery Miles for accepting the challenge, linking your device and taking your first reading. In a week or two (depending on the day of the week you first link the app), you will see that you are in week one of the Challenge, and from then you need to check your BP levels 3 times a week to earn 1000 Discovery Miles per week. The week runs from Saturday to Friday. When you go into the Challenge on the Discovery Health app, and look at your weekly actions, the week you are in will be at the top of the page, and the other weeks will be below, either as "Completed" or "Upcoming". You can earn a total of 10,000 Discovery Miles - 5000 to start, and 1000 for each week you complete. If you complete all five weeks the Challenge, you will also earn R750 into your Personal Health Fund.

← Weekly actions



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