

Focus on the Momentum HealthSaver⁺ for Pick n Pay Medical Scheme

The Momentum HealthSaver is a Momentum product that lets you save for medical expenses, such as vitamins, cosmetic surgery and more, while earning an interest rate of up to 10% on your positive Momentum HealthSaver balance, based on a combination of your Healthy Heart Score and Active Dayz™ (or the result of your fitness assessment).

The Momentum HealthSaver account is the **most convenient way to pay** for treatments and procedures not covered by the Pick n Pay Medical Scheme.

Let's have a closer look at just some of the healthcare-related expenses that you could pay for with Momentum HealthSaver funds.

- Medication, provided it has a NAPPI code.
- Services rendered by a registered healthcare provider, provided it has a tariff code.
- Claims that exceed available Scheme benefits, such as specialised dentistry.
- Treatment that is excluded by the Scheme, such as cosmetic surgery.
- Co-payments payable for hospitalisation, MRI and CT scans or medication.
- Fitness assessments at Multiply's health professionals' network. Visit multiply.co.za for a complete list of health professionals.
- Buying a fitness device.

Multiply Inspire and Inspire Plus members

If you are a Multiply Inspire Plus member, you can earn up to R1 500 per member per month.

You earn HealthReturns for every step you take towards improving your mental and physical health.

Start your journey by completing the Lifestyle Quiz and getting a Lifestyle Score. You'll unlock access to the Digital Coach tool where you'll receive daily personalised tips on how to improve the way you eat, sleep, move, breathe, and connect.

Boost your HealthReturns when you do your health and fitness assessments, achieve your weekly and monthly activity and recharge goals, and rank high on the leaderboard.

Who is eligible for Momentum HealthSaver?

All Pick n Pay Medical Scheme members qualify for Momentum HealthSaver. To apply, you need to complete an application form, available on the Pick n Pay website.

Please email the completed form to the Pick n Pay Medical Scheme membership department at healthsaver@momentum.co.za.



FICA

In terms of the Financial Intelligence Centre Act (FICA), we need to successfully perform FICA verification on all members applying for Momentum HealthSaver before we activate the Momentum HealthSaver account. If we don't receive this information, we will not be able to activate your Momentum HealthSaver account.

Not sure whether to contribute or not

You do not have to pay money into your HealthSaver account - it could simply be the account where you receive your HealthReturns.

If you would like to make provision for additional day-to-day healthcare expenses by contributing monthly to your HealthSaver account, you get to choose how much, and can easily change that amount.

If you choose to make monthly contributions, the minimum amount is R100 per month and the maximum amount for debit orders is R11 500 per month. You can also deposit any lump sum amounts, in addition to monthly payments. Lump sum deposits from R50 000 and above are subject to anti-money laundering (AML) audits.

Cash withdrawals and transfers are not allowed. Any positive balances in this account (excluding HealthReturns) are paid out to you after four months if you cancel your Pick n Pay Medical Scheme membership or Momentum HealthSaver account.

How do I earn interest on my HealthSaver?

As the principal member, your Healthy Heart Score and activity level can help you earn up to 10% interest on your positive Momentum HealthSaver balance.

Healthy Heart Score	Active Dayz or fitness assessment	Effective annual interest rate on positive balances
	16+ p.m. or Level 5	10%
	12+ p.m. or Level 4+	5%
	8+ p.m. or Level 3+	2%
	4+ p.m. or Level 2+	1%
	0+ p.m. or Level 1+	0%

To earn positive interest, you need to make any contribution into your HealthSaver account. This can be an ad hoc contribution or monthly debit order.

The interest rate earned is calculated monthly using retrospective data and will not be adjusted during that month, despite any adjustments to activity levels, fitness assessment results or Healthy Heart Score.



If you have not gone for your annual health assessment, it will mean that we do not know your Healthy Heart Score and cannot apply the boosted interest on your positive balance.

Similarly, these benefits will also not be available if you do not meet any chronic compliance requirements that may apply to you in terms of the HealthReturns programme.

How to claim from Momentum HealthSaver

Momentum HealthSaver funds can be used to pay claims for you and your registered dependants on Pick n Pay Medical Scheme. Claims are submitted and paid via the normal administration process, and you will receive monthly claims statements reflecting the amounts paid and the available balance.

Claims need to be submitted with a valid practice number and tariff code or NAPPI code.

You can choose whether your Momentum HealthSaver claims should be paid at cost, or up to 200% of the Pick n Pay Medical Scheme Rate. If you do not choose to have your claims paid at cost and subsequently require payment above these rates, we will need your permission to do so.

Tax implications

Tax treatment of the Momentum HealthSaver differs from the tax treatment for medical scheme savings. Medical scheme savings are incorporated into the medical scheme contributions, while contributions made to the Momentum HealthSaver are funded out of after-tax income.

Momentum HealthSaver contributions are not deductible, however, most expenses paid via the Momentum HealthSaver are tax deductible in the same way as healthcare expenses you incurred yourself.

You will receive a Momentum HealthSaver tax statement that you may use as proof of the healthcare expenses paid during the tax year. Deductions can be made accordingly, provided that all healthcare spend not covered by the scheme is shown in the Momentum HealthSaver statement, i.e. no additional receipts are required. The tax certificate will include descriptors of the healthcare expenses paid, as required by SARS.

Adding funds to Momentum HealthSaver

You can make ad hoc deposits into your HealthSaver account by using the following banking details:

Account name: Momentum Health Solutions (Pty) Ltd – HealthSaver

Bank: RMB Corporate Banking Durban

Account number: 62872492469

Account type: Corporate Cheque Account

Branch code: 22 36 26



It is important for you to use the correct reference (the number starting with HS in your Welcome Letter) to make sure that we allocate your payment correctly. Then email the proof of payment to healthsaver@momentum.co.za.

What happens if you cancel your Pick n Pay Medical Scheme membership or HealthSaver account?

If you cancel your Pick n Pay Medical Scheme membership and/or your Momentum HealthSaver account, your Momentum HealthSaver balance will be paid out to you after a period of four months (to allow for any outstanding claims to be processed).

Any funds earned from HealthReturns will, however, be forfeited and no interest is payable during the four-month period.

If you cancel your HealthSaver account and do not claim your positive balance within four months after the cancellation date, we will charge a monthly administration fee from the fourth month onwards. This fee will be for the cost of maintaining the dormant account.

+You may choose to make use of additional products available from Momentum Metropolitan Holdings Limited (Momentum), to seamlessly enhance your medical scheme. Momentum is not a medical scheme, and is a separate entity to Pick n Pay Medical Scheme. The complementary products are not medical scheme benefits. You may be a member of Pick n Pay Medical Scheme without taking any of the complementary products.