

FREE



HOW TO CLAIM FOR PMB CONDITIONS



Please note that the information in this publication is meant as an **introduction to the topic**, and should not be considered as accurate until confirmed by the insurer or your broker. Benefits, policies and regulations change regularly. **Always** speak to a broker before starting or changing an insurance or medical aid product.



OCTOBER 2025

Welcome!

You're reading *the* resource to help you make informed decisions about your medical aid.



I'm *thrilled* this guide found its way to you.

Choosing the right health cover is *ridiculously* complicated, so I hope our Guides at least help you have **informed conversations** with your broker, partner or friends.

When you are ready to do more research, please use our award-winning site, rehealth.co.za. There, you can view *all* the open medical aid plans, compare them for *every* benefit, get pricing, match to a gap cover and more. The site is **free**, does not require registration, gives you instant information and I *promise* nobody from my team will ever call to sell you an extended warranty :-).

Also: **join our newsletter, Boost!** We share medical aid hacks, wellness-info specific to us South Africans and lots of exclusive deals to help you keep your family healthy, for less. (rehealth.co.za/join)

Lastly, **please send me** your medical aid experiences - good and bad. I always learn something new from our community, and I can pass the info onto others. eved@rehealth.co.za

Wishing you good health, always

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How PMBs work



What are PMBs?

PMBs are Prescribed Minimum Benefits, as defined by the Medical Schemes Act.

Your medical aid has to pay for the diagnosis, treatment and management of any of these 270+ conditions, *regardless* of which plan you are on. This includes tests, medication, specialist consults in and out of hospital, and hospital admissions.

The claim for a PMB has to be paid for by the medical aid “from risk”, not from your savings.

Medical aids can impose a network of specialists and other designated service providers (DSPs), and if you do not use these providers you might have a co-payment. However, if you do use the providers, there can be no out-of-pocket payment if you follow the guidelines.

PMB Example:

Asthma is a PMB condition. Your medical aid must pay for the diagnosis of your asthma, as well as for the ongoing treatment. This treatment includes out-of-hospital visits with a specialist, various tests and your monthly pump. If you follow your medical aid guidelines, you will not be required to pay out of pocket for any of this.

Who is covered?

Everyone who is on a medical aid has the PMB benefit. The only time you might not

be entitled to a PMB benefit is if you are on a specific waiting period (see *page 6*).

Do you have to use the scheme’s Designated Service Providers?

DSPs are Designated Service Providers chosen by schemes to provide the healthcare services specifically for PMBs.

If a scheme requires you to use DSPs for your condition, and you choose to use providers *other* than the DSPs, the scheme can require you to pay the difference between what your provider charges and what the DSP would have charged.

Nevertheless, a medical aid scheme **cannot refuse** to pay your PMB claim just because you did not use a DSP. The scheme needs to pay at least the portion that the DSP would have charged (and you pay the difference as a co-payment).

Can you be forced to use a State facility?

Yes. It is perfectly legal for schemes to assign state facilities as DSPs, and many schemes do just that, especially for their entry level plans.

That means that, while you are a member of those plans, you will be required to (most likely) receive PMB treatment from a state facility, even though you are a member of a private medical aid scheme.

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How PMBs work (2)



You might also be required to collect your medication for PMB chronic conditions from a State facility. For example, *Momentum Health* has plans that cost considerably less than their counterparts if you choose this option.

Schemes are relatively transparent about requiring you to use State facilities, and it's mostly only entry level plans that have this requirement. You can still use your own provider, and pay the difference in cost (see section above).

What does “medical management” or “level of care” mean?

The government has identified and listed “treatment pairs” for all 270 PMB conditions, which outline the level of care a PMB patient needs to have funded by a scheme (see [pages 16-24](#) for a full list).

An example of a treatment pair is:

Condition: *Benign and malignant brain tumours, treatable*

Treatment: *Medical and surgical management which includes radiation therapy and chemotherapy*

So if you have a malignant brain tumour that is treatable, you will be able to receive radiation and chemotherapy regardless of what medical aid plan you are on. Your condition would also qualify for “medical management”.

The government has commented on “medical management” as follows:

“...the interpretation of the Prescribed Minimum Benefits should follow the predominant Public Hospital practice,....”

In other words, the level of care that you need to receive should *at minimum* be the level of care that you would receive if you were a patient of the State.

For example, if you think you are entitled to a certain drug and the medical aid is refusing to pay for it saying it is outside “PMB management”, if you can prove that a State patient has access to that drug, your medical aid also has to pay for it.

Many, if not most, schemes/plans offer more healthcare cover than the minimum required by law. In most cases you will receive PMB services from private facilities, unless your plan specifies “state facilities” only (see above).

On the other hand, many plans can deny you some available but expensive treatment because it falls outside the “PMB level of care”. This is especially true for entry-level plans.

Generally, the more expensive your plan, the more cover you will receive over and above the minimum required by PMB regulation. You can see the full benefits on rehealth.co.za.

Should medical aid pay for diagnosis of a PMB condition?

If you present with certain symptoms of which the cause is unknown, and tests need to be performed, should the medical aid pay for these even if no one knows whether the results will show a PMB condition or not?

The Council of Medical Schemes has this to say:

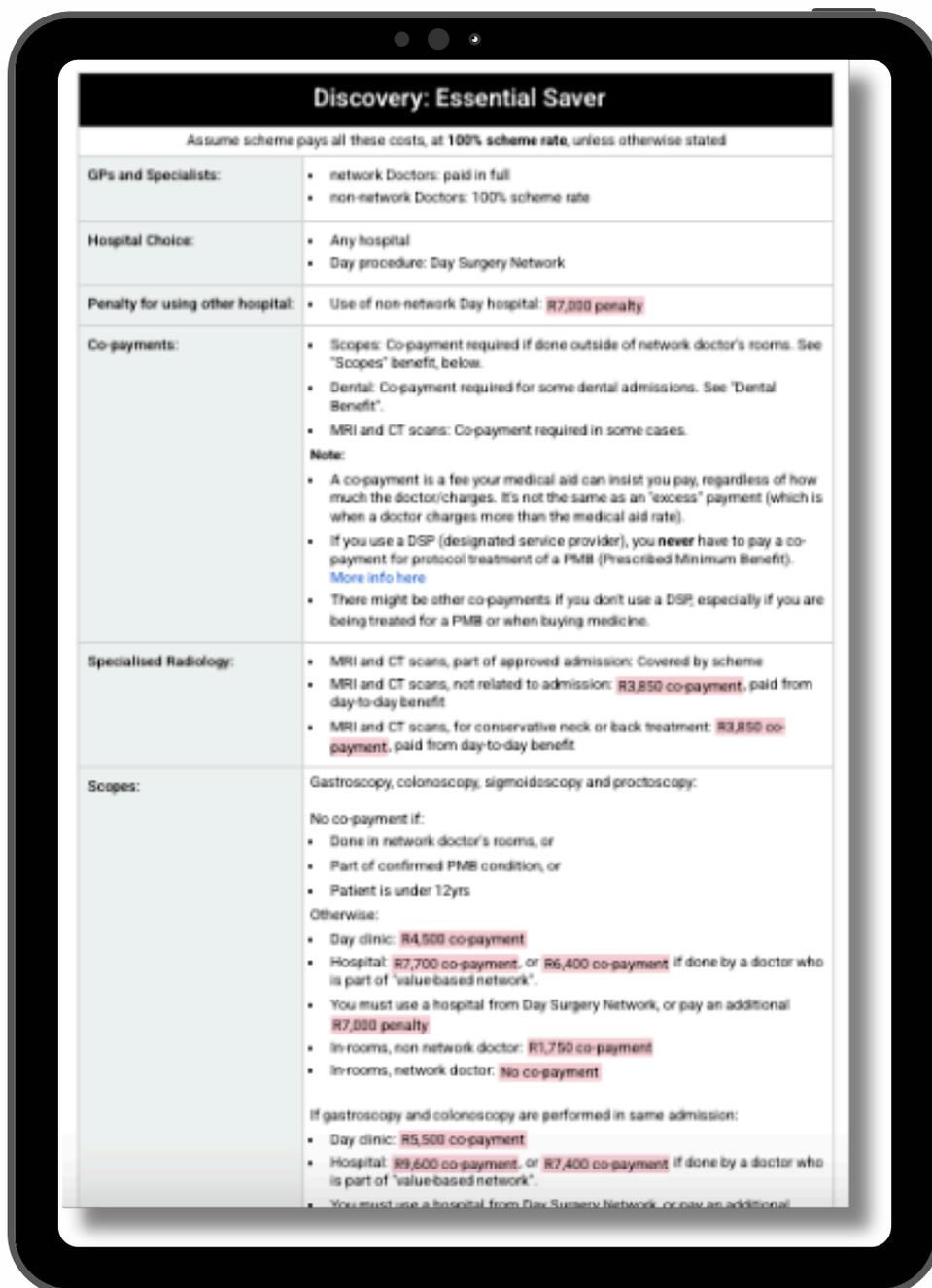
Urgent admission may be required where a diagnosis has not yet been made. Certain categories of prescribed minimum benefits are described in terms of presenting symptoms, rather than diagnosis, and in these cases, inclusion within the prescribed minimum benefits may be assumed without a definitive diagnosis. In other cases, clinical evidence should be regarded as sufficient where this suggests the existence of a diagnosis that is included within the package.

So where there is clinical evidence suggesting strongly a presence of a PMB condition, the medical aid should pay for the tests to diagnose the potential PMB, even if the tests eventually prove the absence of the PMB. If your medical scheme disagrees, it is best to take the matter up with the Council of Medical Schemes.

HOW REHEALTH CAN HELP YOU:

View all the plan benefits!

We list *all* the benefits, for *all* the open plans so you can quickly see what cover you have. (Tip: Find your plan code at the end of this guide, and use it on rehealth.co.za/code for quick access)



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Mental Health Cover



Every medical aid, regardless of whether it is a “hospital plan, a savings plan or a comprehensive plan offers some mental health benefits, in and out of hospital.

Always remember that every case, medical or financial, is unique, and different mental health benefits might be motivated by your doctor, and provided by your scheme.

PMBs

Some mental health conditions are designated as PMBs (Prescribed Minimum Benefits), and by law medical aids have to cover the costs of their diagnosis and treatment (see [page 14](#) for more info).

There are 11 “Mental Health PMB conditions”. The Council of Medical Schemes has specified what the minimum level of care is for each. (See the full list of conditions and their treatment pairs on [page 17](#)).

PMB Mental Health Conditions

- Abuse or dependence on Psychoactive substance, including alcohol
- Acute delusional mood, anxiety, personality, perception disorders and organic mental disorder caused by drugs
- Acute stress disorder accompanied by recent significant trauma, including physical or sexual abuse
- Alcohol withdrawal delirium; alcohol intoxication delirium
- Anorexia Nervosa and Bulimia Nervosa
- Attempted suicide, irrespective of cause
- Brief reactive psychosis
- Delirium: Amphetamine, Cocaine, or other psychoactive substance
- Major affective disorders, including unipolar and bipolar depression
- Schizophrenic and paranoid delusional disorders
- Treatable dementia

Q: Is it true that I can get free sessions from a psychologist if I've suffered trauma?

Yes. If you have suffered physical, sexual or other trauma, and are experiencing acute stress as a result, you are entitled to at least 12 psychotherapy sessions.

Some medical aids also have special or extra benefits for helping you deal with trauma. You can see how your scheme covers trauma under your plan's “Mental Health Benefits”, on rehealth.co.za or speak to your scheme/broker directly.

Q: Will I have to use a State Hospital?

Schemes can negotiate with certain providers for special rates, and only pay that rate for a treatment. In other words, you are “forced” to use this Designated Service Provider (DSP), or face out of pocket expenses if your chosen provider charges more than the DSP.

Schemes are allowed to choose State Hospitals as a DSP. That means that even though you are on a private medical aid, that medical aid can force you to use a State Facility for some treatments.

Note that you can use a non-DSP, and the medical aid has to pay the DSP rate to that non-DSP for your treatment. You are liable for the difference.)

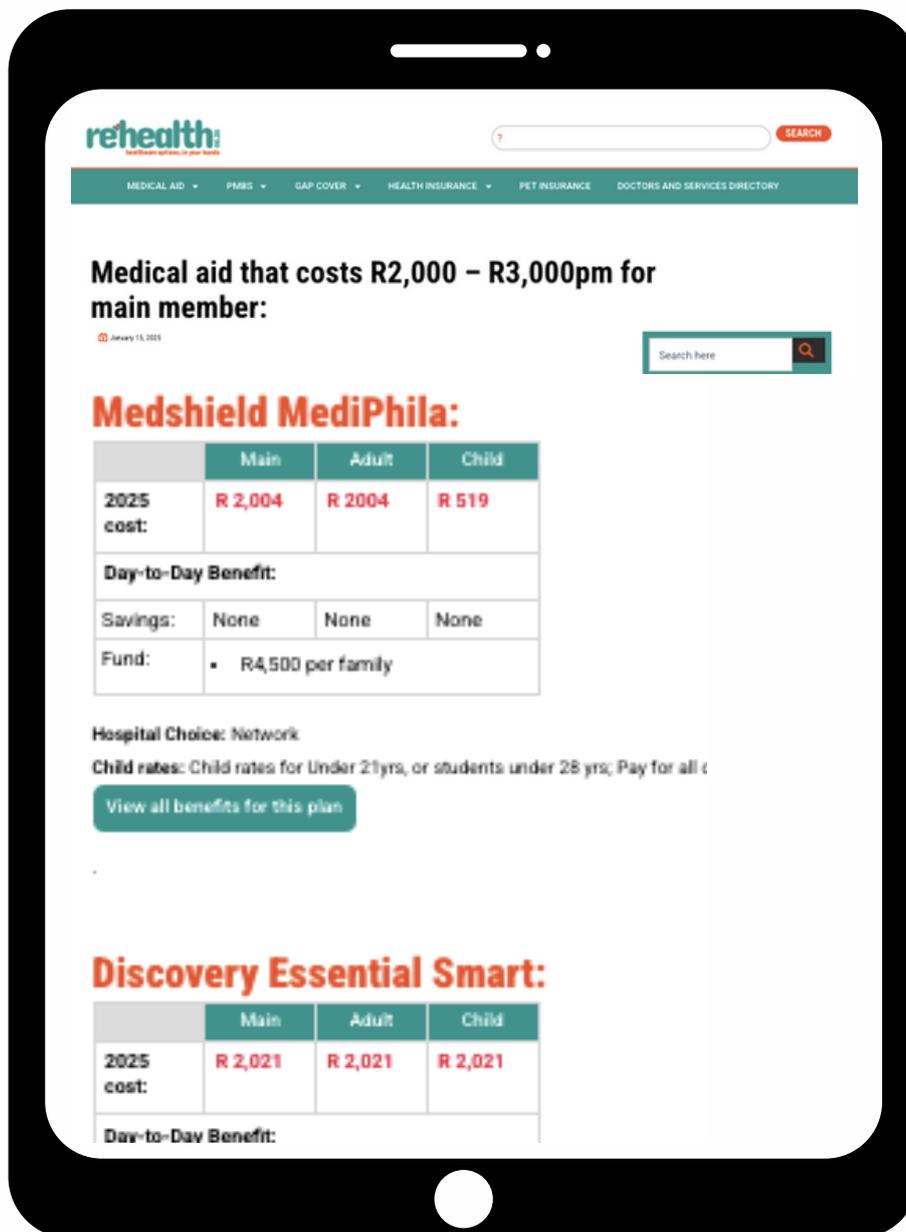
Q: What if my mental health condition is not a PMB?

If your mental health condition is not a PMB, then your benefits depend on your specific medical aid plan.

HOW REHEALTH CAN HELP YOU:

Find a new plan by price!

There are over 200 plans!
On rehealth.co.za you can find a new one by price,
to match your wallet and save time.



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Chronic PMBs conditions



There are 27 chronic conditions that are classified as PMBs.

Every medical aid plan has to offer cover for these conditions, including: diagnosis, treatment and management.

Note that some plans will offer similar cover for “additional” chronic conditions. This falls outside the PMB regulation, and is simply an additional benefit of those (higher-end) plans.

Some possible restrictions and rules:

Registration of the condition

You will be required to register your chronic condition with the medical aid. This will usually involve your doctor submitting documentation to the scheme in support of your condition.

Use of DSP

Your medical aid scheme can require you to use specific providers, but the requirement has to be reasonable. For example, it cannot require you to see specialists who work very far from your house, if there are ones who are available closer.

Should you *voluntarily* choose a non-DSP provider, you might need to pay the difference of cost between what the DSP would have charged, and what your chosen provider charged.

Use of a formulary

The medical aid can restrict you to medication from a pre-specified list. If your medication is not on the list, and cannot be substituted, your doctor needs to write a motivational letter. That should be enough for the medical aid to approve payment of the required script.

Use of specific pharmacies

Your medical aid might restrict you to specific pharmacies for script collection. Failure to use these pharmacies can result in a co-payment.

The Chronic Conditions List:

- Addison's Disease
- Asthma
- Bipolar Mood Disorder
- Bronchiectasis
- Cardiac Failure
- Cardiomyopathy
- Chronic Renal Disease
- Chronic Obstructive Pulmonary Disease
- Coronary Artery Disease
- Covid
- Crohn's Disease
- Diabetes Insipidus
- Diabetes Mellitus Types 1 & 2
- Dysrhythmias
- Epilepsy
- Glaucoma
- Haemophilia
- HIV
- Hyperlipidaemia
- Hypertension
- Hypothyroidism
- Multiple Sclerosis
- Parkinson's Disease
- Rheumatoid Arthritis
- Schizophrenia
- Systemic Lupus Erythematosus
- Ulcerative Colitis

HOW REHEALTH CAN HELP YOU:

Compare any 2 plans

Instantly compare any 2 plans side by side for every benefit, as well as costs and savings accounts. Make informed decisions about your plan. (No registration, no forms, and no calls!)

In Hospital Procedures

	Essential Saver	BonSave
		
non-Network Specialists:	<ul style="list-style-type: none"> 100% scheme rate 	<ul style="list-style-type: none"> 100% scheme rate
Network Specialists:	<ul style="list-style-type: none"> Covered in full 	<ul style="list-style-type: none"> Covered in full
non-Network GPs:	<ul style="list-style-type: none"> 100% scheme rate 	<ul style="list-style-type: none"> 100% scheme rate
Network GPs:	<ul style="list-style-type: none"> Covered in full 	<ul style="list-style-type: none"> Covered in full
Hospital Choice:	<ul style="list-style-type: none"> Any hospital Day procedure: Day Surgery Network 	<ul style="list-style-type: none"> Network hospital Day procedure: Day network hospital
Penalty for using other hospital:	<ul style="list-style-type: none"> Use of non-network Day hospital: R7,000 penalty 	<ul style="list-style-type: none"> Use of non-network long stay hospital: 30% penalty Use of non-network Day Hospital: R5,170 penalty
Specialised Radiology:	<ul style="list-style-type: none"> MRI and CT scans, part of approved admission: Covered by scheme MRI and CT scans, not related to admission: R3,850 co-payment, paid from day-to-day benefit MRI and CT scans, for conservative neck or back treatment: R3,850 co-payment, paid from day-to-day benefit 	<ul style="list-style-type: none"> MRI and CT Scans: R30,430 per family, in and out of hospital R1,860 co-payment, unless PMB

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The 270 PMB Conditions

On the next pages, we list the 270 PMB conditions, together with recommended treatment. Where the treatment is vague, you can enquire with the Council of Medical Schemes for further clarification, or research what is available in State hospitals. Your medical aid has to at least meet that minimum.

We recommend you have a good look at this list. You might be surprised at what your medical aid is actually required to pay for!

Source of Treatment Pairs: Council of Medical Schemes



Brain and Nervous System Conditions, PMB treatment pairs

906A	Acute generalised paralysis, including polio and Guillain-Barre	Medical management; ventilation and plasmapheresis
341A	Basal ganglia, extra-pyramidal disorders; other dystonias NOS	Initial diagnosis; initiation of medical management
950A	Benign and malignant brain tumours, treatable	Medical and surgical management which includes radiation therapy and chemotherapy
49A	Compound/ depressed fractures of skull	Craniotomy/ craniectomy
213A	Difficulty in breathing, eating, swallowing, bowel, or bladder control due to non-progressive neurological (including spinal) condition or injury	Medical and surgical management; ventilation
83A	Anaerobic infections – life threatening	Medical management; hyperbaric oxygen
48S	Encephalocele; congenital hydrocephalus	Shunt; surgery
902A	Epilepsy (status epilepticus, initial diagnosis, candidate for neurosurgery)	Medical management; ventilation; neurosurgery
211A	Intraspinal and Intracranial abscess	Medical and surgical management
905A	Meningitis – acute and subacute	Medical and surgical management
513A	Myasthenia gravis; muscular dystrophy; neuro-myopathies NOS	Initial diagnosis; initiation of medical management; therapy for acute complications and exacerbations

510A	Peripheral nerve injury with open wound	Neuroplasty
940A	Reversible CNS abnormalities due to other systemic disease	Medical and surgical management
1A	Severe / moderate head injury: hematoma / oedema with loss of consciousness	Medical and surgical management; ventilation
84A	Spina Bifida	Surgical management
941A	Spinal cord compression, ischaemia or degenerative disease NOS	Medical and surgical management
901A	Stroke – due to hemorrhage, or ischaemia	Medical management; surgery
28A	Subarachnoid and intracranial hemorrhage / hematoma; compression of brain	Medical and surgical management
305A	Tetanus	Medical management; ventilation
265A	Transient cerebral ischaemia; life-threatening cerebrovascular conditions NOS	Evaluation; medical management; surgery
109A	Vertebral dislocations/ fractures, open or closed with injury to spinal cord	Repair /reconstruction; medical management; inpatient rehabilitation up to 2 months
684A	Viral meningitis, encephalitis, myelitis and encephalomyelitis	Medical management

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The 270 PMB Conditions (2/8)

Eye Conditions, PMB treatment pairs

47B	Acute orbital cellulitis	Medical and surgical management
394B	Angle-closure glaucoma	Iridectomy; laser surgery; medical and surgical management
586B	Bell's palsy; exposure keratoconjunctivitis	Tarsorrhaphy; medical and surgical management
950B	Cancer of the eye and orbit – treatable	Medical and surgical management, which includes radiation therapy and chemotherapy
901B	Cataract; aphakia	Extraction of cataract; lens implant
911B	Corneal ulcer; Superficial injury of eye and adnexa	Conjunctival flap; medical management
405B	Glaucoma associated with disorders of the lens	Surgical management
386B	Herpes zoster & herpes simplex with ophthalmic complications	Medical management

389B	Hyphaema	Removal of blood clot; observation
485B	Inflammation of lacrimal passages	Incision; medical management
909B	Open wound of eyeball and other eye structures	Medical and surgical management
407B	Primary and open angle glaucoma with failed medical management	Trabeculectomy; other surgery
419B	Purulent endophthalmitis	Vitreotomy
922B	intraocular foreign body	Surgical management
904B	Retinal detachment, tear and other retinal disorders	Vitreotomy; laser treatment; other surgery
906B	Retinal vascular occlusion; central retinal vein occlusion	Laser surgery
409B	Sympathetic uveitis and degenerative disorders and conditions of globe; sight threatening thyroid optopathy	Enucleation; medical management; surgery

Ear, Nose, Mouth and Throat Conditions, PMB treatment pairs

33C	Acute and chronic mastoiditis	Mastoidectomy; medical management
482C	Acute otitis media	Medical and surgical management, including myringotomy
900C	Acute upper airway obstruction, including croup, epiglottitis and acute laryngotracheitis	Medical management; intubation; tracheostomy
950C	Cancer of oral cavity, pharynx, nose, ear, and larynx – treatable	Medical and surgical management, which includes chemotherapy and radiation therapy
241C	Cancrum oris	Medical and surgical management
38C	Choanal atresia	Repair of choanal atresia
133C	Cholesteatoma	Medical and surgical management
910C	Chronic upper airway obstruction, resulting in cor pulmonale	Medical and surgical management
901C	Cleft palate and/or cleft lip without airway obstruction	Repair
12C	Deep open wound of neck, including larynx; fracture of larynx or trachea, open	Medical and surgical management; ventilation

346C	Epistaxis – not responsive to anterior packing	Cautery / repair / control hemorrhage
521C	Foreign body in ear and nose	Removal of foreign body; and medical and surgical management
29C	Foreign body in pharynx, larynx, trachea, bronchus & esophagus	Removal of foreign body
339C	Fracture of face bones, orbit, jaw; injury to optic and other cranial nerves	Medical and surgical management
219C	Leukoplakia of oral mucosa, including tongue	Incision/excision; medical management
132C	Life-threatening diseases of pharynx NOS, including retropharyngeal abscess	Medical and surgical management
457C	Open wound of ear-drum	Tympanoplasty; medical management
240C	Peritonsillar abscess	Incision and drainage of abscess; tonsillectomy; medical management
347C	Sialoadenitis; abscess / fistula of salivary glands	Surgery
543C	Stomatitis, cellulites and abscess of oral soft tissue; Vincent's angina	Incision and drainage; medical management

Shhhhh!

We tell you things the medical schemes don't want you to know

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to get the most out of your medical aid.

PLUS: Wellness news, tips, deals, stories and more...



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The 270 PMB Conditions (3/8)

Respiratory Conditions, PMB treatment pairs

903D	Bacterial, viral, fungal pneumonia	Medical management, ventilation
158D	# Respiratory failure, regardless of cause #	Medical management; oxygen; ventilation
157D	Acute asthmatic attack; pneumonia due to respiratory syncytial virus in persons under age 3	Medical management
125D	Adult respiratory distress syndrome; inhalation and aspiration pneumonias	Medical management; ventilation
315D	Atelectasis (collapse of lung)	Medical and surgical management; ventilation
340D	Benign neoplasm of respiratory and intrathoracic organs	Biopsy; lobectomy; Medical management; radiation therapy

950D	Cancer of lung, bronchus, pleura, trachea, mediastinum & other respiratory organs – treatable	Medical and surgical management, which includes chemotherapy and radiation therapy
170D	Empyema and abscess of lung	Medical and surgical management
934D	Frank haemoptysis	Medical and surgical management
203D	Hypoplasia and dysplasia of lung	Medical and surgical management
900D	Open fracture of ribs and sternum; multiple rib fractures; flail chest	Medical and surgical management, ventilation
5D	Pneumothorax and haemothorax	Tube thoracostomy / thoracotomy

Gastro-intestinal system, PMB treatment pairs

920F	Anal Fissure; Anal fistula Fissurectomy ; Fistulectomy;	medical management
41F	Abscess of intestine	Drain abscess; medical management
489F	Acquired hypertrophic pyloric stenosis and other disorders of the stomach and duodenum	Surgical management
254F	Acute diverticulitis of colon	Medical and surgical management, including colon resection
124F	Acute vascular insufficiency of intestine	Colectomy
337F	Amoebiasis; typhoid	Medical management
264F	Anal and rectal polyp	Excision of polyp
9F	Appendicitis	Appendectomy
952F	Cancer of retroperitoneum, peritoneum, omentum & mesentery – treatable	Medical and surgical management, which includes chemotherapy and radiation therapy
950C	Cancer of the gastro-intestinal tract, including oesophagus, stomach, bowel, rectum, anus – treatable	Medical and surgical management, which includes chemotherapy and radiation therapy
95F	Congenital anomalies of upper alimentary tract – excluding tongue	Medical and surgical management
214F	Oesophageal stricture	Dilatation; surgery
516F	Oesophageal varices	Medical management; surgical shunt; sclerotherapy

516F	Oesophageal varices	Medical management; surgical shunt; sclerotherapy
902F	Gastric or intestinal ulcers with hemorrhage or perforation	Surgery; endoscopic diagnosis; medical management
901F	Gastroenteritis and colitis with life-threatening haemorrhage or dehydration, regardless of cause	Medical management
6F	Hernia with obstruction and/or gangrene; uncomplicated hernias under age 18	Repair; bowel resection
20F	Intestinal obstruction without mention of hernia; symptomatic foreign body in stomach, intestines, colon & rectum	Excision; surgery; medical management
232F	Paralytic ileus	Medical management
498F	Peritoneal adhesion	Surgical management
3F	Peritonitis, regardless of cause	Medical and surgical management
555F	Rectal prolapse	Partial colectomy
292F	Regional enteritis; idiopathic proctocolitis – acute exacerbations and complications only	Medical and surgical management
900F	Rupture of intra-abdominal organ	Repair; splenectomy; resection
507F	Thrombosed and complicated haemorrhoids	Haemorrhoidectomy; incision

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The 270 PMB Conditions (4/8)

Urinary and male genital system, PMB treatment pairs

354L	Abscess of prostate	Turp; drain abscess
904L	Acute and chronic pyelonephritis; renal and perinephric abscess	Medical and surgical management
903L	Acute glomerulonephritis and nephritic syndrome	Medical management
954L	Cancer of penis and other male genital organ – treatable	Medical and surgical management, which includes chemotherapy and radiation therapy
953L	Cancer of prostate gland – treatable	Medical and surgical management, which includes chemotherapy and radiation therapy
950L	Cancer of testis – treatable	Medical and surgical management, which includes chemotherapy and radiation therapy
952L	Cancer of urinary system including kidney and bladder – treatable	Medical and surgical management, which includes chemotherapy and radiation therapy
906L	Congenital anomalies of urinary system – symptomatic and life-threatening	Nephrectomy / repair

901L	End stage renal disease regardless of cause	Dialysis and renal transplant where Department of Health criteria are met only (see criteria published in GPS 004-9001)
900L	Hyperplasia of the prostate, with acute urinary retention or obstructive renal failure	Transurethral resection; medical management
905L	Obstruction of the urogenital tract, regardless of cause	Catheterisation; surgery; endoscopic removal of obstructing agent: lithotripsy
436L	Torsion of testis	Orchidectomy; repair
43L	Trauma to the urinary system including ruptured bladder	Cystorrhaphy; suture; repair
289L	Ureteral fistula (intestinal)	Nephrostomy
359L	Vesicoureteral reflux	Medical management; replantation
901L	End stage renal disease regardless of cause	Dialysis and renal transplant where Department of Health criteria are met only (see criteria published in GPS 004-9001)

Pregnancy and Childbirth, PMB treatment pairs

331K	Acute thyroiditis	Medical management
67N	# Low birth weight (under 1000g) with respiratory difficulties	# Medical management not including ventilation
967N	# Low birth weight (under 2500 grams & > 1000g) with respiratory difficulties	# Medical management, including ventilation; intensive care therapy
71N	Birth trauma for baby	Medical management; surgery
901N	Congenital systemic infections affecting the newborn	Medical management, ventilation
904N	Haematological disorders of the newborn	Medical management
54N	Necrotizing enterocolitis in newborn	Medical and surgical management

74N	Neonatal and infant GIT abnormalities and disorders, including malrotation and atresia	Medical and surgical management
902N	Neonatal endocrine, metabolic and toxin-induced conditions	Medical management
903N	Neurological abnormalities in the newborn	Medical management
52N	Pregnancy	Antenatal and obstetric care necessitating hospitalisation, including delivery
56N	Respiratory conditions of newborn	Medical management; ventilation
74N	Neonatal and infant GIT abnormalities and disorders, including malrotation and atresia	Medical and surgical management

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The 270 PMB Conditions (5/8)

Female Reproductive system, PMB treatment pairs

539M	Abscesses of Bartholin's gland and vulva	Incision and drainage; medical management
288M	Acute pelvic inflammatory disease	Medical and surgical management
954M	Cancer of Cervix – treatable	Medical and surgical management, which includes radiation therapy and chemotherapy
952M	Cancer of ovary – treatable	Medical and surgical management, which includes radiation therapy and chemotherapy
950M	Cancer of uterus – treatable	Medical and surgical management, which includes radiation therapy and chemotherapy
953M	Cancer of vagina, vulva and other female genital organs NOS – treatable	Medical and surgical management, which includes radiation therapy and chemotherapy
960M	Cervical and breast cancer screening	Cervical smears; periodic breast examination
645M	Congenital abnormalities of the female genitalia	Medical and surgical management
266M	Dysplasia of cervix and cervical carcinoma-in-situ; cervical condylomata	Medical and surgical management
53M	Ectopic pregnancy	Surgery

460M	Fistula involving female genital tract	Closure of fistula
951M	Hydatidiform mole; choriocarcinoma	D & C; hysterectomy; chemotherapy
902M	Infertility (Explanatory Note 9 of Annexure A of Regulations)	Medical and surgical management
528M	Menopausal management, anomalies of ovaries, primary and secondary amenorrhoea, female sex hormones abnormalities NOS, including hirsutism	Medical and surgical management, including hormone replacement therapy
434M	Non-inflammatory disorders and benign neoplasms of ovary, fallopian tubes and uterus	Salpingectomy; oophorectomy; hysterectomy; medical and surgical management
237M	Sexual abuse, including rape	Medical management; psychotherapy
903M	Spontaneous abortion	Medical and surgical management
435M	Torsion of ovary	Oophorectomy; ovarian cystectomy
530M	Uterine prolapse; cystocele	Surgical repair
296M	Voluntary termination of pregnancy	Induced abortion; medical and surgical management

Mental Illness, PMB treatment pairs

182T	Abuse or dependence on Psychoactive substance, including alcohol	Hospital-based management up to 3 weeks/year
910T	Acute delusional mood, anxiety, personality, perception disorders and organic mental disorder caused by drugs	Hospital-based management up to 3 days
901T	Acute stress disorder accompanied by recent significant trauma, including physical or sexual abuse	Hospital admission for psychotherapy / counselling up to 3 days, or up to 12 outpatient psychotherapy / counselling contacts
910T	Alcohol withdrawal delirium; alcohol intoxication delirium	Hospital-based management up to 3 days leading to rehabilitation
908T	Anorexia Nervosa and Bulimia Nervosa	Hospital-based management up to 3 weeks/year or minimum of 15 outpatient contacts per year
903T	Attempted suicide, irrespective of cause	Hospital-based management up to 3 days or up to 6 outpatient contacts

184T	Brief reactive psychosis	Hospital-based management up to 3 weeks/year
910T	Delirium: Amphetamine, Cocaine, or other psychoactive substance	Hospital-based management up to 3 days
902T	Major affective disorders, including unipolar and bipolar depression	Hospital-based management up to 3 weeks/year (including inpatient electro-convulsive therapy and inpatient psychotherapy) or outpatient psychotherapy of up to 15 contacts
907T	Schizophrenic and paranoid delusional disorders	Hospital-based management up to 3 weeks/year
909T	Treatable dementia	Admission for initial diagnosis; management of acute psychotic symptoms – up to 1 week

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The 270 PMB Conditions (6/8)

Haematological, Infectious and Misc systemic, PMB treatment pairs

50S	Syphilis – congenital, secondary and tertiary	Medical management
168S	# HIV-infection	# HIV voluntary counseling and testing Co-trimoxazole as preventative therapy Screening and preventative therapy for TB, Diagnosis and treatment of sexually transmitted infections Pain management in palliative care Treatment of opportunistic infections, Prevention of mother-to-child transmission of HIV Post-exposure prophylaxis following occupational exposure or sexual assault Medical management and medication, including the provision of anti-retroviral therapy, and ongoing monitoring for medicine effectiveness and safety, to the extent provided for in the national guidelines applicable in the public sector
260S	# Imminent death regardless of diagnosis	# Comfort care; pain relief; hydration
113S	Acquired haemolytic anaemias	Medical management
901S	Acute leukemias, lymphomas	Medical management, which includes chemotherapy, radiation therapy, bone marrow transplantation
277S	Anaerobic infections – life threatening	Medical management; hyperbaric oxygen
48S	Anaphylactic shock	Medical management; ventilation
900S	Aplastic anemia; agranulocytosis; other life-threatening hereditary immune deficiencies	Bone marrow transplantation; medical management
197S	Botulism	Medical management
338S	Cholera; rat-bite fever	Medical management
196S	Chronic Granulomatous disease	Medical management, which includes radiation therapy
916S	Coagulation defects	Medical management
246S	Cysticercosis; other systemic cestode infection	Medical management
903S	Deep-seated (excluding nail infections), disseminated and systemic fungal infections	Medical management; surgery
44S	Erysipelas	Medical management
179S	Hereditary angioedema; angioneurotic oedema	Medical and surgical management

174S	Hereditary haemolytic anaemias (e.g. sickle cell); dyserythropoietic anemia (congenital)	Medical management
201S	Herpetic encephalitis; Reye's syndrome	Medical management
913S	Immune compromise NOS and associated life-threatening infections NOS	Medical management
912S	Leprosy and other systemic mycobacterial infections, Excluding tuberculosis	Medical management
336S	Leptospirosis; spirochaetal infections NOS	Medical management
252S	Life-threatening anaemia NOS	Medical management; transfusion
908S	Life-threatening conditions due to exposure to the elements, including hypo and hyperthermia; lightning strikes	Medical management
907S	Life-threatening rickettsial and other arthropod-borne diseases	Medical management
172S	Malaria; trypanosomiasis; other life-threatening parasitic disease	Medical management
904S	Metastatic infections; septicemia	Medical management
910S	Multiple myeloma and chronic leukaemias	Medical management which includes chemotherapy and radiation therapy
247S	Poisoning by ingestion, injection, and non-medicinal agents	Medical management
911S	Sexually transmitted diseases with systemic involvement not elsewhere specified	Medical management
128S	Tetanus; anthrax; Whipple's disease	Medical management
122S	Thalassemia and other haemoglobinopathies – treatable	Medical management; bone marrow transplant
316S	Toxic effect of gasses, fumes, and vapors	Medical therapy
11S	Tuberculosis	Diagnosis and acute medical management; successful transfer to maintenance therapy in accordance to DOH guidelines
937S	Tumour of internal organ (excludes skin): unknown whether benign or malignant	Biopsy
15S	Whooping cough, diphtheria	Medical management

MEDICAL AID 101

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The 270 PMB Conditions (7/8)

Liver, Pancreas, Spleen Conditions, PMB treatment pairs

325G	Acute necrosis of liver	Medical management
327G	Acute pancreatitis	Medical management, and where appropriate, surgical management
36G	Budd-Chiari syndrome, and other venous embolism and thrombosis	Thrombectomy / ligation
910G	Calculus of bile duct with cholecystitis	Medical management; cholecystectomy; other open or closed surgery
950G	Cancer of liver, biliary system and pancreas – treatable	Medical and surgical management
255G	Cyst and pseudocyst of pancreas	Drainage of pancreatic cyst

156G	Disorders of bile duct	Excision; repair
910G	Gallstone with cholecystitis and/or jaundice	Medical management; cholecystectomy; other open or closed surgery
743G	Hepatorenal syndrome	Medical management
27G	Liver abscess; pancreatic abscess	Medical and surgical management
911G	Liver failure; hepatic vascular obstruction; inborn errors of liver metabolism; biliary atresia	Liver transplant, other surgery, medical management
231G	Portal vein thrombosis	Shunt

Musculoskeletal System, PMB treatment pairs

353H	Abscess of bursa or tendon	Incision and drainage
32H	Acute osteomyelitis	Medical and surgical management
950H	Cancer of bones – treatable	Medical and surgical management, which includes chemotherapy and radiation therapy
206H	Chronic osteomyelitis	Incision and drainage
902H	Closed fractures/ dislocations of limb bones / epiphyses – excluding fingers and toes	Reduction / relocation
85H	Congenital dislocation of hip; coxa vara and valga; congenital clubfoot	Repair / reconstruction
147H	Crush injuries of trunk, upper limbs, lower limbs, including blood vessels	Surgical management; ventilation; acute renal dialysis

491H	Dislocations / fractures of vertebral column without spinal cord injury	Medical management; surgical stabilisation
500H	Disruptions of the achilles / quadriceps tendons	Repair
178H	Fracture of hip	Reduction; hip replacement
445H	Injury to internal organs	Medical and surgical management
900H	Open fracture / dislocation of bones and joints	Reduction / relocation; medical and surgical management
34H	Pyogenic arthritis	Medical and surgical management
901H	Traumatic amputation of limbs, hands, feet, and digits	Replantation / amputation

MEDICAL AID 101

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The 270 PMB Conditions (8/8)

Heart and Vasculature Conditions, PMB treatment pairs

155E	Myocarditis; cardiomyopathy; transposition of great vessels; hypoplastic left heart syndrome	Medical and surgical management; cardiac transplant
108E	Pericarditis	Medical and surgical management
907E	Acute and subacute ischemic heart disease, including myocardial infarction and unstable angina	Medical management; surgery; percutaneous procedures
284E	Acute pulmonary heart disease and pulmonary emboli	Medical and surgical management
35E	Acute rheumatic fever	Medical management
908E	Aneurysm of major artery of chest, abdomen, neck, – Unruptured or ruptured NOS	Surgical management
26E	Arterial embolism/thrombosis: abdominal aorta, thoracic aorta	Medical and surgical management
204E	Cardiac failure: acute or recent deterioration of chronic cardiac failure	Medical treatment
98E	Complete, corrected and other transposition of great vessels	Repair
97E	Coronary artery anomaly	Anomalous coronary artery ligation
309E	Diseases and disorders of aortic valve NOS	Aortic valve replacement
210E	Diseases of endocardium; endocarditis	Medical management
314E	Diseases of mitral valve	Valvuloplasty; valve replacement; medical management
902E	Disorders of arteries: visceral	Bypass graft; surgical management
18E	Dissecting or ruptured aortic aneurysm	Surgical management
915E	Gangrene; severe atherosclerosis of arteries of extremities; diabetes mellitus with peripheral circulatory disease	Medical and surgical management including amputation
294E	Giant cell arteritis, Kawasaki disease, hypersensitivity angiitis	Medical management

450E	Hereditary hemorrhagic telangiectasia	Excision
901E	Hypertension – acute life-threatening complications and malignant hypertension; renal artery stenosis and other curable hypertension	Medical and surgical management
111E	Injury to major blood vessels – trunk, head and neck, and upper limbs	Repair
19E	Injury to major blood vessels of extremities	Ligation
903E	Life-threatening cardiac arrhythmias	Medical and surgical management, pacemakers, cardioversion
900E	Life-threatening complications of elective cardiac and major vascular procedures	Medical and surgical management
497E	Multiple valvular disease	Surgical management
355E	Other aneurysm of artery – peripheral	Surgical management
905E	Other correctable congenital cardiac conditions	Surgical repair; medical management
100E	Patent ductus arteriosus; aortic pulmonary fistula – persistent	Ligation
209E	Phlebitis & thrombophlebitis, deep	Ligation and division; medical management
914E	Rheumatic pericarditis; rheumatic myocarditis	Medical management
16E	Rupture of papillary muscle	Medical and surgical management
627E	Shock / hypotension – life-threatening	Medical management; ventilation
99E	Tetralogy of Fallot (TOF)	Total repair tetralogy
93E	Ventricular septal defect – persistent	Closure
450E	Hereditary hemorrhagic telangiectasia	Excision

