



WHAT IS THE BENEFIT BOOSTER?

You can use this benefit to pay for out-of-hospital claims or to join a smoking cessation programme that will help improve your health. The amount allocated to this benefit depends on the plan you have chosen.

BY COMPLETING YOUR WELLNESS SCREENING OR ONLINE WELLNESS QUESTIONNAIRE YOU AUTOMATICALLY ACTIVATE YOUR BENEFIT BOOSTER

BENEFIT BOOSTER

Can be used for:

- GP and specialist consultations
- Acute and over-the-counter medicine
- Biokineticist and physiotherapist consultations and treatment
- Paramedical services such as dietician, speech and occupational therapy consultations and treatment
- Alternative healthcare such as homeopathic consultations and treatment, and acupuncture
- Non-surgical procedures and tests e.g. wart removal
- X-rays
- Blood tests

Child dependants can access the Benefit Booster once an adult beneficiary has completed a wellness screening or online wellness assessment
(All claims are paid at the Bonitas Rate)



Join a programme to stop smoking and get the support you need to kick the habit, once and for all!

HOW MUCH CAN I SPEND?

The amount allocated to this benefit depends on the plan you have chosen:

Plan	BENEFIT BOOSTER
BonComprehensive	R2 730 per family
BonClassic	R1 880 per family
BonComplete	R1 880 per family
BonSave	R1 310 per family
BonFit Select	R1 310 per family
Standard & Standard Select	R2 000 per family
Primary & Primary Select	R1 500 per family
BonStart	R1 000 per family
BonStart Plus	R1 000 per family
Hospital Standard	No benefit
BonEssential & BonEssential Select	R1 000 per family
BonCap	No benefit

HAVE YOU COMPLETED YOUR WELLNESS SCREENING OR AN ONLINE WELLNESS QUESTIONNAIRE?

- ✓ Blood pressure test
- ✓ Blood glucose test
- ✓ Cholesterol test
- ✓ BMI assessment
- ✓ Waist-to-hip measurement

Please note: Adult dependants must complete the wellness screening to access the Benefit Booster. These claims are paid at the Bonitas Rate. For a smoking cessation programme, visit www.gosmokefree.co.za, complete the online nicotine dependency test and leave your contact details. GoSmokeFree support will contact you and guide you to your nearest GoSmokeFree pharmacy. Allow 7 days for the claim to be processed

WELLNESS BENEFIT

2023



We offer wellness benefits to all our members, including a wellness screening and online wellness questionnaire. This helps you get a clear picture of your health so you can lead a healthier life. There's also the Benefit Booster, available on all plans except BonCap and Hospital Standard, which gives you benefits in addition to your savings and day-to-day benefits, so you get more value for money.

WHAT IS THE WELLNESS SCREENING?

The wellness screening is a free annual check-up where carefully selected tests are done. It also helps you to detect serious chronic conditions such as hypertension, heart disease and diabetes. All tests must be done at the same time.



Blood pressure test



Blood glucose test



Cholesterol test



BMI test



Waist-to-hip ratio measurement

HOW DO I ACCESS THE WELLNESS SCREENING, WELLNESS QUESTIONNAIRE AND BENEFIT BOOSTER?

1

Complete an online wellness questionnaire on the Member App, or a wellness screening at a Bonitas wellness day, biokineticist or at any participating pharmacy. All tests must be done at the same time.

2

Once either of these are completed, your Benefit Booster will be activated and you will be able to access it. Check the amount allocated to your family on your Benefit Booster.

3

Your Benefit Booster is now available to pay for a range of out-of-hospital day-to-day medical expenses.

Please note: All claims for the Benefit Booster are paid at the Bonitas Rate. Adult dependants must complete the wellness screening or an online wellness questionnaire to activate the Benefit Booster.

In addition to the wellness screening benefit, we offer a preventative care benefit that includes:

HIV test | Flu vaccine | Pap smear * | Mammogram ** | Pneumococcal vaccine* | Stool test *

(*for beneficiaries within a specific age group) (**option specific)