

WEIGHT MANAGEMENT PROGRAMME

2026

Bonitas
Medical Aid for South Africa

Inactivity is a large contributor to poor health. Its link to weight gain substantially **increases the risk of chronic conditions** like hypertension, abnormal cholesterol levels, type 2 diabetes, heart disease, stroke, osteoarthritis, respiratory problems, and even cancer.

The aim of this programme is to help you get started on your weight loss journey by offering a 12-week exercise programme which includes a basket of services (notably a comprehensive assessment and exercise prescription by a BASA biokineticist as well as dietician and psychologist consultations) for members with a BMI > 30 on **BonComprehensive, BonClassic, Standard, Standard Select and BonComplete**.



HOW TO REGISTER ON THE PROGRAMME

Please contact us on **0860 002 108** or email **drmmanagedcare@pha.co.za** to get in touch with a care manager who will support you to get started on your weight loss journey.



HOW TO GET STARTED

During your first visit with a BASA-accredited biokineticist, a full health and fitness assessment is done. This will include taking measurements like blood pressure and waist-to-hip ratio, and completing a lifestyle questionnaire to help prescribe the most effective exercises for you.



WHAT TO EXPECT

Once your assessment is completed, an individualised exercise programme is created. The programme includes:

- a health risk assessment (1 per year)
- 3 monthly one-on-one consultations with a biokineticist to track your progress
- 9 biokineticist-led group or individual exercise sessions
- referral to a dietician for 2 consultations (initial assessment and follow-up), if necessary
- referral to a clinical psychologist for 1 consultation, if necessary



HOW MUCH WILL IT COST?

The cost of the above programme will be covered by the Weight Management Programme benefits. However, claims are paid at the Scheme Rate. If your provider charges more than the Scheme Rate, you'll need to pay the difference (a co-payment).



GUIDELINES FOR SUBMISSION OF CLAIMS

When submitting claims, providers must include the **ICD10 code Z50.1**, along with the applicable tariff codes, to ensure the claim is covered from the Weight Management Programme benefit.