

Weight Management Programme 2024

Who we are

Sasolmed (referred to as ‘the Scheme’), registration number 1234, is a non-profit organisation registered with the Council for Medical Schemes. Discovery Health (Pty) Ltd (referred to as ‘the Administrator’) is a separate company and an authorised financial services provider (registration number 1997/013480/07). Discovery takes care of the administration of your membership for the Scheme.

Overview

Obesity is a complex disease that is dependent on many factors, including a person’s genetics and lifestyle. The current understanding of how and why obesity occurs is incomplete; however, it involves a combination of social, behavioural, cultural, physiological, metabolic, and genetic factors. Being overweight or obese substantially increases the risk of chronic conditions, including high blood pressure, abnormal cholesterol levels, type 2 diabetes, coronary artery disease, stroke, gallbladder disease, osteoarthritis, sleep apnoea and respiratory problems, as well as cancer of the endometrium, breast, prostate, and colon. The aim of the Weight Management Programme is to assist with weight loss through a comprehensive assessment and exercise prescription by a Biokineticist Association of South Africa (BASA) biokineticist.

About some of the terms we use

Here is a list of some of the terms that you may not be familiar with, along with their meanings:

TERMINOLOGY	DESCRIPTION
Cover	Cover refers to the benefits you have access to and how we pay for these healthcare services such as consultations, medicine and hospitals, on your network option.
Scheme Tariff	This is a tariff we pay for healthcare services from hospitals, pharmacies, healthcare professionals and other providers of relevant health services.

What will this programme entail?

Once referred to a BASA biokineticist, a full assessment will be undertaken to determine suitability for the programme. This would include an online lifestyle questionnaire, validated biometric testing (blood pressure, cholesterol, blood sugar levels, height, and weight or BMI) and a fitness assessment. The fitness assessment includes waist-to-hip ratio, body fat percentage, flexibility, posture, and fitness measurements. This part of the assessment enables the identification of specific risk factors for metabolic syndrome and physical fitness for exercise. A comprehensive health status report with tailored recommendations for health improvement will be provided.

What should I expect?

Once the assessment has been completed, an individualised programme of appropriate exercises is constructed. The programme is managed by a BASA biokineticist and includes:

- One to three one-on-one consultations with the biokineticist
- Nine weekly biokineticist-led group exercise sessions
- Referral to a dietician and/or psychologist for two consultations (initial assessment and follow-up), if necessary
- Monthly reports electronically submitted to your PGP and Sasolmed.

How much will it cost?

The cost of the programme will be covered by the Scheme's weight management benefits. Claims will be paid at 100% of the Scheme Tariff.

Please note that this excludes the cost of any visits to your PGP, investigations or medication prescribed by a healthcare provider, in which case acute benefits will apply.

Complaints process

You may lodge a complaint or query with Sasolmed Medical Scheme directly on **0860 002 134** or send an email to enquiries@sasolmed.co.za

If your query or complaint is not resolved to your satisfaction, address a complaint in writing to the Principal Officer at the Scheme's registered address. Please be sure to include the reference number obtained through your direct contact with the Scheme.

Should your complaint still remain unresolved, you may lodge a formal dispute by following the Sasolmed internal disputes process, which is explained on the website at sasolmed.co.za

You may, as a last resort, approach the Council for Medical Schemes for assistance: Council for Medical Schemes Complaints Unit, Block A, Eco Glades 2 Office Park, 420 Witch-Hazel Avenue, Eco Park, Centurion, 0157 / **0861 123 267** / complaints@medicalschemes.co.za / www.medicalschemes.co.za

Contact us

You can find other important information on our website at sasolmed.co.za or contact us on **0860 002 134**.