



taking care of our own

Dear Moto Health Care Member

2021 BENEFIT AND CONTRIBUTION UPDATE

As we navigate the uncertainty of current times and not knowing what to expect. We want you to know that your health cover is there to give you reassurance that you will be taken care of in times of sickness and feeling unwell. Ensuring affordable medical aid is a constant process as there are many factors to consider. In addition to the three month contribution discounts granted earlier this year, the Board of Trustees and Principal Officer of Moto Health Care (MHC) have yet again managed to GIVE BACK to members by approving a below average weighted contribution increase of 4.9% for 2021.

MHC has maintained its ability to deliver affordable medical aid rates and products while avoiding the need to cut members' benefits by the simple and logical act of partnering with quality healthcare providers. Not only has this enabled MHC to keep contribution increases to a minimum, but it has also allowed for the ability to provide members with some genuinely free yet valuable additional core benefits and products. Members are offered a host of free early detection and preventative screening tests and innovative products such as Hello Doctor- talk or text a doctor anytime, anywhere for free.

In keeping up with the needs of our members, MHC has also endorsed a new end to end maternity app this year, called Nu Babi that focuses on the expectant parents' post-natal journey. Nu Babi is a more digitised approach to our maternity and parenting communication channels and is free to all maternity enrollees. It helps parents understand the development milestones – from the first smile, to walking and talking and also provides activities to help stimulate development through each of these stages, capturing every special moment which is securely stored online too.

Research indicates non-communicable diseases (NCDs) such as diabetes, cancer, heart and respiratory diseases will be the leading cause of death by 2030. Given that the rates of social and economic growth in South Africa are unlikely to keep pace with the rapid rise of NCDs, taking urgent preventive action now is vital. MHC offers several free patient care programmes to our at risk members which assists them to manage their health and benefits optimally and ensure they get high quality coordinated care with the best outcomes. New and existing members living with chronic illnesses get the best care when they register on one of these programs. Please call 0861 000 300 for more info.

2020 has not been a great year for most of us as we couldn't have possibly predicted the Coronavirus outbreak. What's important is that we move forward and not allow the constraints to define us. It is possible to rebuild from the pandemic in a way that makes us more resilient to future shock waves. So, end this year strong! Reflect, Re-imagine, Reinvent and Regrow to set yourself up for next year.

From the Board of Trustees and myself, best wishes during this festive season. Let us take time to slow down and enjoy the simple things. We thank you for your continued support and look forward to "take care of our own" by exceeding your expectations of assisting you with all your healthcare needs. Keep safe and healthy!

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