

► **Exciting New**

# Mid-year Benefits



Our new and exciting benefits for our Members with **NO** contribution increase!

## HIV finger prick test



All beneficiaries may go for an annual HIV finger Prick test at your nearest Network Pharmacy.

Together with this test, you will receive pre and post counselling and where needed, you will be referred to your doctor to assist with registration onto our Your Life Programme for the management of this disease.

## Hello Doctor Telehealth Consultations



Currently Hello Doctor allows for members to get advice on health issues. Now Hello Doctor can provide virtual consultations with a general practitioner, anytime, anywhere. The Doctor will be able to provide a script to you and a sick note, where required.

Follow the link to learn more on accessing this benefit

## Mental Health benefits added to the maternity programme



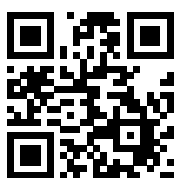
Once Moms to be register on the Programme between 12 and 20 weeks of pregnancy; they will have access to two psychology consultations if needed.

Registered Mom's will have access to a total of two consultations with a psychologist during pregnancy and for up to three months after delivery.

## Stay Protected This Flu Season



Flu vaccines available from your wellness benefits for all Moto Health Care families.



Download the Moto Health Care app today to get started

Call 0861 000 300 or email [info@mhcmf.co.za](mailto:info@mhcmf.co.za) for more information.



Not sure about the new benefits

WhatsApp us or login to our website [www.mhcmf.co.za](http://www.mhcmf.co.za) and chat with us.