

Disease Prevention Programme Guide 2026

Overview

Risk factors for cardiometabolic syndrome include high blood pressure, elevated blood sugar, abnormal cholesterol, elevated blood triglycerides, high Body-Mass-Index (BMI) and increased abdominal or waist circumference measures. Members living with one or more of these risk factors have a higher chance of developing diabetes and cardiovascular disease and suffering a stroke or heart attack. MEDiPOS Medical Scheme offers a Disease Prevention Programme designed to support members who are at risk of developing diabetes to improve health outcomes and quality of life.

About some of the terms we use in this document

There may be some terms in the document that you may not be familiar with. Here are the meanings of these terms.

TERMINOLOGY	DESCRIPTION
Cover	Refers to the benefits that you can access on your health plan and how we pay for these healthcare services. The services may include consultations, medicine and hospital visits.
Screening assessment	The tests include: Finger prick test (Blood glucose and Cholesterol), Blood pressure and Body Mass Index (BMI). Tests need to be performed by a Designated Service
Impaired glucose tolerance (IGT)	Impaired glucose tolerance is a raised glucose level result after an oral glucose tolerance test, and impaired fasting glucose is defined as glucose levels of 100 to 125 mg per dL (5.6 to 6.9 mmol per L) in fasting patients.
Impaired fasting glucose (IFG)	Impaired fasting glucose is a raised glucose level result after a fasting oral glucose tolerance test.
Medical Scheme Rate	This is the rate that we pay for healthcare services from hospitals, pharmacies, healthcare providers and other providers of relevant healthcare services.
Premier Plus GP	A Premier Plus GP (PP GP) is a network GP who has contracted with us to provide you with coordinated care for defined conditions.
Find a healthcare provider	'Find a healthcare provider' is a medical provider search tool that is available on the MEDiPOS website.
HealthID	HealthID is an online digital platform that gives your doctor fast, up-to-date access to your health information. Once you have given consent, your doctor can use HealthID to access your medical history, make referrals to other healthcare providers and check your relevant test results.

The Disease Prevention Programme

This Programme, together with your PP GP, supported by your Health Coach and a Dietitian in our network, will help you actively manage your risk of developing a chronic condition. The Programme gives you additional benefits to monitor and manage your health and to ensure you get high quality coordinated healthcare and improved outcomes.

How to join the Disease Prevention Programme

Our predictive model uses your screening assessment results, health claim patterns, family history and other information to determine if you are at risk of developing diabetes or cardiovascular disease. If you meet the Scheme's eligibility criteria for the programme:

- A Health Coach will get in touch with you to explain how the Programme works.
- A PP GP can enrol you on the Disease Prevention Programme through HealthID if you give them consent to do so.

You can use our MaPS tool on the MEDiPOS website www.medipos.co.za, under **Going to see a healthcare provider > Medical and provider search tool**.

or call us on 0860 116 116 to find a healthcare service provider in our network to enrol you on the programme.

Your Premier Plus GP will work with you to manage your condition

The Disease Prevention Programme is based on clinical and lifestyle guidelines. Through the Programme, you, your Health Coach, and your PP GP can agree on key goals and track your progress.

This will help to identify which areas require attention so that you and your PP GP can improve the management of your condition.

When you join the Disease Prevention Programme you will have access to the following additional benefits:

- An additional consultation with your PP GP.
- Two consultations with a Dietitian on our network, to ensure that you get the best nutritional advice to optimise your health. The Dietitian is a skilled healthcare provider that is experienced in tailoring a nutritional plan for you.
- A defined set of blood tests.
- Diabetes medicine (metformin) if prescribed by your PP GP.
- Access to a Health Coach for 12 months. Your Health Coach will offer clinical support to help you track, monitor, change and improve your health and quality of life.

To enjoy full cover for the consultations and tests on the Programme, please ask your healthcare provider to claim the most appropriate code from the table below and include the appropriate ICD-10 diagnosis code on the claim.

BASKET	PROCEDURE CODE	DESCRIPTION AND RATES
GP visits (up to two)	0190 0191 0192 0193	New and established patient: Consultation/visit of new or established patient of an average duration and/or complexity
Dietitian visits (up to two)	84200 84201 84202 84203 84204	Nutritional assessment, counselling and/or treatment. Duration: 1-10min Nutritional assessment, counselling and/or treatment. Duration: 11-20min Nutritional assessment, counselling and/or treatment. Duration: 21-30min Nutritional assessment, counselling and/or treatment. Duration: 31-40min Nutritional assessment, counselling and/or treatment. Duration: 41-50min
Fasting glucose (up to two)	4057 or 54057	Glucose - random/fasting
Cholesterol (one)	4026 or 54026, 4027 or 54027, 4028 or 54028, 4147 or 54147	LDL cholesterol (chemical determination) Cholesterol Total HDL cholesterol Triglyceride
Serum creatinine (one)	4032 or 54032	Creatinine

Can anyone join the Disease Prevention Programme?

The Programme uses an advanced predictive model to identify members that are eligible. This is based on their screening assessment results. If your assessment results indicate a high risk of developing diabetes or cardiovascular disease, you may be eligible for the Programme. From here your PP GP may enrol you on the programme.

What is the goal of the programme?

The goal of the Programme is to reduce your risk of developing diabetes. This may be in the form of addressing a high glucose level with a healthy food plan, exercise and if applicable, appropriate medicine. During, or at the end of the Programme, your PP GP will guide you on the next steps for you to take, which may include continuing with the changes you have made to your diet and exercise or continuing with the medicine prescribed. Alternatively, you may be diagnosed with diabetes.

What happens if you are diagnosed with diabetes during the 12-month programme?

Your PP GP will help to register you for diabetes on the Chronic Illness Benefit (CIB), which will give you access to benefits to manage your condition. You can then enrol in the Diabetes Care Programme to access support for your condition.

Contact us

You can call us on 0860 123 077 or visit www.medipos.co.za for more information.

Complaints process

You may lodge a complaint or query with MEDiPOS directly on 0860 100 078 or address a complaint in writing directly to the Principal Officer. Should your complaint remain unresolved, you may lodge a formal dispute by following the Scheme's internal disputes process.

Members who wish to approach the Council for Medical Schemes for assistance, may do so in writing to: Council for Medical Schemes Complaints Unit, Block A, Eco Glades 2 Office Park, 420 Witch-Hazel Avenue, Eco Park, Centurion, 0157 or email complaints@medicalschemes.co.za.
Customer Care Centre: 0861 123 267 / website: www.medicalschemes.co.za