

Stretching your healthcare budget during difficult financial times

S I M E K A
HEALTH

member of  Sanlam group

Many households are faced with serious financial challenges due to the effects of rising inflation, higher interest rates and the general economic difficulties in our country. On many fronts, households are trying to stretch their available resources. With healthcare being one of the biggest expense items for any family, being vigilant in terms of healthcare spending can save you substantial amounts.

Consider the following:

Downgrade your medical scheme option

But be careful not to end up paying much more out of your own pocket and end up with the opposite net effect. Always speak to your accredited healthcare consultant if uncertain.

Move to a network plan

You can save up to **20%** in contributions by limiting yourself to network hospitals, network GP's and network pharmacies.

Understand your benefits

- Know your scheme benefits to fully get advantage from preventative care and other benefits funded by your medical scheme.
- Register for chronic medicine.
- Use the recommended pharmacy and the formulary medicine of your medical scheme to minimise co-payments.

Out-of-hospital expenses

Confirm with your medical scheme or your healthcare consultant first to carefully consider the rules and costs before having any expensive out of hospital or specialist procedures done.

Use designated service providers (DSP)

- Use DSP pharmacist and GP's as gatekeepers for any healthcare needs.
- Use contracted providers who charge medical scheme rates.
- Ask about medical scheme rates before you make your appointment.

Self-care assistance

- Consider self-medication for minor illnesses.
- Use nurse- or doctor-based telephonic assistance which your medical scheme or primary care product may offer.
- When self-medicating, closely monitor dependants to act quickly if it is not effective.

Recycle and re-use

When replacing prescription glasses, consider using your old frame, which may still be in a good condition.

Consider generic medicines at all times

In most instances, medical schemes require you to use generic medicines and will impose a co-payment if you opt to use patent / branded medicine.



World Health awareness campaigns

The World Health Organisation (WHO) publishes a [health calendar](#), which features significant dates related to global health issues, such as World Health Day, World Mental Health Day, and World Aids Day.

In Simeka Health's monthly Health-Connect issue we will provide a short insert on one of these health topics, with a link to information about the relevant health matter as well as reference to how medical schemes typically provide cover for the illness.

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