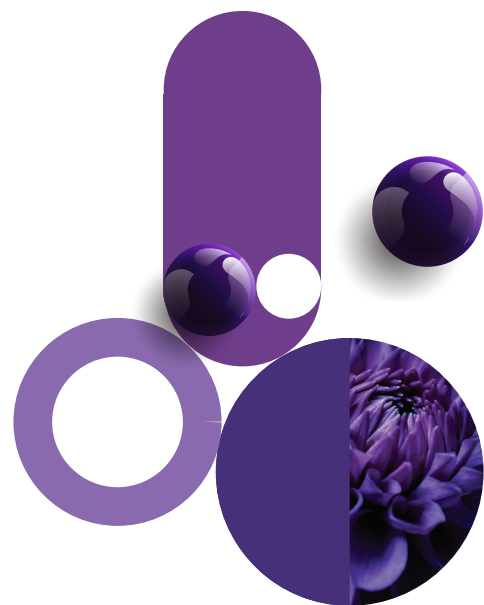


LA
FOCUS
FOCUS
FOCUS



2026
LA Focus

**NETWORK HOSPITALS
AND DAY CLINICS**





Eastern Cape

All hospitals in this province are network hospitals for the LA Focus Option

Free State

Bethlehem

- Mediclinic Hoogland

Bloemfontein

- Life Rosepark Hospital
- Netcare Pelonomi Private Hospital
- Netcare Universitas Private Hospital
- Pasteur Eye Hospital*

Harrismith

- Busamed Harrismith Hospital

Kroonstad

- Netcare Kroon Hospital

Sasolburg

- Netcare Vaalpark Hospital

Welkom

- Mediclinic Welkom

Gauteng

Benoni

- Life The Glynnwood Hospital

Brakpan

- Life Dalview Hospital

Germiston

- Life Roseacres Hospital

Heidelberg

- Life Suikerbosrand Hospital

Johannesburg

- Clinix Selby Park Hospital*
- Life Brenthurst Hospital
- Nelson Mandela Children's Hospital
- Netcare Garden City Clinic

Lenasia

- Lenmed Health Ahmed Kathrada Private Hospital
- Lenmed Daxina Private Hospital

Mabopane

- Mediclinic Legae

Midrand

- Life Carstenhof Hospital

Pretoria

- Life Eugene Marais Hospital
- Mediclinic Medforum
- Netcare Jakaranda Hospital*
- Optimed Eye and Laser Clinic*
- Zuid Afrikaans Hospital

Randfontein

- Lenmed Randfontein Private Hospital
- Life Robinson Private Hospital

Saxonwold

- Oxford Maternity Unit

Soshanguve

- Botshilu Private Hospital*

Soweto

- Clinix Dr SK Matseke Memorial Hospital
- Clinix Tshepo-Themba Private Hospital

Springs

- Life Springs Parkland Hospital

Tembisa

- Lenmed Health Zamokuhle Private Hospital

Vanderbijlpark

- Mediclinic Emfuleni

Vereeniging

- Clinix Naledi-Nkanyezi Private Hospital
- Midvaal Private Hospital

Vosloorus

- Clinix Botshelong Empilweni Private Hospital

KwaZulu-Natal

All hospitals in this province are network hospitals for the LA Focus Option

Limpopo

Lephalale

- Mediclinic Lephalale

Polokwane

- Mediclinic Limpopo

Thabazimbi

- Mediclinic Thabazimbi

Tzaneen

- Mediclinic Tzaneen

Mpumalanga

Barberton

- RH Phodiclinic

Emalahleni

- Life Cosmos Hospital

Ermelo

- Mediclinic Ermelo

Middelburg

- Life Midmed Hospital

Nelspruit

- Mediclinic Nelspruit

Piet Retief

- RH Piet Retief Private Hospital

Trichardt

- Mediclinic Highveld

Northern Cape

All hospitals in this province are network hospitals for the LA Focus Option

North West

Brits

- Mediclinic Brits

Carletonville

- The Fountain Private Hospital

Klerksdorp

- Life Anncron Hospital

Mafikeng

- Clinix Victoria Private Hospital*

Potchefstroom

- Mediclinic Potchefstroom

Rustenburg

- Life Peglerae Hospital

Vryburg

- Vryburg Private Hospital

Western Cape

All hospitals in this province are network hospitals for the LA Focus Option

LESOTHO

- Willie Hospital*



LIST OF HOSPITALS SUBJECT TO CHANGE

This list of hospitals is subject to change. You will always find the most updated list on the Scheme's website at www.lahealth.co.za



LA Focus Network Day Clinics

Eastern Cape

All day clinics in this province are network providers for the LA Focus Option

Free State

Bethlehem

- Bethlehem Medical Centre

Bloemfontein

- Citymed Theatre
- Cure Day Clinics Bloemfontein
- Mediclinic Bloemfontein Day Clinic
- Stirling Hospital

Welkom

- Welkom Medical Centre

Gauteng

Alberton

- Optimed
- The Ear and Eye Clinic

Benoni

- Lakefield Surgical Centre
- MMC Benoni Day Hospital
- The Healthy Eye

Boksburg

- Advanced East Rand Day Hospital
- Boksburg Medical And Dental Centre

Centurion

- Centurion Day Hospital
- Centurion Eye Hospital

Germiston

- Germiston Medical And Dental Centre

Irene

- Intercare Day Hospital Irene

Johannesburg

- Centre of Advanced Medicine
- Cure Day Clinics Fourways

- DR GM Pitje Day Hospital
- Fordsburg Clinic
- Johannesburg Eye Hopital
- Melrose Surgical Centre
- Visiomed Eye Laser Clinic

Kempton Park

- Birchmed Surgical Clinic
- Ekurhuleni Surgiklin Day Clinic

Mulbarton

- Twenty Twenty Eye Surgery Centre

Olifantsfontein

- Cure Day Clinics – Midstream

Pretoria

- Constantia Park Medical and Dental Centre
- Cure Day Clinics - Erasmuskloof
- Intercare Day Hospital Hazeldean
- Kilnerpark Narko Clinic
- Life Brooklyn Day Hospital
- Life Pretoria North Surgical Centre
- Medkin Clinic
- Pretoria Eye Institute
- Waterkloof Surgical Centre
- ZAH Day Hospital

Roodepoort

- Constantia Clinic
- Cure Day Hospital Wilgeheuwel
- Life Wilgeheuwel Day Clinic
- Mayo Clinic
- Medgate Day Clinic

Sandton

- Sandton Day Clinic
- Sandhurst Eye Centre

Soweto

- Apex Surgi-Centre Soweto

Vanderbijlpark

- Ocumed

Vereeniging

- Visiclin Eye Clinic

Kwazulu-Natal

All day clinics in this province are network providers for the LA Focus Option

Limpopo

Polokwane

- Mediclinic Limpopo Day Clinic

Modimolle

- Hope for the blind Eye clinic

Thohoyandou

- Mveledzo Day Hospital

Mpumalanga

Emalahleni

- Advanced De La Vie Day Hospital
- Highveld Eye Clinic

Nelspruit

- Cure Day Hospital Mbombela
- Mediclinic Nelspruit Day Clinic

Northern Cape

All day clinics in this province are network providers for the LA Focus Option

North West

Klerksdorp

- Daleside Day Hospital

Potchefstroom

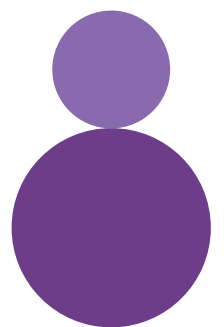
- Potchefstroom Medical And Dental Centre

Rustenburg

- Rustenburg Private Eye Clinic

Western Cape

All day clinics in this province are network providers for the LA Focus Option



This list of hospitals is subject to change.

You will always find the most updated list on the Scheme's website at www.lahealth.co.za.

If there is any discrepancy between this document and the registered Scheme Rules, the Rules will always apply.

● CLIENT SERVICES 0860 103 933 ● SERVICE@LAHEALTHMS.CO.ZA ● WWW.LAHEALTH.CO.ZA

 LA-Health  LA Health





Quality care in our day surgery network 2026

WE'RE IN IT FOR YOUR HEALTH



DAY SURGERY NETWORK

You have cover for a defined list of procedures in our day surgery network. A clinical exceptions process applies to all complex cases and procedures that may require an extended length of stay. You will be transferred to an appropriate facility if required. If you do not use one of these facilities for a planned day surgery admission, you will need to pay a co-payment.

LIST OF PROCEDURES COVERED IN THE DAY SURGERY NETWORK

B BIOPSIES

- Skin*, subcutaneous tissue, soft tissue, muscle, bone, lymph, eye, mouth, throat, breast, cervix, vulva, prostate, penis, testes

BREAST PROCEDURES

- Mastectomy for gynaecomastia*
- Lumpectomy* (fibroadenoma)

E EAR, NOSE AND THROAT PROCEDURES

- Tonsillectomy and/or adenoidectomy
- Repair nasal turbinates*, nasal septum*
- Simple procedures for nose bleed (extensive cautery)
- Sinus lavage*
- Scopes (nasal endoscopy*, laryngoscopy)
- Middle ear procedures (mastoidectomy, myringoplasty, stapedectomy, myringotomy, and/or grommets)

EYE PROCEDURES

- Cataract surgery
- Corneal transplant*
- Treatment of glaucoma
- Other eye procedures (removal of foreign body, conjunctival surgery (repair laceration, pterygium), glaucoma surgery, probing & repair of tear ducts, vitrectomy, retinal surgery, eyelid surgery, strabismus repair)

G GANGLIONECTOMY

GASTROINTESTINAL

- Gastrointestinal scopes (oesophagoscopy, gastroscopy, colonoscopy, sigmoidoscopy, proctoscopy, anoscopy)*

- Anorectal procedures (treatment of haemorrhoids, fissure, fistula)

GYNAECOLOGICAL PROCEDURES

- Diagnostic Dilatation and Curettage
- Endometrial ablation
- Diagnostic Hysteroscopy
- Colposcopy with LLETZ
- Examination under anaesthesia
- Diagnostic laparoscopy
- Simple vulval and introitus procedures: simple hymenotomy, partial hymenectomy, simple vulvectomy, excision bartholin's gland cyst
- Vaginal, cervix and oviduct procedures: excision vaginal septum, cyst or tumour, tubal ligation or occlusion, uterine cervix cerclage, removal cerclage suture
- Suction curettage
- Uterine evacuation and curettage

N NERVE PROCEDURES

- Neuroplasty median nerve, ulnar nerve, digital, nerve of hand or foot

O ORTHOPAEDIC PROCEDURES

- Arthroscopy, arthrotomy (shoulder, elbow, knee, ankle, hand, wrist, foot, temporomandibular joint), arthrodesis (hand, wrist, foot)*
- Minor joint arthroplasty (intercarpal, carpometacarpal and metacarpophalangeal, interphalangeal joint arthroplasty*)
- Tendon and/or ligament repair, muscle debridement, fascia procedures (tenotomy, tenodesis, tenolysis, repair/reconstruction, capsulotomy, capsulectomy,

synovectomy, excision tendon sheath lesion, fasciotomy, fasciectomy). Subject to individual case review

- Repair bunion or toe deformity*
- Treatment of simple closed fractures and/or dislocations, removal of pins and plates. Subject to individual case review

R REMOVAL OF FOREIGN BODY

- Subcutaneous tissue, muscle, external auditory canal under general anaesthesia

S SIMPLE SUPERFICIAL LYMPHADENECTOMY

SIMPLE HERNIA PROCEDURES

- Umbilical hernia repair
- Inguinal hernia repair

SKIN PROCEDURES

- Debridement
- Removal of lesions* (dependent on site and diameter)
- Simple repair of superficial wounds

























































U UROLOGICAL

- Cystoscopy
- Male genital procedures (circumcision, repair of penis, exploration of testes and scrotum, orchietomy, epididymectomy, excision hydrocoele, excision varicocoele, vasectomy)

Some of these procedures are not covered on the KeyPlus option. These are noted by an asterisk * in the list above. All network lists can change at any time. Please go to www.lahealth.co.za to see the latest list before any planned admissions.

 Applicable to LA Keyplus Benefit Option

 Applicable to LA Focus, LA Active, LA Engage, LA Core and LA Comprehensive Benefit Options

| Eastern Cape | | | |
|----------------|--|---|---|
| East London | • East London Day Hospital |  |  |
| | • Cure Day Hospital East London |  |  |
| | • Life Beacon Bay Hospital |  |  |
| | • Life St Dominic's Hospital |  |  |
| | • Life St James Hospital |  |  |
| Matatiele | • Matatiele Private Hospital | |  |
| Mthatha | • St Mary's Private Hospital |  |  |
| Port Elizabeth | • Bay Eye Hospital |  |  |
| | • The Edge Private Clinic |  |  |
| | • Fembyro Fertility and Gynaecology Clinic | |  |
| | • Netcare Greenacres Hospital | |  |
| | • Life Mercantile Hospital |  | |
| | • Life St George's Hospital |  |  |
| | • Medical Forum Theatre |  |  |
| Queenstown | • Life Queenstown Private Hospital |  |  |
| Uitenhage | • Netcare Cuyler Hospital |  |  |
| Free State | | | |
| Bethlehem | • Bethlehem Medical Centre |  |  |
| | • Mediclinic Hoogland |  |  |
| Bloemfontein | • Citymed Theatre |  |  |
| | • Cure Day Clinics Bloemfontein |  |  |
| | • Emoyamed Bloemfontein | |  |
| | • Pasteur Eye Hospital (Horizon Eye Care Centre) |  |  |
| | • Life Rosepark Hospital |  |  |
| | • Mediclinic Bloemfontein | |  |
| | • Mediclinic Bloemfontein Day Clinic |  |  |
| | • Stirling Hospital |  |  |
| | • Netcare Universitas Private Hospital |  | |
| | Frankfort | • Riemland Clinic | |
| Harrismith | • Busamed Harrismith Private Hospital |  |  |
| Kroonstad | • Netcare Kroon Hospital |  |  |
| Mangaung | • Netcare Pelonomi Private Hospital |  | |
| Sasolburg | • Netcare Vaalpark Medical Centre |  | |
| Welkom | • Mediclinic Welkom |  |  |
| | • Welkom Medical Centre |  |  |

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LA Comprehensive



LA Core



LA Engage



LA Active




LA Focus



LA Keyplus

 Applicable to LA Keyplus Benefit Option

 Applicable to LA Focus, LA Active, LA Engage, LA Core and LA Comprehensive Benefit Options

| Gauteng | | | |
|--------------|---------------------------------------|---|---|
| Alberton | • Netcare Alberton Hospital | |  |
| | • Newmarket Day Hospital | |  |
| | • Optimed |  |  |
| | • The Ear and Eye Clinic |  |  |
| Benoni | • Karibu Day Clinic |  | |
| | • Lakefield Surgical Centre (Pty) Ltd |  |  |
| | • Life The Glynnwood Hospital |  |  |
| | • Netcare Linmed Hospital | |  |
| | • The Healthy Eye |  |  |
| Boksburg | • Advanced East Rand Day Hospital |  |  |
| | • Boksburg Medical & Dental Centre |  |  |
| | • Netcare Sunward Park Hospital | |  |
| Brakpan | • Life Dalview Hospital |  |  |
| Centurion | • Centurion Eye Hospital |  |  |
| | • Centurion Day Hospital |  |  |
| | • Netcare Unitas Hospital | |  |
| Edenvale | • Edenvale Day Clinic | |  |
| Florida | • Constantia Clinic |  |  |
| Germiston | • Germiston Medical & Dental Centre |  |  |
| | • Life Roseacres Hospital |  |  |
| Heidelberg | • Life Suikerbosrand Hospital |  |  |
| Johannesburg | • Bioart Fertility Clinic | |  |
| | • Centre of Advanced Medicine |  |  |
| | • Cure Day Clinics – Fourways |  |  |
| | • Dr G M Pitje Day Clinic |  |  |
| | • East Rand N17 Private Hospital | |  |
| | • Fordsburg Clinic |  |  |
| | • Netcare Garden City Clinic |  |  |
| | • Johannesburg Eye Hospital |  |  |
| | • Life Bedford Gardens Hospital | |  |
| | • Life Brenthurst Hospital |  |  |
| | • Life Fourways Hospital | |  |
| | • Netcare Linksfield Park Clinic | |  |
| | • Netcare Linkwood Clinic | |  |

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LA Comprehensive



LA Core



LA Engage



LA Active













LA Focus



LA Keyplus

 Applicable to LA Keyplus Benefit Option

 Applicable to LA Focus, LA Active, LA Engage, LA Core and LA Comprehensive Benefit Options

| Gauteng | | | |
|-----------------------------------|---|---|---|
| Johannesburg | • Mediclinic Midstream | |  |
| | • Mediclinic Morningside | |  |
| | • Mediclinic Sandton | |  |
| | • Medfem Clinic | |  |
| | • Netcare Milpark Hospital | |  |
| | • Netcare Mulbarton Hospital | |  |
| | • Nelson Mandela Children's Hospital |  |  |
| | • Netcare Park Lane Clinic | |  |
| | • Netcare Rosebank Clinic | |  |
| | • Sandhurst Eye Centre |  |  |
| | • Intercare Day Hospital Sandton |  |  |
| | • Netcare Sunninghill Nursing Home | |  |
| | • Twenty Twenty Eye Surgery Centre |  |  |
| | • Visiomed Eye Laser Clinic |  |  |
| | • Vitalab Centre For Gynaecological Endoscopy | |  |
| | • Wits Donald Gordon Medical Centre | |  |
| | Kempton Park | • Arwyp Medical Centre | |
| • Birchmed Surgical Clinic | |  |  |
| • Ekurhuleni Surgiklin Day Clinic | |  |  |
| Krugersdorp | • Netcare Krugersdorp Private Hospital | |  |
| | • Netcare Pinehaven Hospital | |  |
| Lenasia | • Lenmed Clinic Limited |  |  |
| | • Lenmed Daxina Private Hospital |  |  |
| Midrand | • Cure Day Clinics - Midstream |  |  |
| | • Life Carstenhof Hospital |  |  |
| | • Netcare Waterfall City Hospital | |  |
| Pretoria | • Advanced Groenkloof Day Hospital |  |  |
| | • Netcare Akasia Clinic | |  |
| | • Botshilu Private Hospital |  |  |
| | • Cintocare | |  |
| | • Constantia Park Medical and Dental Centre |  |  |
| | • Cure Day Clinics – Erasmuskloof |  |  |
| | • Netcare Femina Clinic | | |
| | • Intercare Day Hospital Hazeldean (Pty) Ltd |  | |

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LA Comprehensive



LA Core



LA Engage



LA Active
























































LA Focus



LA Keyplus

 Applicable to LA Keyplus Benefit Option

 Applicable to LA Focus, LA Active, LA Engage, LA Core and LA Comprehensive Benefit Options

| Gauteng | | |
|--|---|---|
| Pretoria | • Intercare Day Hospital – Irene |   |
| | • Netcare Jakaranda Hospital |   |
| | • Kilnerpark Narko Clinic |   |
| | • Life Brooklyn Day Hospital |   |
| | • Life Eugene Marais Hospital |   |
| | • Life Faerie Glen Hospital |  |
| | • Life Groenkloof Hospital |  |
| | • Life Pretoria North Surgical Centre |   |
| | • Life Wilgers Hospital |  |
| | • Louis Pasteur Hospital |  |
| | • Mediclinic Legae |   |
| | • Mediclinic Kloof |  |
| | • Mediclinic Medforum |   |
| | • Mediclinic Muelmed |  |
| | • Medkin Clinic |   |
| | • Mpudulle Eye Centre (Pty) LTD |   |
| | • Netcare Montana Private Hospital |  |
| | • Netcare Moot Algemene Hospital |  |
| | • Optimed Eye and Laser Clinic |   |
| | • Pretoria East Eye Institute |   |
| • Netcare Pretoria East Private Hospital |  | |
| • Pretoria Eye Institute |  | |
| • Pretoria Urology Hospital |  | |
| • Waterkloof Surgical Centre |   | |
| • Zuid Afrikaans Hospital |   | |
| Randburg | • Netcare Olivedale Clinic |  |
| Randfontein | • Lenmed Health Randfontein Private Hospital |   |
| | • Life Robinson Private Hospital |   |
| Roodepoort | • Cure Day Hospital Wilgeheuwel |   |
| | • Life Flora Hospital |  |
| | • Life Wilgeheuwel Hospital |  |
| | • Life Wilgeheuwel Day Clinic |   |
| | • Mayo Clinic |   |

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LA Comprehensive



LA Core



LA Engage



LA Active























































LA Focus



LA Keyplus

 Applicable to LA Keyplus Benefit Option

 Applicable to LA Focus, LA Active, LA Engage, LA Core and LA Comprehensive Benefit Options

| Gauteng | | |
|----------------|--|---|
| Soweto | • Apex Surgi Centre Soweto |   |
| | • Dr SK Matseke Private Hospital |   |
| Springs | • Life Springs Parkland Hospital |   |
| Tembisa | • Lenmed Zamokuhle Private Hospital |   |
| Vaal | • Clinix Private Hospital Sebokeng |   |
| | • Mediclinic Emfuleni |   |
| | • Ocumed |   |
| Vanderbijlpark | • Cormed Clinic |  |
| Vereeniging | • Mediclinic Vereeniging |  |
| | • Midvaal Private Hospital |   |
| | • Visiclin Eye Clinic |   |
| Vosloorus | • Clinix Botshelong Empilweni Clinic |   |
| Westgate | • Medgate Day Clinic |   |
| KwaZulu-Natal | | |
| Amanzimtoti | • Netcare Kingsway Hospital |   |
| Ballito | • Netcare Alberlito Hospital |  |
| | • Ribumed Ballito Day Hospital |   |
| Berea | • JMH Morningside Day Hospital |   |
| Chatsworth | • Life Chatsmed Garden Hospital |   |
| Durban | • Ahmed Al-Kadi Private Hospital |  |
| | • City Hospital |   |
| | • Durban Eye Hospital |   |
| | • Durdoc Clinic |   |
| | • Lenmed Ethekeeni Hospital and Heart Centre |  |
| | • Hillcrest Private Hospital |  |
| | • Life Entabeni Hospital |   |
| | • Life Westville Hospital |  |
| | • Lorne Street Anaesthetic Clinic |  |
| | • Lenmed Nu-shifa Hospital |   |
| | • Netcare Parklands Hospital |  |
| | • Netcare St Augustine's Hospital |  |
| Empangeni | • Life Empangeni Private Hospital |   |
| Howick | • Howick Day Clinic |   |
| | • Lenmed Howick Private Hospital |  |

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LA Comprehensive



LA Core



LA Engage



LA Active
















































LA Focus



LA Keyplus

 Applicable to LA Keyplus Benefit Option

 Applicable to LA Focus, LA Active, LA Engage, LA Core and LA Comprehensive Benefit Options

| KwaZulu-Natal | | | |
|------------------|--|---|---|
| Isipingo | <ul style="list-style-type: none"> Isipingo Clinic |  |  |
| Kokstad | <ul style="list-style-type: none"> Netcare Kokstad Private Hospital |  |  |
| Ladysmith | <ul style="list-style-type: none"> Ladysmith Day Hospital |  |  |
| | <ul style="list-style-type: none"> Lenmed La Verna Hospital |  |  |
| Margate | <ul style="list-style-type: none"> Netcare Margate Private Hospital | |  |
| | <ul style="list-style-type: none"> Shelly Beach Day Hospital |  |  |
| Newcastle | <ul style="list-style-type: none"> Mediclinic Newcastle |  |  |
| | <ul style="list-style-type: none"> Mediclinic Newcastle Day Hospital |  |  |
| Pinetown | <ul style="list-style-type: none"> Life The Crompton Hospital |  |  |
| | <ul style="list-style-type: none"> Pinetown Medicross Theatre |  |  |
| | <ul style="list-style-type: none"> Eden Gardens Private Hospital | |  |
| | <ul style="list-style-type: none"> Life Hilton Private Hospital | |  |
| Pietermaritzburg | <ul style="list-style-type: none"> Mediclinic Pietermaritzburg | |  |
| | <ul style="list-style-type: none"> Midlands Medical Centre |  |  |
| | <ul style="list-style-type: none"> Pietermaritzburg Eye Hospital |  |  |
| | <ul style="list-style-type: none"> Netcare St Anne's Hospital | |  |
| Phoenix | <ul style="list-style-type: none"> Life Mount Edgecombe Hospital |  |  |
| Port Shepstone | <ul style="list-style-type: none"> Hibiscus Private Hospital |  | |
| | <ul style="list-style-type: none"> Hibiscus Day Surgical Hospital |  |  |
| Richards' Bay | <ul style="list-style-type: none"> Medicross Richard's Bay Day Theatre |  |  |
| | <ul style="list-style-type: none"> Melomed Richard's Bay |  | |
| | <ul style="list-style-type: none"> Richards Bay Medicross Day Theatre |  |  |
| | <ul style="list-style-type: none"> Netcare The Bay Hospital |  |  |
| Tongaat | <ul style="list-style-type: none"> Mediclinic Victoria |  |  |
| Umhlanga | <ul style="list-style-type: none"> Gateway Private Hospital | |  |
| | <ul style="list-style-type: none"> KZN Day Clinic |  |  |
| | <ul style="list-style-type: none"> Medstone Medical Centre T/A Umhlanga Eye Institute |  |  |
| | <ul style="list-style-type: none"> Netcare Umhlanga Hospital | |  |
| Vryheid | <ul style="list-style-type: none"> Abaqulusi Private Hospital | |  |

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LA Comprehensive



LA Core



LA Engage



LA Active


























































LA Focus



LA Keyplus

 Applicable to LA Keyplus Benefit Option

 Applicable to LA Focus, LA Active, LA Engage, LA Core and LA Comprehensive Benefit Options

| Limpopo | | | |
|-----------------|---|---|---|
| Lephalale | <ul style="list-style-type: none"> • Mediclinic Lephalale |  |  |
| Louis Trichardt | <ul style="list-style-type: none"> • Zoutpansberg Private Hospital |  |  |
| Polokwane | <ul style="list-style-type: none"> • Mediclinic Limpopo Day Clinic |  |  |
| | <ul style="list-style-type: none"> • Netcare Pholoso Hospital | |  |
| Thabazimbi | <ul style="list-style-type: none"> • Mediclinic Thabazimbi |  |  |
| Thohoyandou | <ul style="list-style-type: none"> • Mveledzo Day Hospital |  |  |
| Tzaneen | <ul style="list-style-type: none"> • Mediclinic Tzaneen |  |  |
| Mpumalanga | | | |
| Barberton | <ul style="list-style-type: none"> • RH Phodclinic |  | |
| | <ul style="list-style-type: none"> • Advanced De La Vie Day Hospital |  |  |
| Emalahleni | <ul style="list-style-type: none"> • Emalahleni Day Hospital |  |  |
| | <ul style="list-style-type: none"> • Highveld Eye |  |  |
| | <ul style="list-style-type: none"> • Life Cosmos Hospital |  |  |
| Ermelo | <ul style="list-style-type: none"> • Mediclinic Ermelo |  |  |
| Middelburg | <ul style="list-style-type: none"> • Life Midmed Private Hospital |  |  |
| Nelspruit | <ul style="list-style-type: none"> • Busamed Lowveld Hospital |  |  |
| | <ul style="list-style-type: none"> • Mediclinic Nelspruit |  |  |
| | <ul style="list-style-type: none"> • Mediclinic Nelspruit Day Clinic |  |  |
| | <ul style="list-style-type: none"> • Surgiclinic | |  |
| | <ul style="list-style-type: none"> • Kiaat Private Hospital | |  |
| Piet Retief | <ul style="list-style-type: none"> • RH Piet Retief Private Hospital |  | |
| Trichardt | <ul style="list-style-type: none"> • Mediclinic Highveld |  |  |
| North West | | | |
| Brits | <ul style="list-style-type: none"> • Mediclinic Brits |  |  |
| Carltonville | <ul style="list-style-type: none"> • The Fountain Private Hospital |  |  |
| Klerksdorp | <ul style="list-style-type: none"> • Life Anncron Hospital |  |  |
| | <ul style="list-style-type: none"> • Daleside Day Hospital |  |  |
| | <ul style="list-style-type: none"> • Wilmed Park Private Hospital | |  |
| Mafikeng | <ul style="list-style-type: none"> • Victoria Private Hospital (Mafikeng) |  |  |
| Potchefstroom | <ul style="list-style-type: none"> • Mediclinic Potchefstroom |  |  |
| | <ul style="list-style-type: none"> • Mooimed Private Hospital |  |  |
| | <ul style="list-style-type: none"> • Potchefstroom Medical & Dental Centre |  |  |

All network lists can change at any time. Please go to www.lahealth.co.za to see the latest list before any planned admissions.



LA Comprehensive



LA Core



LA Engage





















































LA Active



LA Focus













LA Keyplus

| North West | | | |
|---------------|--|---|---|
| Rustenburg | • Life Peglerae Hospital |  |  |
| | • Rustenburg Medi-Care Centre | |  |
| | • Rustenburg Private Eye Clinic |  |  |
| Vryburg | • Vryburg Private Hospital |  |  |
| Northern Cape | | | |
| Hartswater | • Jane Keyser Clinic | |  |
| | • Medi – Harts Day Clinic |  |  |
| Kathu | • Lenmed Health Kathu Private Hospital |  |  |
| Kimberley | • Lenmed Royal Hospital and Heart Centre | |  |
| | • Mediclinic Kimberley and Gariep |  |  |
| | • Narko Clinic |  |  |
| Lime Acres | • Finsch Mine Hospital |  | |
| Upington | • Kalahari Day Theatre Cataract and Eye Centre |  |  |
| | • Mediclinic Upington |  |  |
| Western Cape | | | |
| Atlantis | • Wesfleur Private Clinic |  |  |
| Bellville | • Bellville Medical Centre |  |  |
| | • Khangella Eye Theatre |  |  |
| | • Mediclinic Louis Leipoldt |  |  |
| | • Alchimia Clinic |  |  |
| Cape Town | • Drs Aevitas Clinic PTY LTD | |  |
| | • Busamed Paardevlei Private Hospital (Rf) (Pty) Ltd | |  |
| | • Cape Dental Theatres | |  |
| | • Cape Eye Hospital |  |  |
| | • Christiaan Barnard Memorial Hospital | |  |
| | • Cure Day Hospitals Foreshore |  |  |
| | • Gatesville Medical Centre |  |  |
| | • Life Kingsbury Hospital | |  |
| | • Life Vincent Pallotti Hospital | |  |
| | • Mediclinic Cape Gate Day Clinic |  |  |
| | • Mediclinic Cape Town | |  |
| | • Mediclinic Constantiaberg | |  |
| | • Medicross Foreshore Day Hospital |  |  |

All network lists can change at any time. Please go to www.lahealth.co.za to see the latest list before any planned admissions.

 Applicable to LA Keyplus Benefit Option

 Applicable to LA Focus, LA Active, LA Engage, LA Core and LA Comprehensive Benefit Options

| Western Cape | | | |
|-----------------|--|---|---|
| Cape Town | • Mediclinic Panorama | |  |
| | • Mediclinic Strand | |  |
| | • Melomed Tokai |  |  |
| | • Netcare N1 City Hospital | |  |
| | • Netcare Blaauwberg Hospital | |  |
| | • Peninsula Eye Hospital | |  |
| | • Netcare UCT Medical Centre (Pty) Ltd |  |  |
| | • Summerhill Surgical Centre |  |  |
| | • Tokai Medical and Dental Centre |  |  |
| | • The Cosmetic Surgery Institute |  |  |
| | • The Link Day Surgery Clinic |  |  |
| Constantia | • Driftwood Clinic |  |  |
| Durbanville | • Advanced Durbanville Surgical Centre |  |  |
| | • Mediclinic Durbanville Day Clinic |  |  |
| | • The Surgical Institute |  |  |
| | • Langebaan Day Hospital |  |  |
| George | • George Surgical Centre |  |  |
| | • Mediclinic Geneva |  |  |
| | • Mediclinic George |  |  |
| Goodwood | • Monte Vista Clinic |  |  |
| Hermanus | • Hermanus Medical Care T/A (Pty) Ltd Hermanus Day Hospital |  |  |
| | • Mediclinic Hermanus |  |  |
| Khayelitsha | • Thembani Theatres |  |  |
| Knysna | • Advanced Knysna Surgical Centre |  |  |
| | • Life Knysna Private Hospital | |  |
| Kraaifontein | • Kraaifontein Medical and Dental Centre |  |  |
| Kuilsriver | • Netcare Kuilsriver Private Hospital | |  |
| Milnerton | • Intercare Day Hospital Century City |  |  |
| | • Mediclinic Milnerton |  |  |
| Mitchells Plain | • Mitchells Plain Medical Centre |  |  |
| Mossel Bay | • Life Bay View Hospital |  |  |
| | • Vidamed Bay Hospital |  |  |
| Newlands | • Life Sport Science Orthopaedic Surgical Day Centre |  |  |

All network lists can change at any time. Please go to www.lahealth.co.za to see the latest list before any planned admissions.



LA Comprehensive



LA Core



LA Engage



LA Active






































LA Focus



LA Keyplus

 Applicable to LA Keyplus Benefit Option

 Applicable to LA Focus, LA Active, LA Engage, LA Core and LA Comprehensive Benefit Options

| Western Cape | | |
|-----------------|--|---|
| Oudtshoorn | • Cango Medicentre |   |
| | • Mediclinic Klein Karoo |   |
| Paarl | • Cure Day Clinics – St Stephens Paarl |   |
| | • Mediclinic Paarl |   |
| Parow | • Advanced Panorama Surgical Centre |   |
| | • Cure Day Clinics – Bellville |   |
| | • Inuversal Day Hospital Panorama |  |
| Plettenberg Bay | • Mediclinic Plettenberg Bay |  |
| Robertson | • Carewell Robertson Day Hospital |   |
| Simon's Town | • Advanced Harbour Bay Surgical Centre |   |
| Somerset West | • Cure Day Clinic - Somerset West |   |
| | • Mediclinic Vergelegen Day Clinic |  |
| | • Somerset Aesthetic Clinic |   |
| | • Summerhill Surgical Centre |   |
| | • Life Sport Science Orthopaedic Surgical Day Centre |   |
| | • Rondebosch Medical Centre |   |
| Stellenbosch | • Mediclinic Stellenbosch Day Clinic |  |
| | • Mediclinic Winelands Day Clinic |  |
| | • Wijnland Fertility Clinic |  |
| Vredenburg | • Life West Coast Private Hospital |   |
| Worcester | • Advanced Worcester Surgical Centre |   |
| | • Mediclinic Worcester |   |
| LESOTHO | | |
| Maseru | • Willies Hospital |  |
| | • Maseru Private Hospital |  |

All network lists can change at any time. Please go to www.lahealth.co.za to see the latest list before any planned admissions.



LA Comprehensive



LA Core



LA Engage



LA Active



LA Focus



LA Keyplus

VIEW OTHER NETWORK PROVIDERS USING FIND A HEALTHCARE PROVIDER ON THE DISCOVERY APP



Doctor Networks



Major joints networks



Medicine Networks

CONTACT US

The following channels are available for your queries or complaints and we encourage you to follow the process:

TO TAKE YOUR QUERY FURTHER



If you have already contacted the LA Health Medical Scheme call centre on 0860 103 933 or emailed service@lahealthms.co.za with your query and feel that it has still not been resolved, you may contact the Principal Officer.

TO LODGE A DISPUTE



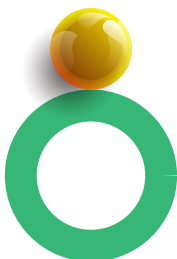
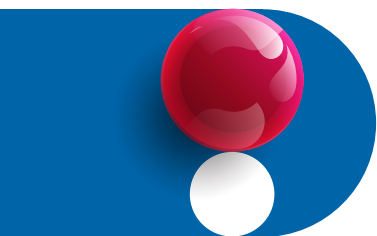
If you have received a final decision from LA Health Medical Scheme and want to challenge it, you may lodge a formal dispute. You can find more information about the Scheme's dispute process on the website.

TO CONTACT THE COUNCIL FOR MEDICAL SCHEMES



LA Health is regulated by the Council for Medical Schemes. You may contact the Council at any stage of the complaints process, but we encourage you to first follow the first three steps to resolve your complaint before contacting the Council.

Contact details for the Council for Medical Schemes: Council for Medical Schemes Complaints Unit, Block A, Eco Glades 2 Office Park, 420 Witch-Hazel Avenue, Eco Park, Centurion 0157 | complaints@medicalschemes.co.za | 0861 123 267 | www.medicalschemes.co.za



All network lists can change at any time. Please go to www.lahealth.co.za to see the latest list before any planned admissions.



LA Comprehensive



LA Core



LA Engage



LA Active



LA Focus



LA Keyplus



WE'RE IN IT FOR YOUR HEALTH



- Client Services 0860 103 933 ● www.lahealth.co.za
- service@lahealthms.co.za ● Report fraud anonymously 0800 004 500

LA
KEYPLUS
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2026
LA KeyPlus

NETWORK HOSPITALS





LA KeyPlus Network Hospitals

You must go to one of these hospitals for planned hospital admissions. When you use one of these hospitals, the Scheme will pay the hospital claims at 100% of the LA Health Rate.

Eastern Cape

East London

- Life Beacon Bay Hospital
- Life East London Private Hospital*
- Life St Dominic's Private Hospital

Port Elizabeth

- Life St George's Hospital

Queenstown

- Life Queenstown Private Hospital

Uitenhage

- Netcare Cuyler Clinic

Mthatha

- Life St Mary's Private Hospital

Free State

Bethlehem

- Mediclinic Hoogland

Bloemfontein

- Life Rosepark Hospital
- Netcare Pelonomi Private Hospital
- Netcare Universitas Private Hospital*
- Pasteur Eye Hospital

Harrismith

- Busamed Harrismith Hospital

Kroonstad

- Netcare Kroon Hospital

Sasolburg

- Netcare Vaalpark Hospital

Welkom

- Mediclinic Welkom

Gauteng

Benoni

- Life The Glynnwood Hospital

Brakpan

- Life Dalview Hospital

Germiston

- Life Roseacres Clinic

Heidelberg

- Life Suikerbosrand Hospital

Johannesburg

- Clinix Selby Park Hospital*

- Life Brenthurst Hospital
- Nelson Mandela Children's Hospital
- Netcare Garden City Clinic

Lenasia

- Lenmed Daxina Private Hospital
- Lenmed Health Clinic (Ahmed Kathrada)

Mabopane

- Mediclinic Legae

Midrand

- Life Carstenhof Hospital

Pretoria

- Life Eugene Marais Hospital
- Mediclinic Medforum
- Netcare Jakaranda Hospital*
- Pretoria Eye Institute
- Optimed Eye and Laser Clinic
- Zuid Afrikaans Hospital

Randfontein

- Lenmed Health Randfontein Private Hospital
- Life Robinson Private Hospital

Saxonwold

- Oxford Maternity Unit

Springs

- Life Springs Parkland Hospital

Soshanguve

- Botshilu Private Hospital

Soweto

- Dr SK Matseke Memorial Hospital
- Clinix Tshepo-Temba Private Hospital

Tembisa

- Lenmed Health Zamokuhle Private Hospital

Vanderbijlpark

- Mediclinic Emfuleni

Vereeniging

- Clinix Naledi-Nkanyezi Private Hospital
- Midvaal Private Hospital

Vosloorus

- Clinix Botshelong-Empilweni Private Hospital

KwaZulu-Natal

Amanzimtoti

- Netcare Kingsway Hospital

Chatsworth

- Life Chatsmed Garden Hospital

Durban

- JMH Ascot Park Hospital
- JMH City Hospital
- Life Entabeni Hospital

Empangeni

- Life Empangeni Private Hospital

Isipingo

- JMH Isipingo Clinic

Kokstad

- Netcare Kokstad Private Hospital

Ladysmith

- Lenmed Health La Verna Hospital

Newcastle

- Mediclinic Newcastle

Phoenix

- Life Mount Edgecombe Hospital

Pietermaritzburg

- Midlands Medical Centre

Pinetown

- Life The Crompton Hospital

Port Shepstone

- Hibiscus Hospital

Richards Bay

- Melomed Richards Bay Hospital
- Netcare The Bay Hospital

Sydenham

- Lenmed Shifa Hospital

Tongaat

- Mediclinic Victoria

* These hospitals do not have casualty units.



LA KeyPlus Network Hospitals

You must go to one of these hospitals for planned hospital admissions. When you use one of these hospitals, the Scheme will pay the hospital claims at 100% of the LA Health Rate.

Limpopo

Lephalale

- Mediclinic Lephalale

Polokwane

- Mediclinic Limpopo

Thabazimbi

- Mediclinic Thabazimbi

Tzaneen

- Mediclinic Tzaneen

Mpumalanga

Barberton

- RH Phodidclinic

Emalahleni

- Life Cosmos Hospital

Ermelo

- Mediclinic Ermelo

Middelburg

- Life Midmed Hospital

Nelspruit

- Mediclinic Nelspruit

Piet Retief

- RH Piet Retief Private Hospital

Trichardt

- Mediclinic Highveld

North West

Brits

- Mediclinic Brits

Carletonville

- The Fountain Private Hospital

Klerksdorp

- Life Anncron Hospital

Mafikeng

- Clinix Victoria Private Hospital*

Potchefstroom

- Mediclinic Potchefstroom

Rustenburg

- Life Peglerae Hospital

Vryburg

- Vryburg Private Hospital

Northern Cape

Kathu

- Lenmed Health Kathu Private Hospital

Kimberley

- Finsch Mine Hospital*
- Mediclinic Kimberley and Gariep

Upington

- Mediclinic Upington

Western Cape

Bellville

- Cape Eye Hospital
- Mediclinic Louis Leipoldt
- Melomed Bellville

Cape Town

- Netcare UCT Medical Centre*

Gatesville

- Melomed Gatesville

George

- Mediclinic Geneva*
- Mediclinic George

Hermanus

- Mediclinic Hermanus

Milnerton

- Mediclinic Milnerton

Mitchells Plain

- Melomed Mitchells Plain

Mossel Bay

- Life Bayview Private Hospital

Oudtshoorn

- Mediclinic Klein Karoo

Paarl

- Mediclinic Paarl

Rondebosch

- Rondebosch Medical Centre
- Rondebosch Heart Centre

Tokai

- Melomed Tokai

West Coast

- Life West Coast Private Hospital

Worcester

- Mediclinic Worcester

Lesotho

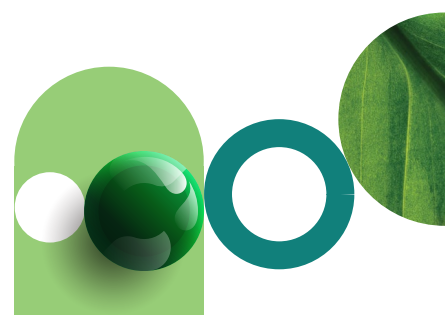
- Willie's Hospital*

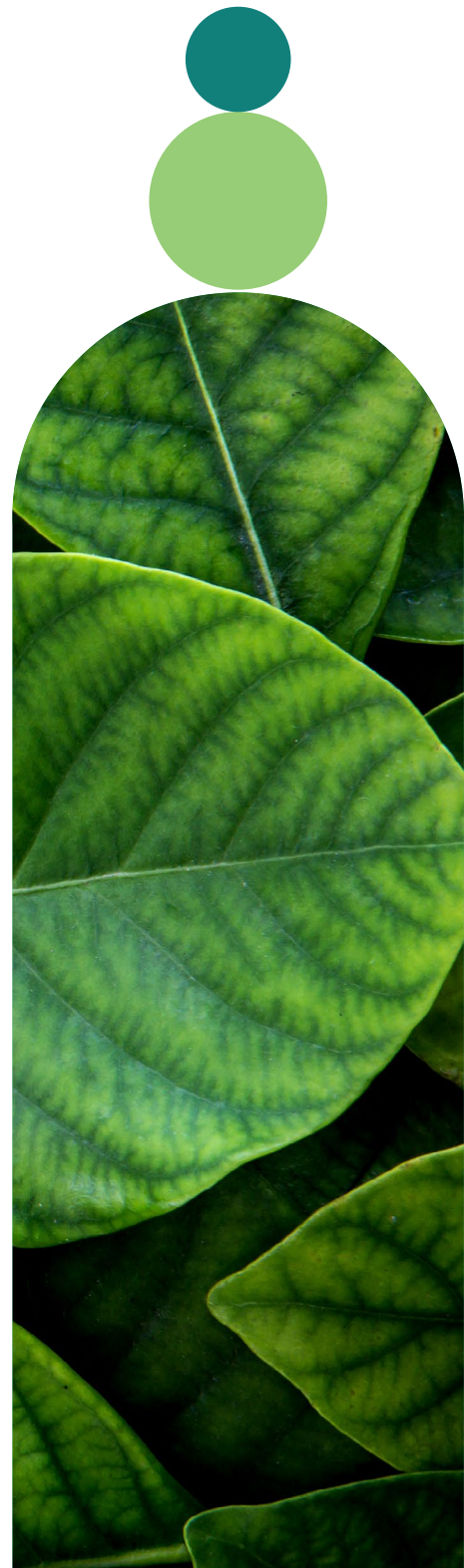
* These hospitals do not have casualty units.

PLEASE NOTE

Please note that this list of hospitals is subject to change. You will always find the latest information on the LA Health website at www.lahealth.co.za.

Unless it is an emergency, if you use a hospital that is not on the list, we will not pay the hospital. You will have to pay for the services you received in the hospital.





This list of hospitals is subject to change.
You will always find the most updated list on the Scheme's website at www.lahealth.co.za.
If there is any discrepancy between this document and the registered Scheme Rules, the Rules will always apply.

● CLIENT SERVICES 0860 103 933 ● SERVICE@LAHEALTHMS.CO.ZA ● WWW.LAHEALTH.CO.ZA

 LA-Health  LA Health



LA Health Medical Scheme, registration number 1145, is administered by Discovery Health (Pty) Ltd, registration number 1997/013480/07. Discovery Health (Pty) Ltd is an authorised financial services provider.

Chronic Illness Benefit (CIB)

WHAT IS A CHRONIC ILLNESS?

A long-term condition that cannot be cured, but can be treated and managed (e.g., diabetes, heart disease, asthma, COPD, depression, anxiety, hypertension)

WHY IS MANAGEMENT IMPORTANT?

Ongoing treatment is essential to maintain health and avoid costly complications

LA COMPREHENSIVE / LA CORE / LA ENGAGE

- Covers approved medicines for the 26 Prescribed Minimum Benefit (PMB) Chronic Disease List (CDL) conditions
- Full funding for medicine on the Scheme's formulary up to the LA Health Medicine Rate; others up to the monthly Chronic Drug Amount (CDA)
- Covers Additional Disease List (ADL) conditions up to the CDA



LA ACTIVE / LA FOCUS

- Covers approved medicines for the 26 Prescribed Minimum Benefit (PMB) Chronic Disease List (CDL) conditions
- Full funding for formulary medicine; others up to the CDA



LA KEYPLUS

- Covers approved medicines for PMB CDL conditions
- Full funding for formulary medicine; others up to the Reference Price



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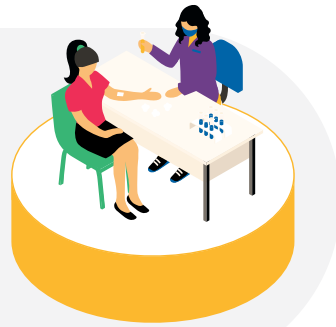


Chronic Illness Benefit (CIB)

ADDITIONAL BENEFITS

TREATMENT BASKETS (ALL BENEFIT OPTIONS)

- Covers approved medicines for Prescribed Minimum Benefit Chronic Disease List conditions
- Full funding for formulary medicines; others up to the Scheme Rate



NETWORK GP REQUIREMENT (LA KEYPLUS)

- Nominate a network GP as your Primary Care doctor
- Full cover for visits to your nominated GP
- A co-payment applies for non-nominated or out-of-network GP visits

ACCESSING THE CHRONIC ILLNESS BENEFIT

APPLICATION PROCESS

Fill out the CIB form with your doctor and submit for review

If your doctor uses HealthID, they can apply online, with your consent

Ensure you meet the entry criteria

Submit all required documents, which may include test results or additional information from your doctor

Once registered for Diabetes, Heart disease, Mental Health or HIV, join the Scheme's Managed Care Programme for additional out of hospital benefits

CONTACT US FOR MORE INFO

TEL: 0860 103 933 | PO BOX: 652509 BENMORE 201 | WWW.LAHEALTH.CO.ZA

Dental Benefits



BASIC DENTAL TRAUMA

Covers any injury to the teeth, gums, jaws, tongue, lips or surrounding structures

LA KeyPlus Not covered

Available in- or out-of-hospital on all benefit options, except LA KeyPlus

Paid up to the LA Health Rate. Joint limit applies per person per year for in- or out-of-hospital care

Specific deductibles apply to the hospital/day clinic account for adults and children

Basket of care for professional fees and the cost and placement of implants, subject to authorisation



MAXILLO-FACIAL SURGERY

An operation to correct a disease, injury or defect of the face, jaw or mouth

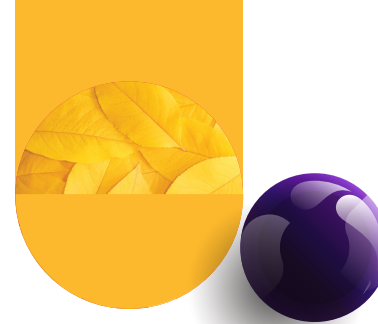
Available on all benefit options.



Paid up to the LA Health Rate
Subject to authorisation and clinical criteria



Dental Benefits

IN-HOSPITAL COVER



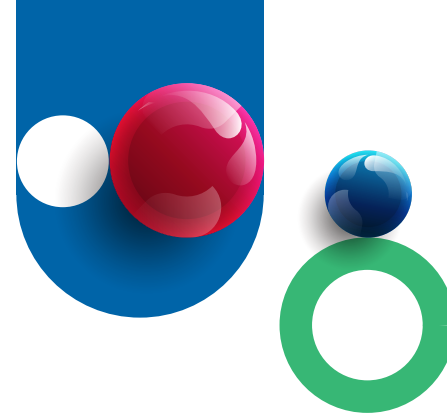
| | LA COMPREHENSIVE | LA CORE | LA ENGAGE | LA ACTIVE | LA FOCUS | LA KEYPLUS |
|---|---|---------|---|---------------------------|----------|----------------------------|
|  <p>SPECIALISED DENTISTRY</p> <p>Braces, dentures, implants, crowns & bridges</p> | Limited and paid up to the LA Health Rate. Specific deductibles apply to the hospital/day clinic account for adults and children. | | | | | Not covered on this Option |
| | Related accounts for dentists, anaesthetists: Covered from the Major Medical Benefit: | | | | | |
| | Subject to joint limit for specialised dentistry (in- and out-of-hospital) | | Basic dental services that form part of the specialised treatment, obtained from a Network Dentist, unlimited, subject to a list of procedures. Related accounts for non-Network dentists, anaesthetists. etc., limited per person per year | | | |
|  <p>BASIC DENTISTRY</p> <p>Routine check-ups, cleaning, fillings, extractions and preventative measures to maintain oral health</p> | Limited and paid up to the LA Health Rate. Specific deductibles apply to the hospital/day clinic account for adults and children. | | | | | Not covered on this Option |
| | Related accounts for dentists, anaesthetists: | | | | | |
| | Subject to joint limit for basic dentistry (in- or out-of-hospital). Paid from Medical Savings or Above Threshold Benefit | | Paid from Medical Savings or Extended Day-to-day Benefit | Paid from Medical Savings | | |





WE'RE IN IT FOR YOUR HEALTH

Dental Benefits

OUT-OF-HOSPITAL COVER



| | LA COMPREHENSIVE | LA CORE | LA ENGAGE | LA ACTIVE | LA FOCUS | LA KEYPLUS |
|---|--|--|---|-----------|--|---|
|  <p>SPECIALISED DENTISTRY</p> <p>Braces, dentures, implants, crowns & bridges</p> | <p>Subject to joint limit for specialised dentistry in- or out-of-hospital. Covered from Medical Savings and Above Threshold Benefit</p> | <p>Covered from Medical Savings or Extended Day-to-day Benefit</p> | | | <p>Paid from MSA. Basic dentistry provided by a dentist in the LA Focus Dental Network as part of the specialised dentistry procedure, paid from Major Medical Benefit</p> | <p>Not covered on this Option</p> |
|  <p>BASIC DENTISTRY</p> <p>Routine check-ups, cleaning, fillings, extractions and preventative measures to maintain oral health</p> | <p>Subject to joint limit for basic dentistry (in- and out-of-hospital). Covered from Medical Savings and Above Threshold Benefit</p> | <p>Covered from Medical Savings or Extended Day-to-day Benefit</p> | <p>Partially covered from the Major Medical Benefit; then from Medical Savings or Extended Day-to-day Benefit</p> | | <p>Paid from Major Medical Benefit if obtained from a Dentist in the DSP Network. Non-DSP services paid from Medical Savings</p> | <p>List of procedures covered at a dentist in the KeyCare Network</p> |



WE'RE IN IT FOR YOUR HEALTH

Maternity benefit

BENEFIT OVERVIEW



COVER

Claims are paid from the Maternity Benefit at the LA Health Rate, does not affect day-to-day limits



AFTER BENEFIT DEPLETION

Costs covered from day-to-day benefits



AFTER DAY-TO-DAY BENEFIT DEPLETION

Paid out of pocket



BENEFIT ACTIVATION

Call 0860 103 933 or visit www.lahealth.co.za to activate



COVER PERIOD

From activation, up to 2 years after birth



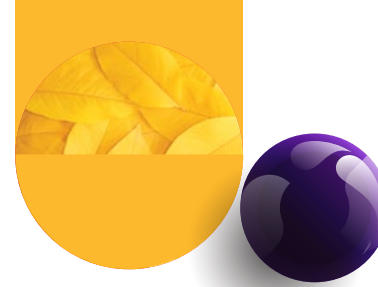
WHAT'S NOT COVERED

- Hospital mother-and-baby packs
- Bed-booking fees
- Lodger or boarder fees if the mother stays longer in the hospital



Maternity benefit

BEFORE THE BIRTH



CONSULTATIONS

- 8 visits to a gynaecologist, GP, or midwife
 - 1 lactation/breastfeeding consultation
 - 1 nutrition assessment after birth
- (LA KeyPlus members must use the services of a Network GP for all GP visits)



BLOOD TESTS

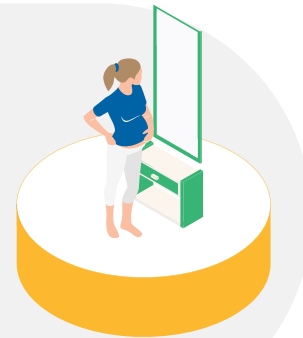
- Pregnancy confirmation
- Syphilis
- Glucose
- Anaemia
- HIV
- German Measles
- Blood cross-matching
- Blood group
- Coombs-Antiglobuli



SCANS AND PRENATAL TESTING

- 2 x 2D ultrasound scans + 1 nuchal translucency test. (3D and 4D scans paid up to the LA Health Rate for 2D scans)
- 1 NIPT or T21 Chromosome Test, if clinically required, paid up to 100% of LA Health Rate

(LA KeyPlus members must use accredited radiologist from LA Health Network for full coverage)



ANTENATAL CLASSES

- 5 pre-natal classes/post-natal consultations with a registered nurse



REGISTER FOR THE MATERNITY BENEFIT AND HAVE CLAIMS PAID BY THE SCHEME.

If you are not registered or the Maternity Benefit is exhausted, claims are paid as follows:

LA KEYPLUS
Limited to available day-to-day benefits

LA FOCUS
Paid from Medical Savings

LA ACTIVE
Paid from Medical Savings and Extended Day-to-day Benefit, if applicable

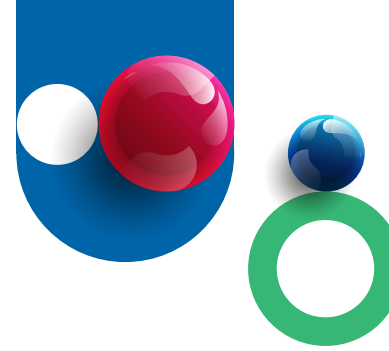
LA ENGAGE
Paid from Medical Savings and Extended Day-to-day Benefit, if applicable

LA CORE
Paid from Medical Savings and Extended Day-to-day Benefit, if applicable

LA COMPREHENSIVE
Paid from Medical Savings or Above Threshold Benefit
Antenatal classes, when the Maternity Benefit for these services is used, limited to R2 175 per pregnancy

Maternity benefit

DURING BIRTH



HOSPITAL STAY

- Covered from Hospital Benefit, up to 100% of LA Health Rate
- To avoid out-of-pocket expenses: make use of the services of a Network Hospital or provider, as required for your benefit option
- Benefits subject to preauthorisation and the Scheme's clinical guidelines

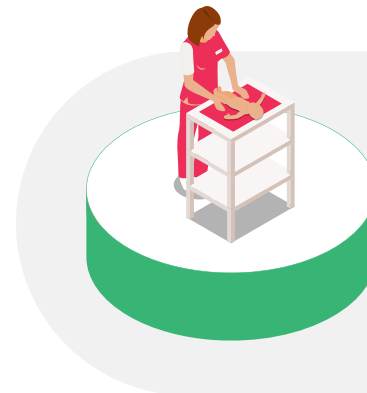
DOULAS

Covered during childbirth (on LA Comprehensive, LA Core, LA Engage, LA Active and LA Focus)



HOME BIRTHS

- Must be provided by a registered midwife with a valid practice number
- Services of a midwife covered for regular home births and water births



WATER BIRTHS

(Covered in- or out-of-hospital)

- Birthing pool must be hired from a provider with a registered practice number



Maternity benefit

AFTER THE BIRTH



COVER FOR THE MOTHER

- 1 GP or gynaecologist consultation
- 1 Nutritional assessment at a dietitian
- 1 Lactation consultation with a registered nurse or lactation specialist

COVER FOR THE MOTHER BEFORE AND AFTER THE BIRTH

- 2 Antenatal classes and/or postnatal visits with a registered nurse
- 2 mental health consultations with a chosen GP, psychologist or counsellor

COVER FOR THE BABY/INFANT

NEWBORN SCREENINGS

- Tests for genetic, metabolic, and endocrine disorders (heel prick test at 48-72 hours)

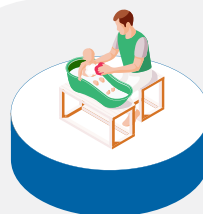


CIRCUMCISION

- Covered if medically necessary (requires pre-authorization)

NEONATAL CARE

- Phototherapy for neonatal jaundice with prior confirmation
- Antiretroviral medication to prevent mother-to-child HIV transmission



EXTENDED BABY CARE

- 2 follow-up consultations for any complications with a GP, gynaecologist or ENT
- Routine check-ups and additional support as needed

Maternity benefit

ACTIVATING YOUR MATERNITY BENEFIT

REGISTER YOUR BABY

- Register within 60 days of birth for continued cover
- Notify your employer to add your newborn to LA Health



CONTACT US FOR MORE INFO:

TEL: 0860 103 933

PO BOX: 652509 BENMORE 2010

WEBSITE: WWW.LAHEALTH.CO.ZA

LA Health Medical Scheme, registration number 1145, is administered by Discovery Health (Pty) Ltd, registration number 1997/013480/07. Discovery Health (Pty) Ltd is an authorised financial services provider.



WE'RE IN IT FOR YOUR HEALTH

Mental wellbeing

MENTAL HEALTH CARE PROGRAMME

The Mental Health Care Programme helps you manage major depression episodes with your healthcare provider, ensures high-quality, coordinated care for the best outcomes

BENEFITS

- Three consultations with your Premier Plus GP (virtual or face-to-face)
- Psychotherapy sessions
- Antidepressant medicine access when enrolled by a Premier Plus GP

HOW TO JOIN

- Once you have given consent, a Premier Plus GP or network psychologist can enrol you via HealthID
- Members on LA KeyPlus must be enrolled by their chosen Premier Plus GP
- Find a provider at www.lahealth.co.za.



PROGRAMME DETAILS

- The programme offers tools and benefits to monitor and manage your condition, with your healthcare provider tracking progress on HealthID
- The Programme runs for six months; extendable to 12 months if clinically needed



DEPRESSION RISK MANAGEMENT PROGRAMME

When we have identified your eligibility with a Mental Wellbeing Assessment, you qualify to be registered on the Depression Risk Management Programme and the Scheme pays for a treatment basket-of-care that includes non-PMB GP and other related benefits



WE'RE IN IT FOR YOUR HEALTH

Mental wellbeing

INTERNET-BASED COGNITIVE BEHAVIOURAL THERAPY (ICBT)

- Provides online tools for mental health management, accessible 24/7
- Focuses on depression, anxiety, resilience, sleep, and stress management
- Includes 24-hour self-harm and suicide support
- Personal supporters to guide you through modules



FUNDING

- Digital Therapeutics funded by Scheme for members on the Mental Health Care Programme
- Referred members who are not on the Programme can fund ICBT through available medical savings

ELIGIBILITY FOR ICBT

- You must register on the Mental Health Care Programme
- If not on the Programme, you can be referred by a GP, psychologist, or psychiatrist
- Must be older than 18 years
- Even if not registered on the Mental Health Care Programme, you have access to certain wellbeing modules via Silvercloud Mental Health Programme



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FOR MORE INFORMATION.



WE'RE IN IT FOR YOUR HEALTH

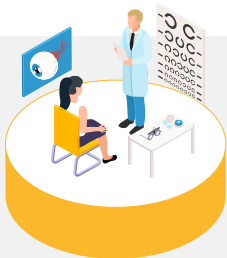
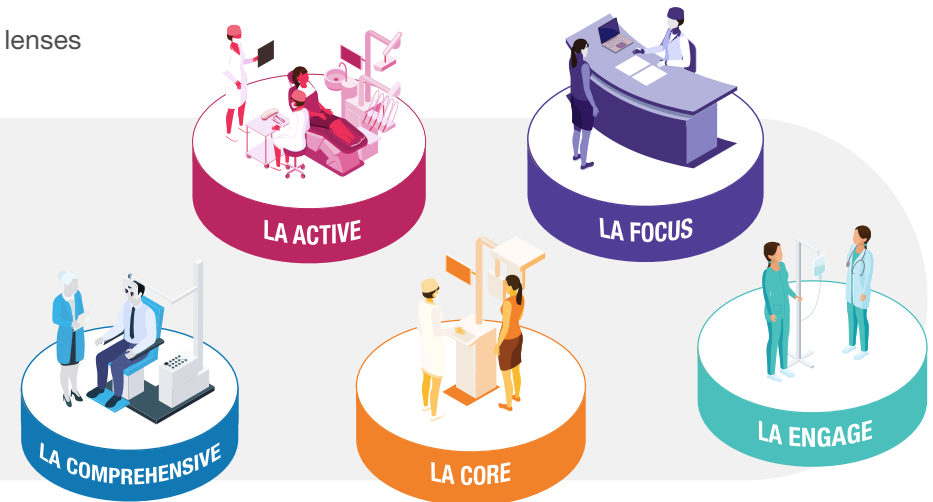
Optical Benefits



OVERVIEW

- Healthcare services related to eye health
- Covers lenses, frames, and contact lenses

- Optometry consultations covered from day-to-day benefits
- Frames, lenses, and contact lenses paid at 100% of the LA Health Rate, within limits
- Up to 20% off frames and lenses at providers in the Discovery Health Optometry Network (excludes contact lenses and professional fees)
- Submit proof of payment for reimbursement, subject to benefit limits
- Find network optometrists at www.lahealth.co.za



OPTICAL SURGERY

- We pay for ophthalmology procedures performed in hospital from your In-hospital Benefit up to 100% of the LA Health Rate. This includes cover for corneal cross linking
- We cover Radial Keratotomy, Excimer laser and refractive eye surgery procedures up to 100% of the LA Health Rate from your day-to-day benefits on all benefit options, except the LA KeyPlus Benefit Option

LA KEYPLUS

- Covers one eye test, one pair of clear mono- or bi-focal glasses per beneficiary every two years
- Includes one basic frame or contact lenses
- Must use KeyCare Network optometrist

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