



Mental Health Benefit

The World Health Organisation defines mental health as a state of wellbeing in which an individual realises his or her own abilities can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

Mental health is fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life.

Fedhealth supports members with mental health conditions by making the following benefits available to members, depending on their option.

Chronic Benefit

Chronic medication for mental health conditions is limited to Prescribed Minimum Benefits on **myFED**. **flexiFED^{savvy}** has a R2 160 benefit for depression (drug list applies), and **flexiFED 1** and **flexiFED 2**, has a R2 400 benefit for depression (drug list applies), while **flexiFED 3** has a R3 300 limit per family for funding of chronic medication for selected non-PMB diagnoses such as depression, anxiety and post-traumatic stress disorder.

Funding of chronic medication for non-PMB mental health conditions on **flexiFED 4**, **maxima EXEC** and **maxima PLUS** to a diagnosis list and chronic limits.

Ambulatory Care Plans

A care plan is a list of the type and number of services that's likely to be needed for management of a diagnosis in an out-of-hospital setting. Fedhealth will cover these costs from members' available Scheme limits, subject to the use of the Fedhealth Network Providers. Once their Scheme limits are used up, further services, as listed in their care plan, will continue to be paid from Risk. To ensure payment from the correct benefit, make sure that every claim sent has an ICD-10 code reflected on it.

The Prescribed Minimum Benefits allow for a combined benefit of up to 21 days in-hospital or up to 15 out-of-hospital psychotherapy sessions for major affective disorders. These out-of-hospital psychotherapy sessions are made available as part of the member's care plan on request from their treating healthcare provider.



CONTACT DETAILS

For more information, please visit fedhealth.co.za, or use the Fedhealth Family Room, WhatsApp service or Fedhealth Member App. You can also call the Fedhealth Customer Contact Centre on **0860 002 153**.

Disease Management
0860 101 306

Europ Assistance
0860 333 432

MVA Third Party Recovery Department
012 431 9718

Fedhealth Baby
0861 116 016