



Optometry benefits explained

Medihelp provides optical benefits in partnership with more than 2 300 optometrists across South Africa. You may visit any optometrist in the Preferred Provider Negotiators (PPN) network.

Avoid co-payments

- Use a PPN optometrist.
- Check available benefits with PPN first.
- Ask for a quote.

Visit www.ppn.co.za to:

- Find the nearest practice.
- Confirm available benefits.
- Submit claims.
- Track the progress of claims.

Contact details

Tel: 086 1103 529 | 086 1101 477 | 041 065 0650
info@ppn.co.za | www.ppn.co.za

You can confirm benefits via SMS

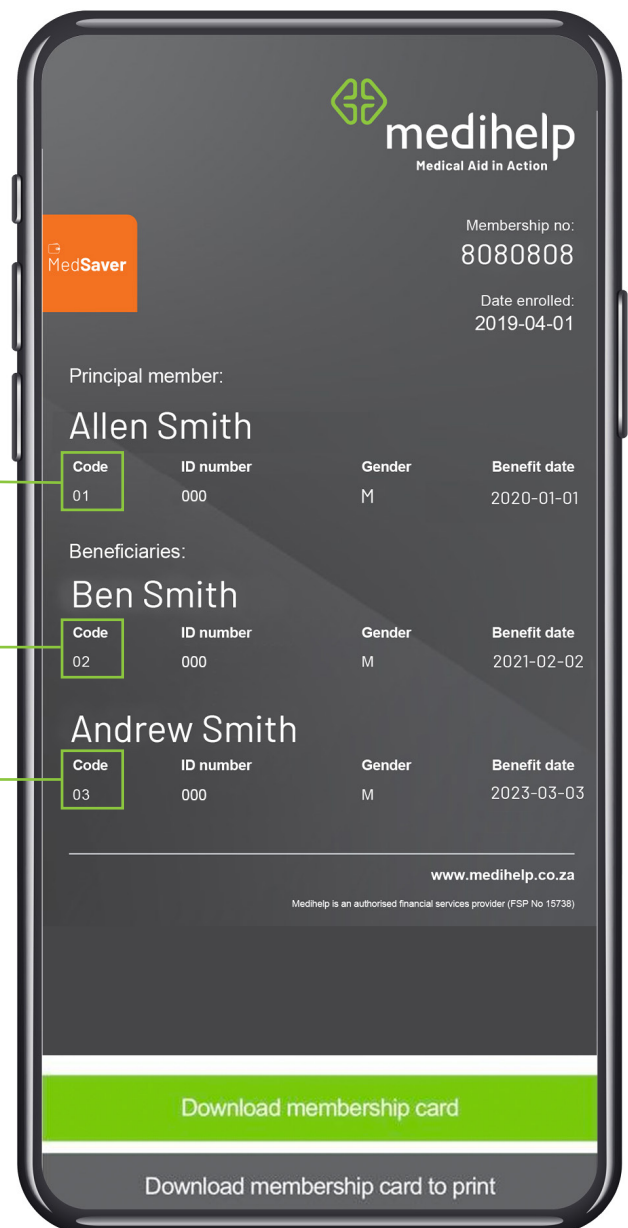
You can send an SMS to 45119 with the following information:

Benefit, membership number, surname, patient's birth date, main member's ID number, **patient's dependant code** (the dependant code is on the membership card), 55.









Example: Benefit 0123456 Botha 19721220 000 0 55

How to submit PPN claims

- Submit your claim via PPN instead of paying cash to get the full benefit of the negotiated network benefit.
- If you are a MedSaver member, you must send your claims to Medihelp.



Benefits

Description	 MedMove!  MedVital	 MedAdd  MedSaver	 MedElect  MedPrime	 MedElite  MedPlus		
Subject to PPN protocols and pre-authorisation - 100% of the MT						
OPTOMETRY <ul style="list-style-type: none"> Eye examination at a PPN network optometrist One composite consultation, including refraction test, tonometry, and visual field test 	One composite examination per beneficiary per 24-month cycle Member pays the first R110	One composite examination per beneficiary per 24-month cycle	One composite examination per beneficiary per 24-month cycle	One composite examination per beneficiary per 24-month cycle	One composite examination per beneficiary per 24-month cycle	One composite examination per beneficiary per 24-month cycle
<ul style="list-style-type: none"> Eye examination at a non-network optometrist 						
Spectacles or contact lenses	This plan does not cover these services	R300 per beneficiary per 24-month cycle	R595 per beneficiary per 24-month cycle	R865 per beneficiary per 24-month cycle	R1 080 per beneficiary per 24-month cycle	R1 080 per beneficiary per 24-month cycle
<ul style="list-style-type: none"> Spectacles <ul style="list-style-type: none"> Frames and/or lens enhancements (at a PPN network optometrist) 		R225 per beneficiary per 24-month cycle	R446 per beneficiary per 24-month cycle	R649 per beneficiary per 24-month cycle	R810 per beneficiary per 24-month cycle	R810 per beneficiary per 24-month cycle
<ul style="list-style-type: none"> Frames and/or lens enhancements (at a non-network optometrist) 		Single vision or bifocal lenses (multifocal lenses paid at the cost of bifocal lenses) per beneficiary per 24-month cycle	Single vision or bifocal lenses (multifocal lenses paid at the cost of bifocal lenses) per beneficiary per 24-month cycle	Single vision or bifocal lenses (multifocal lenses paid at the cost of bifocal lenses) per beneficiary per 24-month cycle	Single vision and bifocal per beneficiary per 24-month cycle R810 for multifocal* lenses per beneficiary per 24-month cycle	Single vision and bifocal per beneficiary per 24-month cycle R810 for multifocal* lenses per beneficiary per 24-month cycle
<ul style="list-style-type: none"> Lenses at a PPN network optometrist One pair of standard clear Aquity lenses 		R215 for single vision lenses R460 for multifocal/bifocal lenses per beneficiary per 24-month cycle	R215 for single vision lenses R460 for multifocal/bifocal lenses per beneficiary per 24-month cycle	R215 for single vision lenses R460 for multifocal/bifocal lenses per beneficiary per 24-month cycle	R215 for single vision lenses R460 for bifocal lenses R810 for multifocal* lenses per beneficiary per 24-month cycle	R215 for single vision lenses R460 for bifocal lenses R810 for multifocal* lenses per beneficiary per 24-month cycle
<ul style="list-style-type: none"> Lenses at a non-network optometrist One pair of standard clear Aquity lenses 		R690 per beneficiary per 24-month cycle	R800 per beneficiary per 24-month cycle	R1 270 per beneficiary per 24-month cycle	R1 780 per beneficiary per 24-month cycle	R1 780 per beneficiary per 24-month cycle
<ul style="list-style-type: none"> Contact lenses (benefits at a network and non-network optometrist) 						

* MedElite and MedPlus: An additional R50 per lens for branded multifocal lenses