

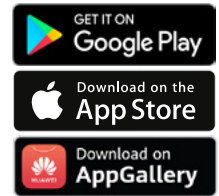


Momentum Health4Me digital solutions

Momentum Health4Me principal members can download and register on the Momentum More Health app, to see how they can experience more health for less. With this app members can:

- View their personal information, as well as available healthcare benefits.
- Access their Momentum Health4Me membership card that can be used as proof of cover.
- Search for and find a provider in their area to access healthcare benefits.
- Talk to a doctor anytime, for free.
- Unlock unlimited Network GP visits.
- Access coach in your pocket, which will allow members to view and manage their health profile and benefits.
- Authenticate and pre-authorise healthcare benefits easily.
- Engage with wellness experts through the Employee Assistance Programme and coaching services.

If you experience difficulty registering as a user on the app, WhatsApp or call us on **0860 10 29 03**



With Hello Doctor, Momentum Health4Me members can talk to a doctor on their phone, anytime, anywhere and in any language - for **FREE**. Members can:

- Speak to a doctor over the phone, or chat via text.
- Request a call back.
- Receive monthly email check-ups that provide the latest health trends and advice.

Contact Hello Doctor via USSD on your cellphone: **\*120\*394\*120#** (no airtime needed)



**Need assistance?**

Chat to us via WhatsApp on **+27 860 10 29 03**

Available Monday to Friday from 7:30 to 19:00; and

Saturdays from 8:00 to 13:00

