



MyHealth 100 Saver 2026

Adults

R3 706

Minor dependents

R559

Benefits Overview

HOSPITALISATION

At Life Health, Mediclinic or Netcare hospitals and any doctor/specialist of your choice

MEDICAL SAVINGS ACCOUNT

MAJOR MEDICAL ILLNESS

PREVENTATIVE VACCINATIONS AND PREVENTATIVE CARE

GP VISITS

Up to four GP visits per minor beneficiary and two GP visits per adult per year, thereafter, payable from MSA

GYNAECOLOGICAL VISITS

ANTENATAL CONSULTATIONS

MAMMOGRAMS

RADIOLOGY

DENTISTRY

PATHOLOGY

In- and out-of-hospital

OPTOMETRY

For minor dependents



Medical Savings Account

R4 560 per adult and R720 per minor beneficiary
Pro-rated and advanced annually

In-Hospital Cover



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Overall annual limit Benefits must be authorised	Unlimited authorised admission to hospital.
Hospital accommodation Ward fees, operating theatres, unattached theatres and day hospitals	Up to 100% of the CMP tariff or Agreed Tariff in intensive care, specialised intensive care, high care and general wards.
Emergency room treatment Outpatient services	Two visits per family, per annum, thereafter payable from MSA – except for PMBs.
Hospitalisation/institutionalisation for the treatment of mental illnesses, and alcoholism and drug addiction	Payable from MSA – except for PMBs.
Treatment in lieu of hospitalisation Registered step-down facilities, hospices, registered nurses and rehabilitation centres when hospitalisation is not clinically appropriate	100% of the CMP tariff for hospices and registered nurses, limited to 15 days per beneficiary per year.
Emergency services Provided by a registered ambulance service	100% of the CMP tariff – except for PMBs.
Blood transfusions In-hospital	100% of cost, up to 100% of the CMP tariff.
Materials and devices Used in-hospital	100% of cost, up to the SEP/Agreed Tariff/pre-authorised tariff.
Medicines Dispensed and used in-hospital	100% of cost, up to the SEP for approved medicines.
Supplementary services Refer to page 12 for more information	100% of the CMP tariff.
Joint replacements	We only cover hip and knee replacement procedures if they qualify as a PMB.
Consultations, procedures and operations performed by General Practitioners	100% of the CMP tariff.
Consultations, procedures and operations performed by registered medical specialists Written referral required	100% of the CMP tariff.
Laparoscopic and endoscopic procedures performed in hospital Written referral required	100% of the CMP tariff with a co-payment of R1 500 per scope used, per procedure.

CONSULTATIONS AND PROCEDURES

General Practitioner consultations and procedures Any procedure performed by a General Practitioner requires pre-authorisation	Up to four GP visits per minor beneficiary and two GP visits per adult beneficiary . GP visits are at 100% of the CMP tariff, thereafter payable from MSA – except for PMBs.
Registered medical specialist consultations and procedures Written referral required	Payable from MSA – except for PMBs.
Laparoscopic and endoscopic procedures Written referral required	100% of the CMP tariff with a co-payment of R1 500 per scope used, per procedure.
Supplementary services e.g. physio-, occupational- and speech therapists, and dieticians	Payable from MSA – except for PMBs.
Vaccinations Preventative vaccinations for minor beneficiaries 12 years and under	Limited to R1 039 per minor beneficiary, per year, to the maximum of the SEP, thereafter payable from MSA.
Gynaecologists	One visit per female beneficiary per year at 100% of the CMP tariff.

DENTISTRY, ORTHODONTICS AND ORAL SURGERY

General dental practitioner consultation	100% of the CMP tariff, limited to R708 per beneficiary per year, thereafter payable from MSA – except for PMBs.
General dental practitioner procedures In-hospital, and according to Dental Protocols	100% of cost, up to 100% of the CMP tariff for procedures and operations which require hospitalisation – except for PMBs.
Orthodontic treatment	Payable from MSA.
Maxillo-facial surgeons In-hospital procedures Written referral required	100% of the CMP tariff – except for PMBs.
Maxillo-facial surgeons and orthodontists Dental implants, general dental treatment, orthodontic treatment, orthognathic procedures, periodontic and prosthodontic treatment, and according to Dental Protocols	Payable from MSA.

Additional Medical Cover



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MATERNITY AND PAEDIATRICS

Maternity confinements

Birth or delivery

100% of the CMP tariff (only medically necessary caesareans are covered) – except for PMBs.

Antenatal consultations and foetal scans

In- or out-of-hospital

Provided by a registered gynaecological or radiology practice

100% of the CMP tariff, limited to R3 065 per family per year, thereafter payable from MSA – except for PMBs.

Paediatrician consultations

100% of the CMP tariff, limited to R1 224 per child per year, thereafter payable from MSA – except for PMBs.

Paediatrician procedures and operations

100% of the CMP tariff.

DIAGNOSTICS – X-RAYS, RADIOLOGY AND PATHOLOGY

Radiologist procedures

Angiograms, CT scans, duplex doppler scans, interventional radiology, MRI scans and nuclear medical investigations
Written referral required

100% of the CMP tariff, limited to R16 027 per beneficiary per year, with a co-payment of R1 700 per event (on all procedures). Thereafter payable from MSA – except for PMBs.

Black and white x-rays

In-hospital

100% of the CMP tariff.

Black and white x-rays

Out-of-hospital

Payable from MSA – except for PMBs.

Mammograms

Provided by a registered radiology practice

100% of the CMP tariff, with a co-payment of R300, per female beneficiary over the age of 44 years, once every 24 months, limited to R2 064. Thereafter payable from MSA – except for PMBs.

Bone density benefit

Provided by a registered radiology practice

100% of the CMP tariff, per beneficiary, over the age of 50, once every five years. Thereafter payable from MSA – except for PMBs.

Pathology services

In- and out-of-hospital

With Pathcare and Lancet Laboratories and must be SANAS-accredited
Written referral required

In-and out-of-hospital pathology is covered as long as you use Pathcare or Lancet Laboratories, who are SANAS-accredited.

Out-of-hospital pathology is limited to R5 195 per family per financial year.

In-hospital pathology services performed by a service provider other than Pathcare or Lancet Laboratories will only be covered from your insured benefits during the first 24 hours of an emergency admission, and only when approved by CMP and performed by a SANAS-accredited pathologist.

PROSTHESES, DIALYSIS, ORGAN TRANSPLANTS AND ONCOLOGY (MUST BE AUTHORISED)

Prostheses and implants excluding hearing devices and dental implants Refer to Prostheses and Implants price list on page 11.	If introduced internally as an integral part of an operation, 100% of the cost, limited to R58 743 per beneficiary per year.
External prostheses and surgical appliances	100% of cost, payable from MSA – except for PMBs.
Chronic renal dialysis	Provided that PMB level of care criteria are met, covered at 100% of the CMP tariff.
Organ transplants	Provided that PMB level of care criteria are met, covered at 100% of the CMP tariff.
Oncology treatment	Provided the formularies and treatment protocols of CMP and the SA Oncology Consortium's (SAOC) tier guidelines are applied in accordance with an agreed treatment plan, covered at 100% of the CMP tariff, as per the SAOC's Primary Level of Care treatment guidelines.
Anti-emetics, vitamins and cosmetic and prosthetic appliances forming part of oncology treatment	Payable from MSA – except for PMBs.

PRESCRIBED MEDICATION

Chronic medication Subject to authorisation	100% of cost, to a maximum of SEP, plus the agreed Preferred Provider dispensing fee.
Conditions covered by the chronic medicine benefit	Refer to the chronic medicine benefit under additional notes and terminologies on page 8.
Acute medication	100% of cost to a maximum of SEP, plus the agreed Preferred Provider dispensing fee. Limited to R871 per family, thereafter payable from MSA – except for PMBs.
Take-home medication	Payable from MSA – except for PMBs.

SPECTACLES, CONTACT LENSES AND SUPPLEMENTARY SERVICES

Optometrist	Minor beneficiaries are entitled to one visit to an optometrist per financial year, payable at the CMP rate. Limited to R520 per beneficiary per year.
Spectacles and contact lenses	100% of cost, payable from MSA – except for PMBs.
Supplementary services Refer to additional notes and terminologies	100% of cost, payable from MSA – except for PMBs.

What Doesn't CMP Cover?



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As with any medical scheme, we are unable to cover certain procedures, products and services. These are listed as exclusions across all our products and may never be paid for from insured benefits, subject to PMB rules. They may, however, be paid for from the MSA if funds are available. The following exclusions apply:

- COVID-19 testing for travel or leisure purposes
- Blepharoplasties, or any procedure to correct eye refraction errors including, but not limited to an excimer laser/Lasik
- Treatment for sexual dysfunction (male and female)
- Infertility treatment, unless authorised within PMB level of care criteria
- Breast reductions, including scar revision, Botox, breast augmentation and gynaecomastia
- Mammaprint genetic testing and any other type of genetic testing
- Non-diseased breast reconstruction, nipple reconstruction and symmetry, unless authorised within PMB level of care criteria
- Any cosmetic surgery
- Long-term nursing care (such as frail care nursing)
- Non-PMB treatment relating to alcohol or substance abuse, wilful self-injury or attempted suicide
- Non-PMB psychological and psychiatric treatment, including sleep studies
- Treatment and/or surgery for obesity
- Educational and group therapy
- Protective gear
- Treatment relating to or forming part of organ transplants that does not fall within the PMB level of care criteria
- Non-PMB external devices (including crutches, commodes, nebulisers, pronator boots, bed pans, raised toilet seats, wheelchairs, and CPAP machines)
- Non-PMB hearing devices and cochlear implants (or the maintenance thereof)
- Artificial and synthetic blood products
- Dental implants, orthodontic treatment, prosthodontic treatment, orthognathic procedures, periodontic treatment

What Doesn't CMP Cover?

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- General dentistry performed under general anaesthetic or conscious sedation for minor beneficiaries over the age of 7 years
- Experimental or unproven treatments, procedures, devices, unregistered medicines and Section 21 medicines, as per the Medicines Control Council
- Household medicinal remedies, contraceptives, patent medicines, non-ethical and all proprietary preparations (including vitamins, supplements, minerals, medical creams, soaps, shampoos, and laxatives)
- Medical examinations for insurance, school, association, emigration, visa, employment or other applications
- Any treatments or costs not specifically provided for
- Deep brain implants for medical and surgical conditions
- Internal nerve pain stimulators for medical and surgical conditions – this includes both temporary and permanent implants
- Hip and knee replacements will be limited to PMBs on the MyHealth 100 Saver plan



Important Notes



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Agreed tariffs

CMP has negotiated fixed tariffs with the major hospital groups in South Africa, namely Life Healthcare, Mediclinic and Netcare. These agreed tariffs, which are not necessarily linked to the CMP tariff, are applicable to all CMP members requiring hospitalisation. There are a few specific hospitals that don't fall into these major groupings and in those instances, claims will only be paid at the CMP tariff, which may result in payment shortfalls.

Chronic Medication benefit

Conditions that are covered on the chronic medicine benefit and make up our Chronic Disease List (CDL) are:

- Addison's Disease
- Anti-coagulating therapy
- Asthma
- Bipolar Mood Disorder
- Bronchiectasis
- Cardiac failure
- Cardiomyopathy
- Chronic Obstructive Pulmonary Disease
- Chronic Renal Disease
- Coronary Artery Disease
- Crohn's Disease
- Cushing's Disease
- Diabetes Insipidus
- Diabetes Mellitus Type 1 & 2
- Dysrhythmias
- Epilepsy
- Glaucoma
- Haemophilia
- HIV
- Hyperlipidaemia
- Hypertension
- Hypothyroidism
- Rheumatoid Arthritis/Juvenile Rheumatoid Arthritis
- Multiple Sclerosis
- Parkinson's Disease
- Schizophrenia
- Systemic Lupus Erythematosus
- Ulcerative Colitis

Access to the Chronic Medication benefit is subject to registration and authorisation. To register for the Chronic Disease Management programme, please contact our Customer Care division at 021 937 8300 or email chronic@cmp.co.za.

Claims

All claims must be submitted within four months of the date of treatment. In order for members to claim reimbursement from CMP, the service provider must have an active Board of Healthcare Funders (BHF) practice number.

CMP tariff

This tariff represents the maximum amount CMP will pay to service providers on behalf of its members. The 2026 CMP tariff is the 2025 CMP tariff + 3.9%.



Co-payments

In some cases, a specific pre-determined amount of the cost of the procedure or service in question will be for members' own account, as per our benefit rules. A co-payment is not the same as a payment shortfall.

Day-to-day benefits

In addition to in-hospital benefits and an MSA, MyHealth 100 Saver beneficiaries are allocated built-in, fixed and specified annual day-to-day benefits:

- Two GP visits per adult beneficiary and four GP visits per minor beneficiary
- One gynaecology visit per female beneficiary
- Antenatal consultations
- Paediatric benefit
- One optometrist visit per minor beneficiary per year
- Separate dental cover
- Acute medicine benefit
- Two emergency room visits per family

Unlike the MSA, any remaining built-in day-to-day benefits are not carried over to the following year.

Dental procedures (in- and out-of-hospital)

Dental work is only covered as per the CMP Dental Protocol.

Emergency services

If you need the use of emergency road transport services, you must obtain authorisation within 72 hours of the event and the service must be provided by a registered service provider.

Any airlifting services must be pre-authorised prior to take off, and there must be proof of a life-threatening emergency.

In-excess tariffs

If a service provider charges in excess of the CMP tariff.

Medical emergency

The sudden, unexpected onset of a health condition that requires immediate medical attention. Where treatment is not available, the condition could result in serious harm or even death.

Important Notes



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Medical Savings Account (MSA)

MyHealth 100 Saver members contribute to a compulsory MSA each month via their monthly contributions. The entire savings amount, which is equivalent to 12 monthly contributions, is pre-funded at the beginning of each year. The MSA will accrue interest.

The MSA may not be used to pay for PMBs or to offset contributions. If a member transfers to or from another medical scheme, the savings will be transferred accordingly. If a member resigns before the end of the year and has used the full pre-funded amount, **CMP will claim back the portion of savings owing for the rest of the year.** If a member dies, any savings will be transferred to the deceased member's estate.

Payment of benefits

If a member requests that benefits are paid directly to them, we will oblige at our discretion. CMP reserves the right to withhold payment of claims referred to the HPCSA for investigation.

Payment shortfalls

When there are not enough insured benefits or savings to pay for a medical account, the amount owing is called a payment shortfall. This often happens when a service provider charges more than what a member's product provides for. A shortfall may be paid from a member's savings account (MSA). However, if savings are depleted, members become personally liable for the amount. A payment shortfall is not the same as a co-payment.

Prescribed Minimum Benefits (PMBs)

PMBs are the minimum benefits that all medical schemes are legally required to cover so that members are always covered in life-threatening situations. A set of about 270 medical conditions, 29 chronic conditions and all genuine emergency medical conditions are classified as PMBs.

To ensure payment of PMB claims, PMB treatment must conform to CMP's formularies and protocols, and all ICD-10 and PMB codes must be recorded on a claim.

CMP reserves the right to investigate all PMB claims, and to request supporting documentation. PMBs will be paid in accordance with current legislation if services are obtained from a Preferred Provider, or involuntarily obtained from any other service provider. This condition is subject to pre-authorisation, as well as rules 18.9 and 18.10 of the full benefit sets.

Pro-rated benefits

Any member who joins CMP after 1 January will receive out-of-hospital benefits (day-to-day benefits/pool and savings) in proportion to the number of contributions they will pay for the remainder of the year.

Prostheses and implants

If introduced internally as an integral part of an operation, 100% of the cost, limited to R58 743 per beneficiary per year.

PROSTHETIC AND IMPLANTS PRICE LIST – cover is subject to these limits	
DEVICE	SUB-LIMIT
Cardiac stents	R18 357 per stent
Trans-vaginal tape	R12 548
Intra-ocular lenses	R3 685 per lens
Patches used in incisional hernia repairs	R5 018
Patches used in groin hernia repairs	R1 681
Pacemakers, including leads	R58 743
Joint replacements	R58 743
Bi-lateral joint replacements	R117 486

Referral of accounts

If an account submitted to CMP appears to be invalid for whatever reason, we reserve the right to scrutinise the account and, if necessary, take further action on a member's behalf. If necessary, the account will be referred to the HPCSA for further investigation. Until the grievance is resolved, CMP may withhold payment of that claim.

Referral to a specialist

In the interests of better co-ordinated care and the management of costs, members must have a written motivation from preferably their general practitioner (GP) or family physician before seeing a specialist, should they require any form of hospitalisation or procedure.

Important Notes



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Registered practitioner

A registered practitioner is one who is registered with the Health Professionals Council of South Africa (HPCSA). The HPCSA is a statutory body established to serve and protect the public and provide guidance to registered healthcare practitioners and medical schemes. Cover is subject to instruction by a HPCSA-registered medical practitioner (including a paramedic). Cover is subject to services received from registered medical specialists, limited to anaesthetists, dermatologists, gynaecologists, paediatric cardiologists, paediatric surgeons, cardiothoracic surgeons, general surgeons, neurologists, neurosurgeons, otorhinolaryngologist (ear, nose and throat specialists), urologists, clinical haematologists, gastroenterologists, nuclear medicine practitioners, ophthalmologists, orthopaedic surgeons, physicians, plastic & reconstructive surgeons, and pulmonologists.

Single Exit Price (SEP)

A SEP is the price charged for drugs by drug manufacturers to service providers (pharmacies, hospitals and practices, for example). This price, as well as the dispensing fee charged by service providers, is regulated by government.

Supplementary services

This includes aromatherapists, chiropodists, chiropractors, dieticians, hearing aid acousticians, homeopaths, herbalists, naturopaths, occupational therapists, orthotists, orthoptists, physiotherapists, podiatrists, psychiatrists, psychologists, physical medicine practitioners, reflexologists, social workers, speech therapists and sexologists. **Separate authorisation is required for these services in-hospital.**

Written referral

This is a referral from a registered General Practitioner or family physician. The referral must be in the form of a clinically appropriate medical report/referral letter. This report must indicate why a beneficiary needs to be referred, what conservative treatment has been followed and the beneficiary's recent medical history. This is in accordance with rule 18.11.