



NEWSFLASH

Your Momentum Health 2027 Update

Benefit and contribution changes for 2027

7.9%

Weighted Average Increase



FINDING A BETTER WAY

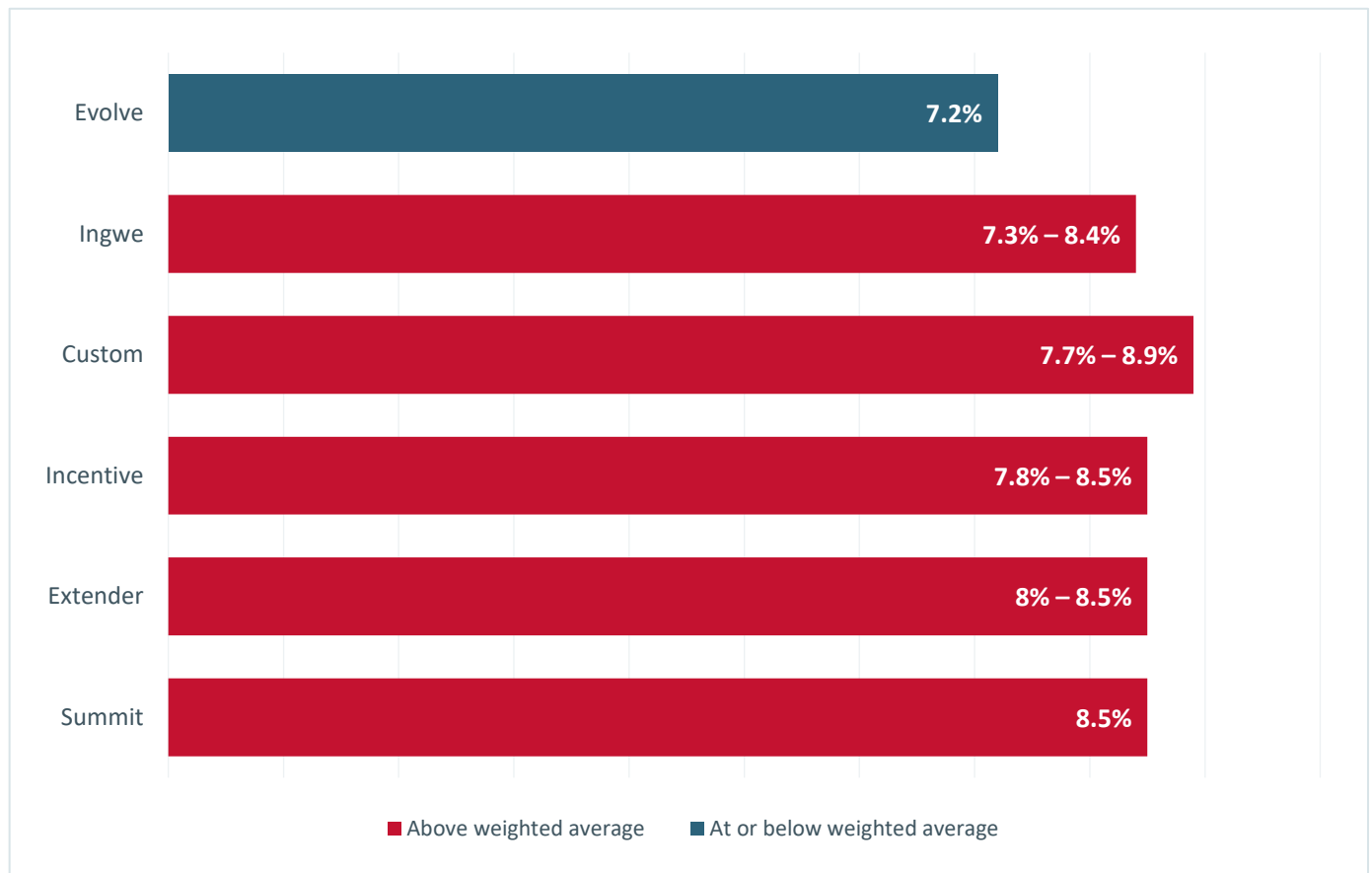
Momentum Health *increases*

7.9%

Weighted average

Welcome to your Momentum Health 2027 update. Momentum Health has announced a weighted average contribution increase of 7.9% for 2027, under the launch theme “The Momentum Within”, which focuses on rewarding positive habits.

INCREASE PER OPTION | 2027


8.9%

Highest increase
Custom Option (top of range)

7.2%

Lowest increase
Evolve Option

6

Options repriced
Increases range from 7.2% to 8.9%



Evolve (7.2%) is the only option with an increase fully below the 7.9% weighted average. Where an option shows a range, check the contribution tables for your plan.

Benefit updates for 2027

MEDICAL SCHEME BENEFIT CHANGES

2027 theme “The Momentum Within”: the thousands of small moments that create long-term health.



Evolve Option enhancement

More GP consultations have been added to the Evolve Option to improve access to primary care.



Limit adjustments

Inflationary increases have been applied to annual limits across all benefit categories to protect against rising medical costs.



Income band adjustments

Income thresholds for the Ingwe and Custom options have been adjusted to account for salary inflation.



Digital health

A major overhaul of the Momentum app gives easier access to virtual care, real-time health information and integrated coaching.

MOMENTUM MULTIPLY: “KNOW IT. OWN IT.”

Multiply 2027 sees a massive expansion in lifestyle rewards and health-tracking flexibility.



New Active Dayz options

A new 90-minute low-intensity workout category (ideal for cycling or long walks). Up to two of these count toward your Weekly Wins.



Coaching programmes

Professional Eat coaching (personalised meal plans) and Sleep coaching, led by specialist Dr Alison Bentley.



The Wellness Combo

A R5 000 package (retail value R7 300) including a DNA test, a Danni Health consultation and Tailorblend supplements.



Clicks and Dis-Chem

Members no longer have to choose between the two – rewards are now earned at both at the same time.



Higher retail spend limits

Monthly Clicks spend limits have increased: main member R1 700, adult dependant R800 and child R250.



New partners

High-discount partnerships with brands like The North Face, Hi-Tec, Tshepo, GalxBoy and Body20 (up to 80% off).



More health, for more people, for less: Momentum’s 2027 objective, delivered primarily through digital innovation and expanded coaching services.

Momentum Health *contributions*

Monthly contributions for 2027

INGWE OPTION | INCOME-BASED

Income band	Hospital provider	Chronic / day-to-day provider	Monthly contribution		
			Principal	Adult	Child
R0 – R1 600	Connect Network	State	R1 158	R1 158	R323
	Ingwe Network	Ingwe Primary Care Network	R699	R699	R629
	Any Hospital	Ingwe Active Network	R699	R699	R699
R1 601 – R9 800	Connect Network	State	R1 344	R1 344	R352
	Ingwe Network	Ingwe Primary Care Network	R1 537	R1 537	R703
	Any Hospital	Ingwe Active Network	R1 998	R1 998	R793
R9 801 – R13 100	Connect Network	State	R1 755	R1 755	R438
	Ingwe Network	Ingwe Primary Care Network	R1 957	R1 957	R734
	Any Hospital	Ingwe Active Network	R2 794	R2 794	R845
R13 101 – R18 850	Connect Network	State	R1 892	R1 892	R470
	Ingwe Network	Ingwe Primary Care Network	R2 689	R2 689	R791
	Any Hospital	Ingwe Active Network	R3 805	R3 805	R887
R18 851 – R24 500	Connect Network	State	R3 080	R3 080	R700
	Ingwe Network	Ingwe Primary Care Network	R3 858	R3 858	R1 136
	Any Hospital	Ingwe Active Network	R4 884	R4 884	R1 418
R24 501+	Connect Network	State	R3 543	R3 543	R805
	Ingwe Network	Ingwe Primary Care Network	R3 873	R3 873	R1 141
	Any Hospital	Ingwe Active Network	R4 905	R4 905	R1 422

EVOLVE AND SUMMIT OPTIONS

Option	Hospital provider	Chronic / day-to-day provider	Principal	Adult	Child
Evolve Option	Evolve Network	State	R2 176	R2 176	R2 176
Summit Option	Any Hospital	Freedom of Choice	R17 870	R14 187	R4 075



How to read this

Principal = main member. On the Ingwe Option, your contribution depends on your monthly income band and the hospital and chronic / day-to-day provider network you choose. All amounts are monthly contributions for 2027.

Momentum Health *contributions*

Monthly contributions for 2027

CUSTOM OPTION

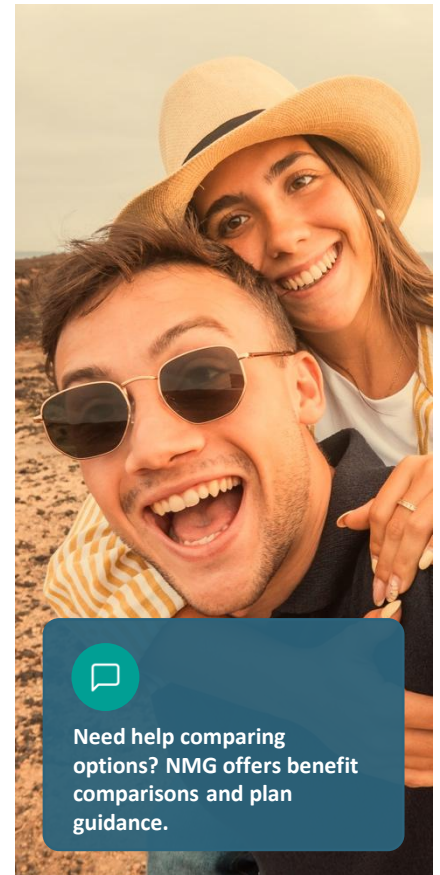
Hospital provider	Chronic / day-to-day	Principal	Adult	Child
Any Hospital	Any	R4 852	R3 894	R1 732
	Associated	R4 258	R3 327	R1 548
	State	R3 556	R2 684	R1 303
Associated Hospital	Any	R4 068	R3 210	R1 434
	Associated	R3 591	R2 785	R1 269
	State	R2 789	R2 110	R988

INCENTIVE OPTION | 10% SAVINGS

Hospital provider	Chronic / day-to-day	Principal	Adult	Child
Any Hospital	Any	R6 543	R5 317	R2 551
	Associated	R5 549	R4 448	R2 180
	State	R4 510	R3 553	R1 783
Associated Hospital	Any	R5 787	R4 658	R2 163
	Associated	R5 099	R4 054	R1 937
	State	R3 627	R2 862	R1 391

EXTENDER OPTION | 25% SAVINGS

Hospital provider	Chronic / day-to-day	Principal	Adult	Child
Any Hospital	Any	R12 448	R10 025	R3 571
	Associated	R10 888	R8 769	R3 132
	State	R9 741	R7 996	R2 859
Associated Hospital	Any	R10 945	R8 816	R3 099
	Associated	R9 811	R7 896	R2 821
	State	R8 576	R6 505	R2 523



Children

On the Evolve, Custom, Incentive, Extender and Summit Options, a maximum of 3 children are charged for. On the Ingwe Option, all children are charged for.



Our consultants are fully accredited with the FSCA, the Council for Medical Schemes and your medical scheme.

We recommend that you consult with NMG and review the detailed medical scheme brochures when selecting a plan or making a plan change.

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NMG Employee Benefits (Pty) Ltd – FSP 33426 and Co reg number: 2007/025310/07

NMG Consultants and Actuaries Administrators (Pty) Ltd – FSP 33424 and Co reg number: 1993/07696/07

NMG Consultants and Actuaries (Pty) Ltd – FSP 12968 and Co reg number: 1979/001308/07

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