December 2025

Dear Healthcare Professional

Implementation of funding for a basket of care for in-hospital depression admissions in psychiatric facilities – effective 1 January 2026

To ensure members have access to clinically appropriate care during mental health admissions, Discovery Health will introduce funding for a structured basket of care (BoC) for all in-hospital depression admissions at psychiatric facilities. This will take effect from 1 January 2026 for all medical schemes administered by Discovery Health.

The updated funding basket has been meticulously crafted to conform to current best practices and evidence-based clinical guidelines. It ensures that funding reimbursement is allocated for all services relevant to the diagnosis and supportive of achieving the intended outcomes of in-patient psychiatric treatment.

Overview of the basket of care

The basket of care (BoC) funding for depression admissions is designed to support only those services that are clinically recognised as essential to the management of depression during hospitalisation. This policy applies to:

- Prescribed Minimum Benefit (PMB) admissions for depression in psychiatric facilities
- The associated annual 21-day admission limit

The funding for this basket of care does not reset with each new admission; the limits are renewed annually.

Healthcare professionals included in the basket of care

The following healthcare professionals are funded:

- Psychiatrists
- General Practitioners (GPs)
- GP Anaesthetists/Anaesthetists
- Psychologists
- Occupational Therapists
- Social Workers
- Registered Counsellors
- Physiotherapists
- Dietitians
- Biokineticists (limited to group sessions)

Specialist physicians have also been included for a one-off consultation on diagnosis or clinical evaluation.

Discovery Health (Pty) Ltd. Registration number: 1997/013480/07. An authorised financial services provider and administrator of medical schemes.
1 Discovery Place, Sandton, 2196 | www.discovery.co.za

Directors: Dr A Ntsaluba (Chairperson), Dr J Broomberg, F Chothia*, R Farber, B T P K M Gamedze, A Gore, F N Khanyile, K D Klintworth, Dr R N Noach, N Pitje*, R M Whelan*, (*Executive).
Company Secretary: A C Ceba.

Services included in the basket of care

The following categories of services are included within the depression basket of care:

- **Pathology investigations**
- **Consultations**
- **Psychotherapy**
- **Electroconvulsive therapy (ECT)**
- **Repetitive transcranial magnetic stimulation (rTMS)**
- **Allied, therapeutic and psychology consultations**
- **Additional investigations**

See detailed annexure with quantity limits per service and included healthcare professional groups.

Exception process

Requests for services or interventions outside of the depression funding basket of care will be considered through an exception review process.

The ***admitting*** healthcare professional may request an exception by using the Depression Admission Request for Additional Services form. This can be emailed to **psychmanagement@discovery.co.za** and must include a clinical rationale for the requested services.

Discovery Health's clinical review team will assess these funding requests on a case-by-case basis.

Claims submitted outside of the defined BoC, without prior exception approval, will be funded from next available day-to-day benefits or, if depleted, the member's own pocket.

Coding and diagnostic reclassification

Should a different condition become the primary clinical diagnosis during a member's admission, the primary diagnosis must be updated immediately with us by sending the updated diagnosis to psychmanagement@discovery.co.za.

Please include the updated diagnosis on the claim submission. Funding will then match the relevant diagnostic category and care basket to allocate benefits appropriately.

The basket of care will apply to all in-hospital admissions for depression in a psychiatric facility from 1 January 2026 onwards. We appreciate your collaboration in ensuring that our members continue to receive evidence-based, high-quality care.

You can access a recording of the In-hospital Depression Funding Basket of Care webinar here.

Regards



Darren Sweidan
Head: Health Professional Unit
Strategic Risk Management
Discovery Health

Annexure

Quantities within the basket of care funding do not replenish on each admission, but represent the yearly allocation.

Healthcare professional group	Codes	Quantity
Consults/Consultations		
Psychiatrist	0161 or 0162 or 0163 or 0164 or 0166 or 0167 or 0168 or 0169 and 0129 and 0145 and 0146 and 0147	Maximum of 22 *(add on codes (for an extended consult) are subject to existing claims rules)*
Psychiatrist, GP	0190 or 0191 or 0192 or 0193 or 0109 or 0173 or 0174 or 0175 and 0129 and 0145 and 0146 and 0147	
Specialist physician	0190 or 0191 or 0192 or 0193 or 0109 or 0173 or 0174 or 0175 and 0129 and 0145 and 0146 and 0147	Maximum of 1
Psychotherapy		
Psychiatrist, GP*	2957 or 2958 or 2962 or 2963 or 2973 or 2974 or 2975 or 2976 or 2977	Maximum of 21
Electroconvulsive therapy (ECT)		
Psychiatrist	2970	Maximum of 6
GP AN, Anaesthetist	0151 or 0152 or 0153 and 2970 and RAm01.0023 and RAm01.0036 and 0109	
Repetitive transcranial magnetic stimulation (rTMS)		
Psychiatrist	2948 or 2949 or 2950	Maximum of 33
Consultations: Allied, therapeutic and psychology		
Psychologists *Individual or family: Psychology assessment, consultation, counselling and/or therapy*	Duration based: 86200 or 86201 or 86202 or 86203 or 86204 or 86205 or 86206 or 86207 or 86208 or 86209 or 86210 or 86211	Maximum of 22 *(add on codes (for an extended consult) are subject to existing claims rules)*
Occupational therapist *Codes in the data include assistive device consults/wood leather used in therapy*	66108 and 66109 and 66501 and 66201 or 66203 or 66205 or 66207 or 66209 or 66211 and 66303 and 66309 or 66311 or 66313 or 66315 or 66317 or 66319 and 66401 and 66431 and 66901 and 66902 and 66903 and 66904 and 66905 and 0201	Maximum of 10
Social worker *Individual: Social worker consultation, counselling and/or therapy*	Duration based: 89200 or 89201 or 89202 or 89203 0r 89205 or 89206 or 89207 or 89208 or 89209 or 89210 or 89211	Maximum of 11
Registered counsellor *Registered counsellor consultation, counselling and/or therapy*	Duration based: 81300 or 81301 or 81302 or 81303 or 81304 or 81305 or 81306 or 81307 or 81308	Maximum of 10
Physiotherapist *Individual: Treatment*	72301 and 72302 and 72303 and 72304 and 72307 and 72309 and 72314 and 72315 and 72318 and 72319 and 72321 and 72323 and 72325 and 72327 and 72328 and 72001 and 72005 and 72006 and 72007 and 72103 and 72105 and 72107 and 72401 and 72405 and 72407 and 72501 and 72502 and 72503 and	Maximum of 5

	72506 and 72507 and 72509 and 72701 or 72702 and 72703 and 72708 and 72901	
Dietitian *Individual: Nutritional assessment, counselling and/or treatment*	Duration based: 84200 or 84201 or 84202 or 84203 or 84204 or 84205 or 84206 or 84207 or 84208 or 84209 or 84210 or 84211	Maximum of 2
Psychiatrist, psychologist, occupational therapist, social worker, registered counsellor, physiotherapist, dietitian, biokineticist *Group sessions*	Psychiatrist group therapy session, per patient: 2968 OR Psychology group therapy session, per patient: 86300 or 86301 or 86302 or 86303 or 86304 or 86305 or 86306 or 86307 or 86308 or 86309 or 86310 or 86311 OR Occupational therapist group session, per patient: 66301 or 66303 or 66305 or 66307 or 66308 and 66501 and 66901 and 66902 and 66903 and 66904 and 66905 and 0201 OR Social worker group session, per patient: 89300 or 89301 or 89302 or 89303 or 89304 or 89305 or 89306 or 89307 or 89308 or 89309 or 89310 or 89311 OR Registered counsellors group session, per patient: 81401 or 81402 or 81403 or 81404 or 81405 or 81406 or 81407 or 81408 or 81409 or 81410 or 81411 and 81490 OR Physiotherapist group session, per patient: 72308 or 72505 and 72901 OR Dietitian group session, per patient: 84300 or 84301 or 84302 or 84304 or 84305 or 84306 or 84307 or 84308 or 84309 or 84310 or 84311 OR Biokineticist group session, per patient: 91930 or 91934	Maximum of 42
Additional investigations		
Other	Lumbar puncture X-Ray CT scan/MRI	To be requested through the Depression Admission Request for Additional Services form. If approved, a maximum of 1 will be funded.
	Pathology	
Full blood count	3755 or 53755 or (or any combination of 3739 &3762 & 3783 & 3785 & 3791 or 53739 & 53762 & 53783 & 53785 & 53791)	Maximum of 7 (1 per day)

Thyroid function	4484 or (4507 & 4482) or 54484 or (54507 & 54482) or 4516 or 4512	Maximum of 2
LFT	3999 & 4001 & 4009 & 4010 & 4117 & 4130 & 4131 & 4134 or 53999 & 54001 & 54009 & 54010 & 54117 & 54130 & 54131 & 54134	Maximum of 2
U&E	4171 or 54171	Maximum of 2
Creatinine	4032 or 4223 or 4221 or 54032 or 54223 or 54221	Maximum of 1
HCG	4450 or 4451	Maximum of 1
Pharmacological/Drugs of abuse: Metabolites (Gaschromatography/Mass spectrophotometry) Pharmacological/Drugs of abuse: Metabolites HPLC (high pressure liquid chromatography) Drug concentration: Quantitative Therapeutic drug level: Dosage	4234 or 4233 or 4370 or 4287 or 4493 or 3806 or 4067	Maximum of 10
Lithium: Flame ionisation (dependent factors)	4234 or 4233 or 4370 or 4287 or 4493 or 3806 or 4067	Maximum of 2
HbA1c*blood glucose HGT	4064 or 4057 or 54057	Maximum of 1
Cholesterol	4025 or 4027 and 4026 and 4028 and 4147	Maximum of 1
RPR - Treponema Pallidum Hemagglutination (TPHA)	3949 & 3951	Maximum of 1
HIV test*	4064 or 54064	Maximum of 1
Urine dipsticks	4188 or 54188	Maximum of 1
Iron	4071	Maximum of 1
Folate	4536	Maximum of 1
Vitamin D	4156	Maximum of 1
Vitamin B-12	4491	Maximum of 1

*GP must meet the criteria to provide psychotherapy