December 2025

Dear Healthcare Professional

Globally and in South Africa, breakthrough technologies are driving significant change in healthcare delivery and funding. These technologies are unlocking exciting possibilities, clinically and administratively for the healthcare professionals who are at the forefront of delivering care. Importantly, this enables healthcare professionals to engage their patients as active participants in their own care. Healthcare funders recognize that these technologies will allow more people to access quality care and make healthcare more personalized, precise, predictive, and preventive.

In 2026, we'll increase GP Network consultations and procedures by 4% and the monthly management fee by 40% to R35 per enrolled Premier Plus member, per month.

This increase is above the projected average inflation rate of 3.6% for full year 2026.

Discovery Health Premier Plus GP network

The Premier Plus GP network is underpinned by tailored condition management programmes that facilitate evidence-based care pathways. The programmes accentuate quality of care in ways that will profoundly improve the overall health of members diagnosed with chronic conditions.

The Premier Plus GP Network places the GP as the coordinator of care, working as part of a high functioning team that matches patient needs to the appropriate level of care. Improved clinical outcomes are achieved through:

- Enhanced benefits
- Simplified enrolment processes
- Improved digital engagement tools.
- Knowledge resources for patients.

Premier Plus GP rates for 2026

Members enrolled in a care programme are eligible for an additional XCONS. XCONS refers to an extended consultation designed to allow sufficient time for patient education, lifestyle modification counselling, and updating individualised treatment plans.

The adjusted 2026 rates for the extended consultations (code: XCONS) for each of the various network options are:

Plans	GP types	Notes	2026 Rates
All DHMS plans & closed schemes (excluding KeyCare and KeyCare-like plans; see below)	All GPs	-	R1,018.20
DHMS KeyCare plans & closed schemes KeyCare-like plans (including the following schemes: DHMS KeyCare Plus, LA KeyPlus, TFG Health, KeyCare Start Plans)	KeyCare fee-for-service GPs	Dispensing	R949.90
		Non-dispensing	R825.70
	KeyCare capitation GPs*	Dispensing	R691.50
		Non-dispensing	R629.30

**KeyCare monthly capitation payments continue in addition to the fee-for-service component of the payment arrangement, where applicable.*

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Company Secretary: A C Ceba.

The monthly patient management fee

From 1 January 2026 the monthly patient management fee will increase to R35 and is paid to a Premier Plus healthcare professional for the continual monitoring of patient outcomes and the active management of their chronic conditions. The fee is paid per patient enrolled in a Care Programme.

- This fee will continue to be paid to the Premier Plus GP only where the patient has an ongoing relationship with the practice and where a follow-up consultation can be confirmed over a rolling 12-month period.
- The Premier Plus management fee will be discontinued for a patient where the above cannot be verified (please note at least one consultation interaction is required over a 12-month period). Consultation applies to the following codes, 0190, 0191, 0192, 0193, VCONS or VDHC.
- The management fee payment to the registering Premier Plus GP will resume once a follow-up consultation for the member's chronic conditions has been completed, claimed/or where a consultation has been captured and submitted via HealthID.

From 1 July 2026 the monthly management fee will form part of the Population Health Booster. This fee will be applicable to all 18 year and older Discovery Health members.

To facilitate the transition to the official launch of the Population Health Booster, a shadow reporting period will be implemented from November 2025 through June 2026. During this time, practices will receive monthly reports designed to help them become familiar with Population Health Booster metrics. The shadow period provides practices the opportunity to explore the features of the new reimbursement model and to begin strengthening evidence-based care delivery processes that will be rewarded when the new reimbursement model is activated.

Full cover for KeyCare plans when enrolled on a Care Programme

From 1 July 2026, members on the DHMS KeyCare plans including LA KeyPlus that are registered for a chronic illness benefit, and where a supporting care programme is available, would need to be enrolled on the Care Programme to continue to receive full cover. Claims will fund up to 80% of the agreed rate for members that are not enrolled on a Care Programme. The co-payment will apply to their full Chronic basket of care, except approved formulary medication.

Mental Health Innovations

Depression Risk Management

Medical schemes continue to face increasing mental health related cost and clinical pressures, largely driven by depression. To ensure ongoing proactive care and affordability, Discovery Health Medical Scheme has committed to identifying depression risk and offering timely interventions to mitigate the risk or lessen depression symptom severity. Early intervention through medical and behavioural changes has the potential to reduce overall healthcare costs and improve health outcomes.

The Depression Risk Management Programme is a 6-month long programme grounded in neuroscience, and offers Premier Plus GP or network psychologist consultation, dietitian consultations, digital therapeutics, virtual mental health coaching and continued monitoring and screening. Members are deemed to be eligible for the programme either based on the results of their mental wellbeing assessment, or they will be proactively identified by a cutting-edge machine learning algorithm designed to dynamically identify depression risk. Members will receive outbound communication if they have been identified as at-risk and are eligible for the Depression Risk Management Programme. If invited to the Programme, the status will reflect under their Programmes on HealthID.

Internet-based Cognitive Behavioural Therapy

Internet-based Cognitive Behavioural Therapy (iCBT) has been demonstrated to be a helpful adjunct to treatment for people with Major Depression. In 2024 an iCBT course has been made available in the basket of care for Major Depression for members who are 18 years and older and belong to a participating scheme*. As the treating healthcare professional, you are in the best position to decide if iCBT is not suitable for your patient. The Mental Health Care Programme and PMB application process can be found on HealthID. The application process has been revised so you can share this information with us when requesting funding for the Major Depression basket of care. Where available, 12-month access to the iCBT course is initiated, the course will be funded and accumulate as a single session from the total number of psychotherapy sessions available in the basket of care.
*DHMS, Bankmed, EMBF, LA Health including LA Engage, Remedi, RMS, TFGMAS, AMS, BEMAS, and Sasolmed.

Working together for better care

These 2026 benefit changes are designed to make healthcare more accessible, affordable and sustainable for patients and healthcare professionals. Improved access to private healthcare is vital for the funding pool and the ongoing viability and growth of your practice. Thank you for your continued partnership and dedication to patient care. Together, we are building a healthier future.

Please share your suggestions, thoughts, and comments with us at healthpartnerinfo@discovery.co.za.

Regards



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