Dear Healthcare professional

Important changes to LA Health Medical Scheme | New Conditions added to Additional Diseases List

Globally and within South Africa, advancements in chronic disease management technologies are reshaping healthcare delivery and funding models. Emerging care delivery innovations and digital health platforms continue to enhance both clinical and administrative processes. In alignment with these developments, effective 01 January 2026, the LA Comprehensive and LA Core benefit options will extend coverage for the following conditions, which have been added to the Additional Disease List, under Scheme Risk benefits:

- Acne
- Allergic Rhinitis
- Dermatitis
- Endometriosis
- Generalised Anxiety Disorder
- Hyperthyroidism
- Menopause
- Obsessive Compulsive Disorder
- Panic Disorder
- Post-traumatic stress disorder
- Sjogren's Disease

From 1 January 2026, the Scheme has added a new benefit option to the current 5 Options: LA Engage

This benefit option covers the PMB CDL conditions in full if the medicine that is prescribed is on the Scheme's formulary. If not, medicine for the CDL conditions is covered up to a monthly Chronic Drug Amount.

LA Engage also covers specific conditions from the Scheme's Risk benefits, as Additional Disease List conditions.

These conditions are:

Acne	Gout
Allergic Rhinitis	Hyperthyroidism
Attention Deficit Hyperactivity Disorder (ADHD)	Menopause (subject to PMB)
Depression	Migraine
Dermatitis	Obsessive Compulsive Disorder
Eczema	Panic Disorder
Endometriosis	Post-traumatic Stress Disorder
Gastro-Oesophageal Reflux Disease (GORD)	Sjogren's Disorder
Generalised Anxiety Disorder	

Three of the new conditions added to the Additional Disease List from 01 January 2026 for LA Comprehensive, LA Core and LA Engage benefit options allow members access to additional medicine cover, over and above existing PMB cover. These conditions include: Endometriosis, Menopause and Hyperthyroidism. You will need to follow the application process as per the Chronic Illness Benefit application form, which is subject to clinical entry criteria.

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Application forms for all chronic conditions including the Additional Diseases List can be found on the LA Health website at www.lahealth.co.za
Find a document > Application forms > **Chronic Illness Benefit application form**

Thank you for your ongoing partnership and for the exceptional care you continue to provide to members of the LA Health Medical Scheme.

We look forward to working with you in 2026, to continue to deliver the best possible care in the most efficient manner to Scheme members and indeed, to collectively continue to strengthen South Africa's healthcare system going forward.

Regards



Darren Sweidan
Head: Health Professions Unit
On behalf of LA Health Medical Scheme