



YOUR BANKMED NEWSLETTER

What difference does an average of 35% more value make in the lives of Bankmed members?

 [FIND OUT HERE](#)

CAST YOUR EYE OVER YOUR OPTICLEAR OPTOMETRY BENEFITS

Did you know that as a Bankmed member, you have the advantage of accessing optometry services, spectacles and contact lenses, at a preferred rate when you visit an Opticlear Network optometrist? By choosing an Opticlear Network optometrist, you can enjoy services and items at a guaranteed reduced rate. And with 97% of all optometry providers in South Africa being part of the Opticlear Network, you can be confident that your optometrist is likely to be included. To find the nearest Opticlear Network optometrist, visit www.opticlear.co.za.

ITEMS THAT MAY NOT BE COVERED BY BANKMED:

It's important to note that some items prescribed by your optometrist may not be eligible for benefits. These items include:

- Sunglasses or spectacles with a fixed tint exceeding 35%
- Lens additions like tinting and/or luxury (branded) lens add-ons, that are not clinically essential
- Benefits for lens additions are subject to pre-authorisation
- New spectacles within the current 24-month benefit cycle

Clinical exceptions require a motivation from your Healthcare Professional for us to consider your request (subject to applicable limits).





YOUR ROLE

As an informed Bankmed member, you play a crucial role in managing your optometry costs.

Here are a few steps you can take during your eye care journey:



Always confirm your available benefits with the optometrist as well as with the Bankmed Optometry Team at 0800 226 5633, before you undergo any screenings or procedures or purchase any eye care items. The Bankmed Optometry Team is there to assist you with any questions or concerns regarding your benefits



Make sure you understand the cost of items that will not be covered by Bankmed and discuss with your optometrist if these services and/or materials are completely necessary or whether there may be more affordable alternatives



Bankmed members also enjoy a 15% discount on material (including lens add-ons and frames) on the portion paid directly to the Healthcare Professional when visiting an Opticlear Optometry Network optometrist

By following these guidelines, you can optimise your optometry benefits and make informed decisions about your eye care needs.

WE'VE GOT YOUR BACK!

Back pain is a widespread problem that many people experience. The good news is that you can often avoid or manage it by making simple changes in your daily life. For example, try not to sit for long periods without taking breaks, maintain a healthy body weight, and strengthen your core muscles to better support your spine. These adjustments can go a long way in reducing the frequency and intensity of back pain.

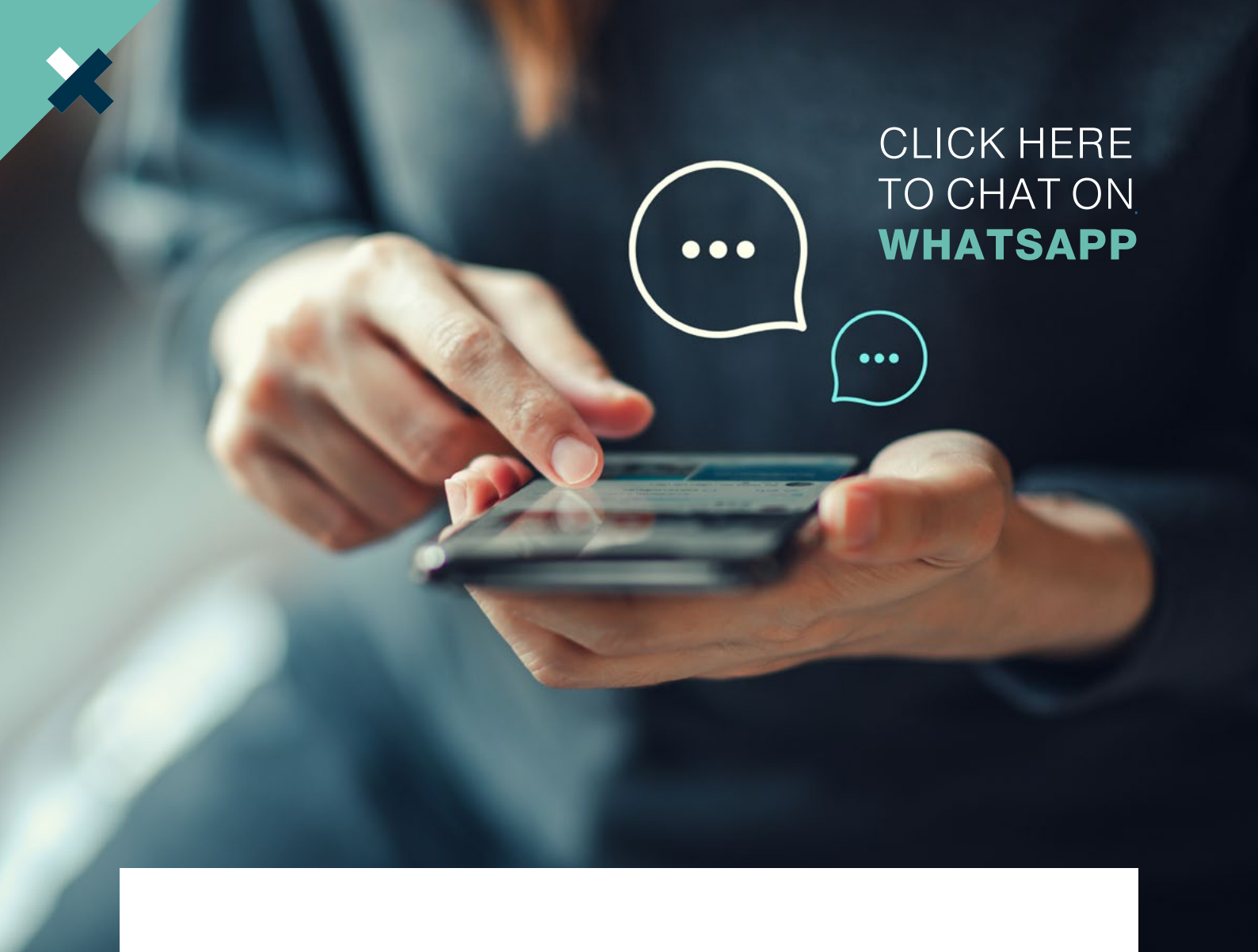
Spinal surgery is invasive, requires a great deal of recovery time and involves reliance on others to assist you while you recover. While surgery is sometimes unavoidable, when treating severe back problems, appropriate out-of-hospital conservative management of back pain has proven to deliver good outcomes.

Bankmed members have access to a Spinal Conservative Care Programme, which aims to support appropriate condition management for members with back or neck pain and ultimately avoid the pain and inconvenience of spinal surgery.

To join the programme, you need to make an appointment with one of our Conservative Care Network Healthcare Professionals for an assessment to find out whether you meet Bankmed's clinical criteria to join the programme.

Find out more about the Spinal Conservative Care Programme.





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TO CHAT ON
WHATSAPP

NEED HELP? **SEND US A WHATSAPP**

At Bankmed, we understand that managing your healthcare can be overwhelming, so we've created a suite of digital support tools to make it easier. Our digital support puts you in control of your healthcare and wellbeing, all in the palm of your hand.

With our new WhatsApp channel, you can access your healthcare information and support through text messages.

ASK BANKMED ON WHATSAPP


Need help on the go? Ask us a question on WhatsApp for immediate assistance.

Bankmed WhatsApp can help you with support or information, such as:

- Downloading your digital membership card.
- Finding your nearest Healthcare Professional or pharmacy.
- Booking an online consultation with Connected Care.

Click here to chat on **WhatsApp**.



 **AT YOUR FINGERTIPS!**

Bankmed has created a digital world to meet the evolving needs of our members. Use our digital tools on the Bankmed App or website to find a Healthcare Professional, submit a claim and so much more!

OUR DIGITAL TOOLS



www.bankmed.co.za



<https://bit.ly/AskBankmed>



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