

MEDI BRIEF

OCTOBER 2018

Contributions and benefits for 2019

With the year-end looming you will be pleased to hear that the structure of the AMS benefits will not change in 2019 and the value our plans offer still compares very favourably with our 'competitors'.

Benefits in 2019

In line with the industry, all benefit limits will increase by an estimated CPI (Consumer Price Index) rate of 5%. Co-payments for endoscopies and cataract surgeries performed in hospital will not increase in 2019 but will remain at the 2018 value. (You can avoid these co-payments altogether by using a day clinic).

2018 claims cost and the utilisation of our reserves to keep contributions low

Contribution increases that are higher than CPI continue to be a concern for our industry. Factors that determine these increases are largely grouped into:

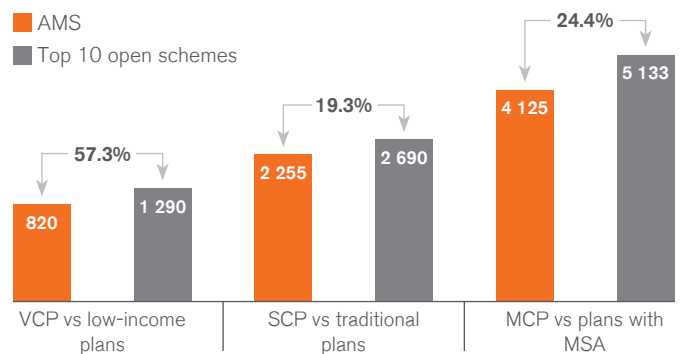
- medical inflation (increase in doctor rates, advances in treatment, etc.);
- utilisation (number of visits to service providers i.e. doctors and hospitals); and
- non-healthcare costs (administration, managed care, etc.).

In 2018 the VAT increase also impacted the cost of claims, but at the time of the VAT increase AMS did not adjust contributions as other schemes did.

The AMS financial experience from January to August 2018 indicates that we will end the year within budget. This is possible because, in addition to all the contributions received, we used an estimated R135 million from the reserves to pay members' claims. Hospital admissions and the cost of hospital services are again the main drivers of the increased costs. Currently, hospital costs are 15.8% higher than in 2017. We anticipate this trend to continue next year as our members age and as new and more expensive technology and medicines become available.

The second part of the financial analysis undertaken by AMS is the impact of these changes on the reserves. As you are no doubt aware, we are unique in the industry: AMS is the only medical scheme that has sufficient reserves to be able to keep paying amounts such as R135 million each year to cover the shortfall between the actual amount claimed by members and the contributions received.

Competitiveness of AMS 2018 Main Member Contribution Rates



Your board carefully considers how much can be paid from the reserves and how much is needed to be paid by members in the form of contributions to remain viable into the future. The 2019 increase was determined to be 9.5% to meet both these requirements.

2019 contributions

Risk Contributions	Main Member	Adult Dependant	Child Dependant
Managed Care Plan	R3 390	R3 390	R785
Standard Care Plan	R2 470	R2 470	R745
Value Care Plan	R895	R895	R220
MSA Contributions	Main Member	Adult Dependant	Child Dependant
Managed Care Plan	R1 125	R1 125	R260
Standard Care Plan	R0	R0	R0
Value Care Plan	R0	R0	R0
Total Contribution	Main Member	Adult Dependant	Child Dependant
Managed Care Plan	R4 515	R4 515	R1 045
Standard Care Plan	R2 470	R2 470	R745
Value Care Plan	R895	R895	R220

Rand value increase from 2018 to 2019

Option	Main Member	Adult Dependant	Child Dependant
Managed Care Plan	R390	R390	R90
Standard Care Plan	R215	R215	R65
Value Care Plan	R75	R75	R20

Plan change – 31 December deadline

If you consider switching plans for reasons such as a change in income or medical needs, please consult your Client Liaison Officer or Pay Point Consultant. You can only switch plans at the end of the year and would have to stay on the new plan for the next 12 months, which makes it even more important to understand the financial impact and which benefits will be available. To change your plan, submit your plan-change request by 31 December at the latest to your employer or past employer, or, if you are a direct-paying member, directly to the Scheme.

All you need to know about dentures

Dentures are commonly known as false teeth and are defined as a prosthetic device that is placed in the mouth to replace missing teeth. This can range from replacing one tooth (partial denture) to all the teeth (full denture) in the top and/or bottom jaw. Dentures can be made of only plastic or a combination of plastic and metal. The pink plastic part of the denture mimics the gums and allows the denture to sit on the gums. The white teeth are usually made of plastic or porcelain.

When preparing for dentures, all problematic teeth should be filled or removed before the denture is made to avoid having to redo it. However, it is possible for the denture to be made before the teeth extraction so that it can be placed immediately in the mouth once the teeth have been removed. When teeth are removed, the bone that held the teeth and the gums slowly shrinks with time. This affects the dentures as they sit on the gums. The bone is constantly adjusting and when all the teeth are removed, the whole jaw changes shape and size over the years that follow. This causes the denture to become loose. This is normal and makes it necessary to get a new set of dentures every couple of years.

You should prepare yourself mentally for these changes and be patient as you adjust to a foreign object in your mouth. It can take months for the tongue, muscles, nerves, and brain to adapt to dentures of any kind. Speech, eating and chewing change with the use of dentures and these activities often require practice to master. It may help to avoid biting into hard foods and cutting food into small bite-sized pieces to aid chewing and digestion. It is important to ensure that you are still getting sufficient nutrition when you have dentures, as some patients avoid hard (and usually nutritious) foods as a result of difficulty in biting.



If you received dentures immediately after having all your teeth removed, it is likely that they will become loose in the next 3–6 months. This may necessitate a relin of the dentures. Likewise, if a further modification is necessary, a rebase of the dentures can be done too. This is when the entire pink plastic part is changed to better fit the gums. Repairs might include fixing the dentures if they are dropped and break, if a tooth falls out of the denture, or maybe a piece of the plastic snaps off. If you lose another tooth, or more teeth, after you receive your denture, teeth can be added to the existing denture to replace the missing teeth.

When receiving dentures your dentist should give you detailed instructions of how to care for them. Please follow the instructions carefully as oral health is vital for overall systemic health; the connection between oral health and overall health should not be underestimated. With good care and hygiene discipline, your well-made dentures can last many years without problems.

Please contact us to find out exactly how we fund dentures on your plan and whether authorisation is necessary.

Source: The Dental Risk Company

2019 Benefit Guide

The new Benefit Guide will be posted to you at the beginning of November. It will provide you, as usual, with detailed information about your benefits for the coming year. You will also be able to access the Benefit Guide on www.angloms.co.za.

Visit www.angloms.co.za to learn more about your Scheme and benefits.

Find all previous MediBrief editions in the Info Centre > MediBrief Archive.

Member Queries:

Value Care Plan: 0861 665 665, anglo@primecure.co.za

Standard and Managed Care Plan: 0860 222 633, member@angloms.co.za

Claims: claims@angloms.co.za