



Maternity Benefits

Keeping you and your new baby healthy

Scheme Benefits



Out of hospital benefits are paid up to R13 200 per beneficiary per pregnancy. This covers:

- Ante-natal classes
- Pre-natal and post-natal consultations
- 2D pregnancy scans
- Amniocentesis



In-hospital (public or private) benefits are unlimited, but must be authorised by the relevant managed healthcare programme, and include:

- Accommodation in a general ward
- Theatre and labour ward fees
- Dressings, medicine and materials in hospital
- Normal delivery by a GP, medical specialist or midwife (a letter of motivation is needed for a Caesarean section)



All pregnant members receive an **MBMed backpack** including a hanging diaper organizer, breastfeeding guide, Bennetts bum and aqueous crème, baby wash and wipes, discount vouchers and products samples if available.



When must I register my baby with the Scheme?

Please register your baby within 30 days of birth to ensure that claims related to your baby will be paid. Complete the relevant Scheme forms and submit them to your HR Department.

Understanding pregnancy-related complications

Mothers with chronic conditions, such as heart disease, obesity or high blood pressure are at greater risk of having pregnancy-related complications. Speak to your GP about any possible complications and what symptoms to look out for.

Always call your GP if you have:

- Chest pain
- Trouble breathing or shortness of breath
- Extreme tiredness that doesn't get better with rest
- Seizures
- Extreme bleeding or large blood clots
- A temperature of 38 degrees or more
- A headache that doesn't get better even after taking medicine, or a bad headache with vision changes
- More than one blood pressure reading of 150/100 or greater
- A leg that has changed colour or swells and is painful or warm to the touch
- A Ceasar incision that isn't healing well



What are the baby blues?

Postpartum depression (PPD) or the baby blues affects many new mothers. Symptoms include:

- Struggling to sleep/insomnia
- Loss of appetite
- Intense irritability
- Difficulty bonding with your baby

If you think you may have PPD, speak to your GP about getting help and treatment.



NEED HELP? Contact your scheme for any benefit-related queries you may have.

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