

WEIGHT MANAGEMENT PROGRAMME

2025

Inactivity is a large contributor to poor health. Its link to weight gain substantially **increases the risk of chronic conditions** like hypertension, abnormal cholesterol levels, type 2 diabetes, heart disease, stroke, osteoarthritis, respiratory problems, and even cancer.

The aim of this programme is to help you get started on your weight loss journey by offering a 12 week exercise programme which includes a basket of services (notably a comprehensive assessment and exercise prescription by a BASA biokineticist as well as dietician and psychologist consultations) for members with a BMI > 30 on BonComprehensive, BonClassic, Standard, Standard Select and BonComplete.



HOW TO GET STARTED

During your first visit with a BASA-accredited biokineticist, a full health and fitness assessment is done. This will include taking measurements like blood pressure and waist-to-hip ratio, and completing a lifestyle questionnaire to help prescribe the most effective exercises for you.



WHAT TO EXPECT

Once your assessment is completed, an individualised exercise programme is created. The programme includes:

- a health risk assessment (1 per year)
- 3 monthly one-on-one consultations with a biokineticist to track your progress
- 9 biokineticist-led group or individual exercise sessions
- referral to a dietician for 2 consultations (initial assessment and follow-up), if necessary
- referral to a clinical psychologist for 1 consultation, if necessary



HOW MUCH WILL IT COST?

Nothing, as the cost of the above programme will be covered by the Weight Management Programme benefits.



HOW TO REGISTER ON THE PROGRAMME

Please contact us on **0860 106 155** or email membercare@medscheme.co.za to get in touch with a care manager who will support you to get started on your weight loss journey.

GUIDELINES FOR SUBMISSION OF CLAIMS:

Providers must ensure that the **ICD10 code Z50.1** is used when a claim is submitted as well as any one of the below codes, for it to be covered from the **Weight Management Programme benefit**.

DIETICIANS		
84201	Nutritional assessment, counselling/treatment. Duration: 11 - 20 minutes.	
84202	Nutritional assessment, counselling/treatment. Duration: 21 - 30 minutes.	
84203	Nutritional assessment, counselling/treatment. Duration: 31 - 40 minutes.	
84204	Nutritional assessment, counselling/treatment. Duration: 41 - 50 minutes.	
84205	Nutritional assessment, counselling/treatment. Duration: 51 - 60 minutes.	
PSYCHOLOGISTS		
86201	Psychology assessment, consultation, counselling and/or therapy (individual or family). Duration: 11 - 20 minutes.	
86202	Psychology assessment, consultation, counselling and/or therapy (individual or family). Duration: 21 - 30 minutes.	
86203	Psychology assessment, consultation, counselling and/or therapy (individual or family). Duration: 31 - 40 minutes.	
86204	Psychology assessment, consultation, counselling and/or therapy (individual or family). Duration: 41 - 50 minutes.	
86205	Psychology assessment, consultation, counselling and/or therapy (individual or family). Duration: 51 - 60 minutes.	
BIOKINETICISTS		
Health Risk Assessment (HRA) (1) – Initial assessment		
Treatment code	Code description	ICD10 code
91901	Initial consult including: Problem focused history; short problem focused examination and straight forward biokineticist. Decision making but excluding evaluation. May only be charged once per course of treatment.	Z50.1 Other physical therapy, therapeutic and remedial exercises
91912	Anthropometric/body composition assessment.	Z50.1 Other physical therapy, therapeutic and remedial exercises
91917	Physical work capacity (treadmill or bicycle ergometer/other electronic equipment)/ musculoskeletal assessment (strength, endurance, range of motion, posture).	Z50.1 Other physical therapy, therapeutic and remedial exercises
Reassessments (3) – Measurements are taken again at weeks 4, 8 and 12		
Treatment code	Code description	ICD10 code
91926	Exercise on isokinetic apparatus/isotonic/isometric resistance equipment.	Z50.1 Other physical therapy, therapeutic and remedial exercises
91927	Posture, gait and activities of daily living (ADL), with/without equipment use.	Z50.1 Other physical therapy, therapeutic and remedial exercises
91931	Passive and active range of motion exercise therapy.	Z50.1 Other physical therapy, therapeutic and remedial exercises
Therapy session for the rest of the 12 weeks = 9 sessions		
Treatment code	Code description	ICD10 code
91934	Group exercise session	Z50.1 Other physical therapy, therapeutic and remedial exercises
OR		
07409	Individual exercise	Z50.1 Other physical therapy, therapeutic and remedial exercises
P.S. Remember to take this letter with you to your biokineticist, dietician and/or clinical psychologist on your first visit. Providers will be paid in accordance with Scheme Rules and at Scheme rates.		