

**SELF MEDICATION BENEFIT AS REFERRED TO IN ANNEXURE B
OF THE RULES OF THE BP MEDICAL AID SOCIETY**

METHOD OF OPERATION

The member, having diagnosed the ailment, consults the pharmacist for treatment. The pharmacist will then dispense medicine, which may not exceed the amount stipulated in Annexure B (including VAT, and dispensing fees where applicable). Claims must be endorsed “supplied on request of Member, condition self-diagnosed” and the Member’s signature and medical aid number recorded thereon. If the treatment is unsuccessful the patient must be referred to the doctor as no ongoing treatment will be allowed.

Only one ailment will be treated at a time.

The self-medication benefit will cover the cost of medication supplied by the pharmacist for specified minor ailments detailed below.

This service is limited to a supply of medication initiated by the pharmacist for the particular condition requested to be treated. The Scheme will not cover the costs of household medicines requested by the Member.

The Scheme may suspend this benefit in cases of abuse.

The self-medication benefit is subject to the acute medication benefit, which is also subject to Maximum Medical Aid Price (MMAP).

The following are the ailments for which a Member may request medication:

1. Coryza (Cold)
2. Influenza (Flu)
3. Diarrhoea (upset stomach)
4. Constipation (not chronic) 7 days
5. Dyspepsia & Oesophagitis (indigestion and or throat)
6. Muscular aches
7. Dysmenorrhoea (period pains) 7 days
8. Hay Fever

9. Minor Skin Conditions: Insect Stings, Minor Rashes, Athlete's Foot and Ringworm 5 days
10. Headache and Backache
11. Worm Infestation
12. Bladder discomfort
13. Congested Eyes, including epidemic "Pink Eye" but excluding any condition where photophobia (light sensitiveness) exists.
14. Travel Sickness
15. Abdominal cramps where no pre-existing condition is apparent
16. Transitory vaginal irritations
17. Scabies
18. Mouth Ulcers
19. Ano-rectal discomfort

The Scheme will pay for the medication provided that the following conditions are complied with:

1. The total value of the prescription must not exceed the amount stipulated in Annexure B (including VAT).
2. A maximum of three days supply may be obtained or as otherwise indicated.
3. Only one ailment is to be treated at a time.