



It's all about wellness

Health4Me

It's All About Wellness
#BetterHealth4Botswana

Administered by

METROPOLITAN
Health Botswana



Welcome to Botsogo

Since inception, Botsogo Health Plan has been securing the health of its members and their dependents by providing medical aid supported by innovative product solutions and excellent service.

Botsogo Health Plan (BHP) is a Botswana registered medical aid scheme established in 2005 through strategic acquisition and mergers. BHP provides comprehensive covers with superior benefits in the market.

Botsogo Health Plan is administered by Metropolitan Health Botswana which forms part of the Momentum Group. BHP is accredited by the Non-Bank Financial Institutions Regulatory Authority (NBFIRA) and is a member of the Health Funders Association of Botswana (HFAB).



Value Proposition

CUSTOMISED
PRODUCTS

EMPLOYEE
WELFARE

INNOVATION

QUALITY
SERVICE
BACKED BY
TECHNOLOGY

CLIENT &
SERVICE
PROVIDERS

*Trailblazing health Care
solutions at your Doorstep*





Download Botsogo Health Mobile App Today



SERVICE AT YOUR FINGERTIPS

The Botsogo Health Plan Mobile App & Web Portals give members access to information regarding their membership through their phone, tablet or computer.

In order to avoid queues and phone calls, simply download the Botsogo Health Plan Mobile App or register via the web portal on your chosen device to receive instant information regarding your medical aid. The Botsogo Health Plan Mobile App is compatible with Android and IOS. The Web Portals can be accessed through our website www.botsogohealthplan.co.bw

These platforms will allow members to:

- Submit Claims
- Follow Up Claims
- Track Benefit/Utilisation
- Calculate Tariffs
- Log Queries
- Request Cards
- Update Contact Details

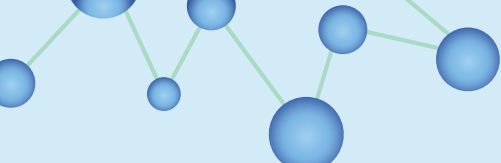


BOTSOGO WELLNESS BENEFITS


"It's all about wellness"


Botsogo Health Plan's benefit structure has embedded wellness benefits and these provide access and interactive ways for members and their dependents to improve their overall health and well-being through preventative healthcare.











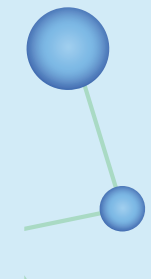
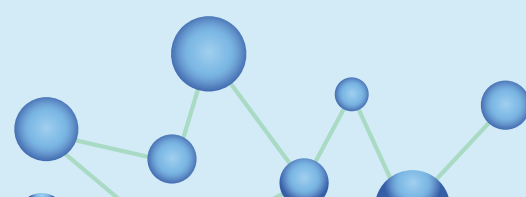
The scheme offers all members an annual health screening at their preferred GP/Physician. The screening includes:


 BMI screenings-Know Your BMI numbers, whether your BMI falls into the underweight, healthy weight, obesity, or severe obesity category. This provides a good gauge of risks for diseases that can occur with more body fat.

 Blood Pressure test-This screening is done for the detection of hypertension or hypotension.

-  Cholesterol Tests
-  Blood Sugars
-  HIV test

Following the assessment, members are furnished with the below;

-  A lifestyle report
 -  Counselling and
 -  Recommendations Health and wellness management plans
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- 



Influenza Vaccine Benefit.

An influenza
vaccination benefit
is included in all
benefit options.

All beneficiaries that are registered with Botsogo Health Plan are eligible for the vaccine once a year irrespective of age or any ailment.



***Affordable
and Accessible
Health Care is here***

Botsogo Health4Me offering

Day-to-day Benefits

Standard

Advance

Voluntary Add-On Benefits

Standard

Advance



Botsogo Health4Me **Day-to-day benefit summary**

Day-to-day Benefits	Standard	Advance
 GP visits	✓	✓
 GP in room procedures	✓	✓
 Doctor Online	✓	✓
 Specialist benefit	✗	✓
 Acute medication	✓	✓
 Chronic benefit	✓	✓
 HIV benefit	✓	✓
 Basic pathology	✓	✓
 Basic radiology	✓	✓
 Basic and emergency dentistry	✗	✓
 Basic optometry	✗	✓
 Maternity benefit	✓	✓
 Flu vaccination	✓	✓
 Health assessment	✓	✓
 Covid - 19 Benefit	✓	✓

Botsogo Health4Me **Voluntary Add-On benefit summary**

Major medical event benefits	Standard	Advance
 Funeral benefit	✓	✓
 Dread Disease	✓	✓

Botsogo Health4Me Day to day Benefits and Premiums

Health4Me Day-to-day Benefits		Standard	Advance
GP visits	 <p>Unlimited Doctors' visits at a Botsogo listed Health Professional Authorisation is required after the 10th visit per member per annum No out of Network GP visits will be allowed</p>	✓	✓
GP in room procedures	 <p>Minor medical procedures performed by a listed Health Professional on the Network in the GP consultation rooms, such as stitching of wounds and nebulisation</p>	✓	✓
Doctor Online	 <p>Access to 5 telephonic consultations and online health information per family via a listed GP on the Network</p>	✓	✓
Specialist benefit	 <p>A maximum of 2 visits per member/family per annum A maximum of P1 000 per visit and up to P2 000 per member/family per annum</p> <p>Members may consult any specialist on referral by a Health Professional on the Network list, but pre-authorisation is required</p> <p>Members need to pay any shortfalls Waiting periods may apply</p>	✗	✓
Acute medication	 <p>Unlimited when provided in accordance with the Botsogo Health Professional Network and prescribed as per the acute medication formulary</p>	✓	✓
Chronic benefit	 <p>Unlimited when provided via the Health Professional Network and prescribed as per the chronic medication formulary.</p> <p>26 Chronic conditions covered.</p> <p>Addison's Disease, Asthma, Bipolar Mood Disorder, Bronchiectasis, Cardiac Dysrhythmias, Cardiac Failure, Cardiomyopathy, Chronic Obstructive Pulmonary Disease, Chronic Renal Disease, Coronary Artery Disease, Crohn's Disease, Diabetes Insipidus, Diabetes Mellitus Type 1, Diabetes Mellitus Type 2, Epilepsy, Glaucoma, Haemophilia, Hyperlipidaemia, Hypertension, Hypothyroidism, Multiple Sclerosis, Parkinson's Disease, Rheumatoid Arthritis, Schizophrenia, Systemic Lupus Erythematosus and Ulcerative Colitis</p> <p>Pre-authorisation/Registration is required</p>	✓	✓
Basic pathology	 <p>A maximum of P1 800 per beneficiary per annum. Referral by a Health Professional Network listed Doctor, according to the defined pathology guideline</p>	✓	✓
Basic radiology	 <p>Unlimited cover for black and white x-rays, when linked to a Health Professional Network listed Doctor visit and referred by a Health Professional Network Doctor, according to the defined radiology list</p>	✓	✓
Basic and emergency dentistry	 <p>Covered at any dentist on the Health Professional Network List Basic dentistry such as fillings, extractions, infection control and cleaning covered.</p>	✗	✓
Exclusions	<p>Specialised dentistry such as bridges, crowns, surgical extractions, implants, root canals, gold fillings, dentures and braces are not covered. Provided in accordance with the Health Professional Network List protocols and approved dentistry guidelines.</p> <p>Waiting periods may apply.</p>		
Basic optometry	 <p>Covered at any optometrist on the Health Professional Network List. Benefit available every 2 years. 1 Eye test and 1 pair of clear standard single vision lenses, or 1 pair of bi- focal lenses, with a standard frame.</p>	✗	✓
Exclusions	<p>Sunglasses, tinted lenses, hard coating, and contact lenses are not covered. Provided by a listed Optometrist on the Health Professional Network List as per the approved defined protocols.</p> <p>Waiting periods may apply.</p>		

Botsogo Health4Me Voluntary Add-On Benefits

Benefit

Standard Option

Advance Option

Funeral



Member Type	Standard
Employee, spouse and children > 14	P 10 000.00
Children 6 - 13 years	P 5 000.00
Children 1 - 5 years	P 2 500.00
Children < 1 year	P 1 250.00
Stillborn babies (past 28 weeks gestation)	P 750.00

Member Type	Advance
Employee, spouse and children > 14	P 15 000.00
Children 6 - 13 years	P 7 500.00
Children 1 - 5 years	P 3 750.00
Children < 1 year	P 1 875.00
Stillborn babies (past 28 weeks gestation)	P 1 125.00

Benefit

Standard Option

Advance Option

Dread Disease



Product Option	Standard
Sum Insured	P 20 000.00

Product Option	Advance
Sum Insured	P 50 000.00

The conditions/events covered includes blindness, cancer, coronary artery surgery, heart attack, major organ transplant, paraplegia, renal failure and stroke.

The benefit will pay out the full lump sum of each unrelated disease event. There is a 24 months condition specific waiting period.



Contact Us

CUSTOMER SERVICE

botsogocustomerservice@metropolitan.co.bw

TEL: (+267) 362 4700 / 4721 / 4722

www.botsogohealthplan.co.bw

Plot 54352, First Commercial
Street First Floor, East Wing,
Zambezi Towers

 [botsogohealthplan](https://www.instagram.com/botsogohealthplan)

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