



Tiger Brands



Medical Scheme

Registered office: Universal House, 15 Tambach Road, Sunninghill Park, Sandton
Private bag X131, Rivonia, 2128
Tel: 0800 002 636 | Email: correspondence@universal.co.za

ACCREDITED FITNESS FACILITY INFORMED PATIENT CONSENT AND AUTHORISATIONS

I, the undersigned, _____, Identity Number: _____, a *member / co-insured dependent of a member of Tiger Brands Medical Scheme, membership number: _____, dependent number: _____

(hereinafter referred to as “*I / me / myself / the patient / the patient’s legal guardian” in the event of a minor / the responsible care giver of the patient in the event of the patient being temporarily incapacitated):

1. confirm that:

- 1.1. *I have read my / the patient’s undermentioned rights which form part of the National Patients’ Charter:
 - 1.1.1. **Participating in Decision Making** – Everyone has the right to participate in decision making on matters affecting one’s own health;
 - 1.1.2. **Choice of Health Services** – Everyone has a right to choose a particular health care provider for services or a particular health facility for treatment;
 - 1.1.3. **Treated by a named Health Care Provider** – Everyone has a right to know the person that is providing health care, and therefore must be attended to by only clearly identified health care providers;
 - 1.1.4. **Informed Consent** – Everyone has the right to be given full and accurate information about the wellness benefits available and the costs thereof;
- 1.2. *I have / the patient with my assistance, has elected _____, BHF PCN: _____ (“the biokineticist”) as my / his / her biokineticist of choice for purposes of accessing my / his / her Tiger Brands Medical Scheme benefit and to:
 - 1.2.1. do an initial health assessment and provide me / the patient with an exercise prescription;
 - 1.2.2. provide me / the patient:
 - 1.2.2.1. with access to the accredited fitness facility of the biokineticist; or
 - 1.2.2.2. with an agreed contribution towards subsidising the costs of implementing or following my / the patient’s exercise prescription in another accredited fitness facility;
 - 1.2.3. to regularly monitor me / the patient to ensure compliance with the exercise prescription; and
 - 1.2.4. provide Tiger Brands Medical Scheme with assessment and compliance reports to enable me / the patient to continue to access my / the patient’s Tiger Brands Medical Scheme benefit;

2. choose for purposes of clause 1.2.2.1 choose:

- 2.1. Option 1: the accredited fitness facility of the biokineticist;
- 2.2. Option 2: Planet Fitness _____ Branch;
- 2.3. Option 3: Virgin Active _____ Branch;

as my / the patient’s accredited fitness facility to implement or follow the exercise prescription;

3. confirm that *I am / the patient is aware that in the event of *me / the patient electing:

- 3.1. Options 2 or 3 above, that *I have / the patient has to sign an annual (as required by the accredited fitness facility) membership contract with the accredited fitness facility;
- 3.2. Option 2 or 3 the biokineticist will contribute an amount of **R485 (four hundred and eighty-five rand)** towards defraying the monthly membership fee in terms of clause 3.1; provided *I / the patient continue to qualify for such benefit in terms of the monthly assessment and compliance reports which the biokineticist is obliged to furnish to Tiger Brands Medical Scheme, or its managed health care provider, Universal Healthcare;

4. authorise the biokineticist to pay the monthly contribution in clause 3.2 to me into my nominated bank account held by Universal;

5. agree to submit *myself / the patient to monthly compliance monitoring assessments;

6. consent to the biokineticist and the applicable accredited fitness facility as per 2.1, 2.2 and 2.3 above furnishing Tiger Brands Medical Scheme or its managed healthcare provider with *my / the patient's monthly assessment reports and compliance activity reports and any personal information as defined in the Promotion of Access to Information Act, 2002 (Act 2 of 2002) and the Protection of Personal Information Act 2013 (No 4 of 2013).

SIGNED AT _____ ON _____ 20 _____

WITNESSES:

1. _____

Signature of the natural person whose particulars and capacity are recorded above

2. _____



Universal
Administrators

Tiger Brands Medical Scheme is administered by Universal Healthcare Administrators (Pty) Ltd