



# How to Access MedshieldMOM Additional Services

Motherhood is a journey filled with love, care, and responsibility, even before your child's birth. Medshield understands this special bond and is committed to walking alongside mothers through each pregnancy, childbirth, and post-partum phase. The MedshieldMOM website offers extensive resources and services to support mothers during this journey.

## STEPS TO ACCESS MEDSHIELD MOM SERVICES:

**1.**

### Visit the Medshield MOM Website

Start by visiting the Medshield MOM website at [www.medshieldmom.co.za](http://www.medshieldmom.co.za). This user-friendly platform is a hub of essential health, nutrition, fitness, and motherhood content, covering both pre- and post-partum stages.

**2.**

### Register Your Pregnancy Journey

Once on the website, you can register your pregnancy journey by entering the specific week of your pregnancy. This registration allows you to receive tailored content based on the stage of your pregnancy, including professional advice, regular updates on your baby's development, and important reminders for doctor appointments and hospital pre-authorisation.

**4.**

### Pre-Authorise for Hospital Admission

Before the birth of your baby, ensure that you obtain hospital pre-authorisation. Contact **Medshield's Managed Healthcare Programme** at **086 000 2121** or email [preauth@medshield.co.za](mailto:preauth@medshield.co.za) with the timeline from your doctor to complete the pre-authorisation process.

**3.**

### Book Your Medshield MOM Bag

During your **third trimester**, you can request the exclusive MedshieldMOM bag packed with Bennetts products for your baby. To book your bag, email [medshieldmom@medshield.co.za](mailto:medshieldmom@medshield.co.za) with your membership number, contact details, and delivery address.

**5.**

### Register Your Baby as a Dependant

**After your baby is born**, register them as a newborn beneficiary within 60 days to ensure they are covered under your Medshield membership. If there are any delays in receiving the birth certificate, contact **Medshield's Contact Centre** at **086 000 2120** for assistance.



MedshieldMOM is here to support mothers at every stage, providing convenient access to vital services and benefits.

These simple steps can ensure a smoother, less stressful journey through pregnancy and beyond while enjoying the many benefits of being a Medshield member.