



AFFORDABLE PLANS

COVER STARTING FROM AS LITTLE AS

R1 275

PER MONTH

A WIDE RANGE OF PLANS TO SUIT THE
NEEDS OF ALL SOUTH AFRICANS

NEW

2 NEW PLANS:

BONCORE

BONPRIME

THE BE BETTER BENEFIT

Offers additional benefits for wellness
and preventative care to support you
through all life stages

- MOTHER & CHILD HEALTH
- MEN'S HEALTH
- FEMALE HEALTH
- ELDERLY HEALTH



GET MORE VALUE WITH OUR
BENEFIT BOOSTER*
UP TO R5 000**
to use for out-of-hospital claims

+

NEW

A NEW WAY TO **ACTIVATE** YOUR BENEFIT BOOSTER

Complete an online mental health
assessment **and** a wellness screening
(at a Bonitas wellness day or
participating pharmacy).



**VALUE
AND WELLBEING
PROGRAMME**

NEW

- EXCITING REWARDS AND DISCOUNTS **EXCLUSIVE TO BONITAS MEMBERS**
- **B** SUPPORTS YOUR TOTAL WELLBEING – FROM GETTING FITTER AND EATING BETTER TO MANAGING STRESS AND IMPROVING YOUR FINANCES

*After completing an online mental health assessment and a wellness screening
All benefits subject to approval by the Council for Medical Schemes.

**Plan dependent

0860 002 108 / For BonCap & BonCore 0861 239 333 | bonitas.co.za | WhatsApp 060 070 2491 / For BonCap & BonCore 060 042 9254 type 'Hi' to start a session

Bonitas
Medical Aid for South Africa

2026 HIGHLIGHTS



Bonitas

DEPENDANTS
UP TO AGE
24 YEARS
PAY CHILD RATES

Only pay for a maximum
of 3 children**

MAKE THE MOST
OF YOUR
Bonitas
MEMBERSHIP

VISIT
THE MEMBER INFORMATION HUB
ON OUR WEBSITE!



EXCITING DIGITAL ENHANCEMENTS



COMING SOON

EXTENSIVE CARE PROGRAMMES**
TO HELP MANAGE CHRONIC CONDITIONS

- MENTAL HEALTH + DEPRESSION BENEFIT
- HEARING LOSS MANAGEMENT
- FEMALE HEALTH
- BACK AND NECK (+ TREATMENT FOR SHOULDER & KNEE PAIN)
- DIABETES MANAGEMENT
- CANCER + UNLIMITED COVER FOR PMBs
- HIV/AIDS
- HIP AND KNEE
- HOSPITAL-AT-HOME
- WEIGHT MANAGEMENT

NEW

24/7 OFFERING

BONITAS SOS – 0860 555 505

24/7 medical emergency support when you need it. Request an ambulance on our app or website and track its location in real-time!

FREE ONLINE HEARING SCREENING

Available to anyone over 18 at www.bonitas.co.za

BABYLINE – 0860 999 121

A 24/7 advice line available on all Bonitas plans for parents with toddlers

MATERNITY ADVICE - 0860 999 121

24/7 maternity health advice line for pregnant women

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