



# Welcome!

Dr Mignon Hamman & Dr Karli Prinsloo wish to welcome you to Colab Health! Please visit our website at [www.colabhealth.co.za](http://www.colabhealth.co.za) for interesting blog articles, practice times and other relevant information

At Colab Health, we practice comprehensive, patient-centred medicine. Our approach is built on taking the time to understand your health fully – not only addressing immediate concerns, but also focusing on preventative care and long-term wellbeing.

## Our Consultation Approach

We offer structured consultation options to best meet your needs:

### Comprehensive Consultation (30–45 minutes)

This applies to:

- First visits
- Annual health assessments
- Chronic condition management
- Mental health consultations
- More complex or multiple concerns

These consultations allow for a thorough review of your medical history, lifestyle factors, screening needs, and current concerns. Where clinically appropriate, this may include in-room investigations such as ECG, urine testing, or glucose testing.



Fee: R1630

(Procedures excluded.)

Please note: If more than 18 months have passed since your last visit, a comprehensive consultation will be scheduled to ensure your medical information and preventative care are up to date.

### **Focused / Acute Consultation**

For single, straightforward concerns or simple follow-ups.

Medical aid tariff

Private patients: R715

### **Fees and Medical Aid**

Colab Health is registered with all South African medical aids, and we claim directly from medical aids where applicable.

Medical schemes determine their own reimbursement rates. Depending on your specific plan, a co-payment may apply if your scheme reimburses at a lower rate than the practice fee.

**Our fees reflect the professional time and clinical input involved in your care – including preparation, review of medical information where necessary, and the consultation itself.**

We encourage patients to confirm their specific benefits with their medical aid should they wish to clarify expected reimbursement.



## Practice Information

Colab Health is a paperless practice. Communication takes place via email, WhatsApp, and our website. Please ensure your contact details are up to date at each visit.

Appointments can be booked:

- Telephonically/Whatsapp : 066 272 7488 / 012 881 3330
- Via our website: [www.colabhealth.co.za](http://www.colabhealth.co.za) or Online at mygc.co.za

We endeavour to run on time and appreciate punctuality. If you arrive late without prior notice, your appointment may need to be shortened or rescheduled.

Please bring:

- ID or driver's licence
- Medical aid card
- Relevant previous blood tests or imaging (we can request these if informed beforehand)
- A list or photo of your current medication

To all my new and old patients; to a mutually beneficial health partnership!

Regards

*Mignon Hamman*