

# HOW TO REGISTER ON MEMBERZONE

TO ACCESS THE POLMED HEALTH CLOUD



## What do I need to do this:

Membership number, ID number, Email address and a username and password.



Visit the Polmed website on  
[www.polmed.co.za](http://www.polmed.co.za)



Go to the top right hand corner of the page and click on **“Login/Registration”**. This will take you to a page where you can either sign in or create a new account.

ARE YOU  
**ALREADY REGISTERED**  
ON MEMBER ZONE?

**YES**

- Fill in your username and password and click on **“sign in”** to access your account.
- Click on **Polmed Health Cloud**
- Complete the online registration by filling in your name, surname, ID number, new password and click **“Submit”**,
- **Click on “e-Tutorials” to select a programme that is available for your condition and click “Subscribe”.** You will receive weekly e-tutorials to help you manage your condition. Remember to complete the short quiz every week!
- **You can use the Health Cloud to:**
  - Look up medical information on your condition, medicine or surgical procedures
  - Complete questionnaires
  - Enroll in lifestyle programmes
  - Read articles

**NO**

- Click on **“Create Account”**
- Click on **“Members”**
- Fill in your membership number and click **“Validate Code”** Confirm or choose from the list of members to indicate your status and Name and click **“Select”**
- Choose to validate your account with either your ID, email address or cell number and click **“Use”**
- Fill in the details including **email address** and a **password**
- Read through the terms and conditions and then click **“Create Account”** to complete the process.
- If you are a beneficiary, the main member will receive an email to activate your access