



POLMED[®]

OUR INVESTMENT | OUR HEALTH | OUR FUTURE

HOW TO REGISTER ON **MEMBER ZONE**

TO ACCESS THE **POLMED HEALTH PORTAL**

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

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?

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

YES

- ▶ Fill in your username and password and click on **“sign in”** to access your account.
- ▶ Click on **POLMED Health Portal**
- ▶ 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 Portal to:
 - Look up medical information on your condition, medicine or surgical procedures
 - Complete questionnaires
 - Enroll in lifestyle programmes
 - Read articles

