POLMED®
OUR INVESTMENT OUR HEALTH OUR FUTURE

Plan Selection Form

Members have the opportunity to change their current benefit plans at the end of each year. No plan changes will be allowed after 31 December.

DID YOU KNOW? You may change your plan online at www.polmed.co.za. You simply need to log in to the Member zone to access this facility.

PLEASE NOTE:
Should you not return your plan selection form or complete your plan selection online by **31 December**, you will remain on the same plan.
Should you decide to remain on the same plan, it is **STILL COMPULSORY FOR YOU TO COMPLETE** this form and return it via one of the submission methods indicated on this form.

Please complete all sections on this form and complete your details using block letters.

Principal Member's Contact Details

Membership Number

Persal Number

Rank/Title

Surname & Initials

ID Number

Postal Address

Code

Physical Address

Code

Telephone (Work)

Telephone (Home)

Cellphone

Fax

Email Address

Details of Dependant(s)

Surname	Full First Name	ID Number	Cellphone Number	Email Address

Choice of Plan

Please choose one plan and mark the relevant box with an "X"

☐ Marine ☐ Aquarium

Member's signature _____

Date D D M M Y Y Y Y

Please return your completed form to reach us by **31 December** via one of the following methods:

- **Email:** polmedoptions@medscheme.co.za
- **Fax:** 0861 728 722
- **POLMED Chat:** Via your mobile device (download this free app at http://bit.ly/1YHAtwu) or via the POLMED website (log in to the Member zone via your computer and select the POLMED Chat widget/icon).
- **Post:** Plan Selection Form, Private Bag X16, Arcadia 0007
- **Walk-in branch:** Hand deliver it to your nearest branch.

Alternatively, you may change your plan **online** by **31 December**. Visit the POLMED website at www.polmed.co.za and log in to the Member zone to select your plan for 2018. Should you wish to contact us telephonically, please phone our Client Service Call Centre on 0860 765 633.