



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 2021.

**DID YOU KNOW?** You may change your plan online at [www.polmed.co.za](http://www.polmed.co.za). You simply need to log in to the **Member Zone** to access this facility

**PLEASE NOTE:** This form should only be completed should you wish to change your plan.

**Kindly note** that both the main member and the beneficiaries choosing the Aquarium option are encouraged to nominate their own Network GP. Urgently complete the accompanying Network GP Form.

## Section 1: Principal Member's Contact Details

Please complete all sections on this form using capital letters.

Membership Number	<input type="text"/>	Persal Number	<input type="text"/>
Rank/Title	<input type="text"/>		
Surname & Initials	<input type="text"/>		
ID Number	<input type="text"/>		
Postal Address	<input type="text"/>		
Physical Address	<input type="text"/>		
	<input type="text"/>		
	<input type="text"/>		
Telephone (Work)	<input type="text"/>	Telephone (Home)	<input type="text"/>
Cellphone	<input type="text"/>	Fax	<input type="text"/>
Email Address	<input type="text"/>		

## Section 2: Choice of Plan

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

Marine

Aquarium

**Important:** Should you choose the Aquarium plan please also complete the Network GP Nomination Form.

Member's signature \_\_\_\_\_

Date

## Section 3: Submission of Plan Choice

Please return your completed form to us by **31 December 2021** via one of the following methods:

- **Email:** [polmedoptions@medscheme.co.za](mailto:polmedoptions@medscheme.co.za)
- **Fax:** 0861 728 722
- **Walk-in branch:** Hand deliver it to your nearest branch.
- **Post:** Plan Selection Form, Private Bag X16, Arcadia 0007
- **Website:** Visit the Polmed website at [www.polmed.co.za](http://www.polmed.co.za) and log into the **Member zone** and select **Polmed Chat widget/icon**.

Should you wish to contact us telephonically, please phone our Client Service Call Centre on **0860 765 633**.