

2026 PLAN SELECTION FORM



Members can change their current benefit plans at the end of each year. No plan changes will be allowed after 31 December 2025.

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.

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

Kindly note that both the main member and their dependants are encouraged to nominate their own Network GP. Urgently complete the accompanying Network GP Nomination Form.

Section 1: Principal Member's Contact Details

Please complete all sections on this form using capital letters.

Membership Number		Persal Number	
Rank/Title			
Surname & Initials			
ID Number			
Tax Reference number			
Postal Address			
Physical Address			
Telephone (Work)		Telephone (Home)	
Cellphone		Fax	
Email Address			

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 or the Marine 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 2025** via one of the following methods:

- Email:** polmedoptions@medscheme.co.za
- Fax:** 0861 728 722
- Walk-in branch:** Hand deliver it to your nearest branch.
- Website:** Visit the POLMED website at www.polmed.co.za and log into the **Member zone**

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

