



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 2022.

**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 or the Marine Plan 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	<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"/>		
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 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 2022** 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**.