

JULY 2025

POLMED

MID-YEAR NEWSLETTER



GREETINGS FROM THE PRINCIPAL OFFICER

Dear POLMED Members,

As we reach the midpoint of 2025, I write to you with pride, gratitude and a renewed sense of purpose. The journey we have travelled together in these first six months has been nothing short of inspiring. Each initiative, event and conversation has reaffirmed our shared commitment to wellness, resilience and accessible, quality healthcare for every POLMED member.

At the heart of POLMED's mission lies a simple but powerful belief: **your health is your strength, and our role is to support and protect it.**

THE FIRST HALF OF 2025: MILESTONES WORTH CELEBRATING

Honouring Service and Sacrifice: SAPS National Police Day 2025
The 2025 SAPS National Police Day commemorations began with the National Golf Day on Friday, 24 January, hosted at the Mount Edgecombe Country Club in Durban. POLMED proudly supported the event by providing hospitality, wellness services, including massage therapy and health screenings for all participants. The day concluded with a prize-giving ceremony that went beyond trophies – it served a noble purpose: raising funds for the education of children of fallen SAPS members. In a heartening show of solidarity, SAPS surpassed its fundraising target.

This was followed by the **SAPS National Excellence Awards** on 26 January, a prestigious evening that recognised the bravery, professionalism, and outstanding service of men and women in blue. From junior officers to senior leadership, excellence was honoured across diverse categories, reflecting the depth and breadth of talent within the SAPS.

Special awards highlighted exceptional contributions from individuals and teams – proving that heroism and commitment exist at every level of the organisation.

The commemorations culminated in the official **National Police Day** event on Monday, 27 January, held at Kings Park Athletics Stadium in Durban. This solemn occasion paid tribute to the selfless officers who have made the ultimate sacrifice. In his address, the Minister of Police reminded the nation of the harsh realities SAPS faces: chronic under-resourcing, high crime rates driven by socio-economic pressures, and, tragically, the loss of 39 police officers in the line of duty in 2024. Their memory was honoured with dignity and resolve, reinforcing the importance of strengthening the capacity and resilience of those who protect our communities.

POLMED stands with SAPS not only in remembrance but in action – supporting wellness, recognising excellence, and promoting the health and dignity of those who serve.

Promoting Healthy Lifestyles: POLMED at the Pretoria Marathon

On Sunday, 23 February 2025, POLMED proudly supported SAPS athletes at the Balwin Pretoria Marathon held at the PHSOB Club. Both SAPS members and POLMED staff took part across various race categories – 42.2km, 21.1km, 10km and 5km – demonstrating our shared commitment to physical wellness and active living.

To further promote health awareness, POLMED deployed nurses to offer screening services on-site, with participating members receiving health rewards. An additional 113 members who qualified for and signed up to the Weight Management Programme were also recognised with special rewards.

Through events like these, POLMED continues to champion the benefits of fitness, disease prevention, and holistic well-being among its members.

KZN Provincial Commissioner's Run
Despite rainclouds on the horizon, this year's run saw increased participation compared to 2024. Our members once again demonstrated that weather is no match for willpower. This was more than a race – it was a celebration of fitness, solidarity, and the enduring spirit of community that defines us.

Wellness and Screenings: A Growing Culture of Prevention

POLMED continues to champion preventative healthcare through its nationwide wellness initiatives.



During the Free State Wellness Week (7 - 11 April 2025), attendance exceeded expectations at 101.3%, while Mpumalanga Wellness Week (19 - 23 May 2025) achieved a strong 97.1% turnout. Encouragingly, members are attending with their beneficiaries, enabling greater access to preventative screening benefits for the entire family.

In addition to the Wellness Weeks, POLMED hosted 56 wellness screening events between January and 24 June 2025, reaching over 10,717 members. We remain committed to increasing this number before year-end.

We are also seeing growing invitations to support various sporting codes, which we embrace as part of our broader effort to promote active lifestyles and long-term health among our members.

Supporting Team Spirit and Wellness in KZN

POLMED proudly supported the KwaZulu-Natal Soccer and Netball Tournaments held on 15 - 16 May 2025 and 29 - 30 May 2025, respectively. Both events drew strong attendance from SAPS participants and members across the province, with participation exceeding 2024 levels.

To ensure member safety and wellness, POLMED provided ER24 ambulance services and conducted on-site health screenings. These tournaments not only foster camaraderie and teamwork but also align with our ongoing efforts to promote physical activity and preventative care among our members.

Western Cape Health Symposium

On May 21, the Scheme convened in the Western Cape to examine the province's health profile, burden of disease and discuss ways to improve member wellness. The symposium was a resounding success, characterised by robust engagement, thought-provoking dialogue, and meaningful collaboration. It was encouraging to witness the province's leadership and our members engage deeply with the health statistics presented, particularly those addressing the burden of disease. The event reinforced the importance of collaboration in driving meaningful health outcomes.

A Record-Breaking Comrades Marathon for SAPS Runners

With unwavering support from POLMED, an extraordinary **444 SAPS runners** took on this year's Comrades Marathon "down run" on June 8 — a significant increase from **356 in 2024 and 220 in 2023**. This remarkable growth is a testament to the rising commitment among our members to personal health, endurance, and disciplined living.

Our runners demonstrated the very qualities POLMED champions: **resilience, perseverance, and self-care** in the face of challenge. Leading the male category was **Elvis Raseala (Gauteng)**, who crossed the finish line in an impressive **06:30:37**. He was followed by **Lwandile Ngobe (Eastern Cape)** at **06:50:46**, and **Xolani Ndaba (KwaZulu-Natal)** in **06:55:44** — each performance a reflection of grit and determination.

The women's race was equally inspiring. **Reanoldar Mathonsi (Limpopo)** claimed the top spot once again, defending her 2024 title with a strong finish at **08:17:33**. **Maria Tjoana (Free State)** followed at **09:12:09**, with **Keaoleboga Pule (Northern Cape)** securing third place at **09:36:48**.

These athletes didn't just run a race — they inspired a community. Their triumphs reflect the heart of our mission: supporting SAPS members to live healthier, stronger lives.

LOOKING FORWARD: WHAT'S COMING IN THE SECOND HALF OF 2025

We acknowledge that not every goal progresses without challenge. While some of our initiatives experienced delays, we remain unwavering in our commitment to deliver on our promises.

Mobile Clinic Rollout

In last year's newsletter, we shared our intention to roll out mobile clinics to improve healthcare access, especially in underserved areas. While the project experienced some logistical delays, we are pleased to confirm that the rollout is now back on track and anticipated in the second half of 2025. We believe this initiative will not only bridge access gaps and reaffirm our promise that no member is left behind, but also deliver healthcare with dignity, especially to rural and peri-urban communities who need it most.

POLMED Connect App

You asked for easier access to healthcare tools — and we listened. Our mobile app, POLMED Connect, is launching its first version in July. This digital gateway will offer features such as member onboarding, a wellness tracker, benefits look-up, an education portal, and a provider search function. It's healthcare — streamlined, simplified, and smart.

Annual General Meeting (AGM)

We look forward to connecting with you at the upcoming AGM on 10 July 2025, at the International Convention Centre in East London, Eastern Cape. The AGM remains a vital platform for accountability, transparency and member empowerment. Your participation plays a key role in shaping the future of the Scheme. This is your Scheme — and your voice matters, let us hear it!

Navigating Change with Confidence: The NHI Update

In our 2024 newsletter, we promised to keep you informed of developments regarding the National Health Insurance (NHI). That commitment stands.

On 15 May 2024, the NHI Act was signed into law by the President of the Republic of South Africa. While this marked a significant policy milestone, implementation has proven far more complex. One year on, the rollout of NHI remains uncertain — hampered by constitutional concerns, legal action and widespread debate.

POLMED has been clear in its stance. We remain steadfast in our mandate to provide you and your dependants with comprehensive, uninterrupted healthcare coverage. This is more than a statement — it is a promise. We are deeply engaged in the unfolding legal and policy processes, working alongside industry partners and legal counsel to challenge aspects of the Act that could erode member rights or compromise care.

Our concerns include:

- The potential erosion of medical schemes' role in healthcare delivery,
- Limitations on member choice and benefit access, and
- Constitutional questions around the Act's enforceability and operational design.

In response, POLMED has:

- Participated in ongoing litigation to defend member rights,
- Submitted detailed representations on the Draft NHI Regulations, and
- Engaged directly with policymakers and the Council for Medical Schemes to advocate for fair and inclusive outcomes.

Our message remains firm:

We support the goals of universal healthcare, but not at the expense of member dignity, access or service quality. During this transitional phase, your medical aid cover, benefits and provider networks remain unchanged.

We are watching the horizon closely and will continue to be your trusted advocate throughout this evolving journey.

In closing, to every POLMED member — thank you. Thank you for showing up on the field, on the court, on the track, and in your communities. Whether you've laced up your running shoes, stepped onto a soccer pitch, taken to the netball court, joined an aerobics session, or swung a golf club — you've embodied the spirit of wellness and resilience we strive to cultivate.

Thank you for embracing our vision of proactive health, for trusting us with your care, and for allowing us to walk this journey with you.

As we navigate an ever-evolving healthcare landscape, we do so with the same energy and unity you display in every game, every step, every event. Because when we centre your health in all that we do, we are not only building a stronger medical scheme — we are investing in a thriving, active and healthier nation.

Warm regards,

**Ms Neo Khaueo
Principal Officer
POLMED**

SOUTH AFRICAN POLICE SERVICE MEDICAL SCHEME (POLMED). NOTICE OF ANNUAL GENERAL MEETING TO MEMBERS

COUNCIL FOR MEDICAL SCHEMES' REFERENCE NUMBER: 374

Notice in terms of rule 26.1.2 of the scheme rules pertaining to the 2025 annual general meeting

POLMED is a restricted Scheme, registered in terms of the Medical Schemes Act, Act No. 131 of 1998, as amended. Notice is hereby given in terms of Rule 26.1.2 that the Annual General Meeting (AGM) for the financial year ended in December 2024 will convene at **10:00 on Thursday, 10 July 2025 at the East London International Convention Centre, Marine Park Complex, 22 Esplanade, Beachfront, East London, Eastern Cape Province**. Further, be advised that the 2025 AGM will be non-elective.

AGM ATTENDANCE

In accordance with POLMED Rules, attendance at the AGM will be limited to principal members in good standing (in other words, members whose contributions are not in arrears), officers of the Scheme, and relevant stakeholders, who are formally invited by the Scheme to attend the AGM in line with the Medical Schemes Act (MSA) and POLMED Rules. A quorum of 50 members, as prescribed by POLMED Rule 26.1.3, is required to ensure that the AGM proceeds.

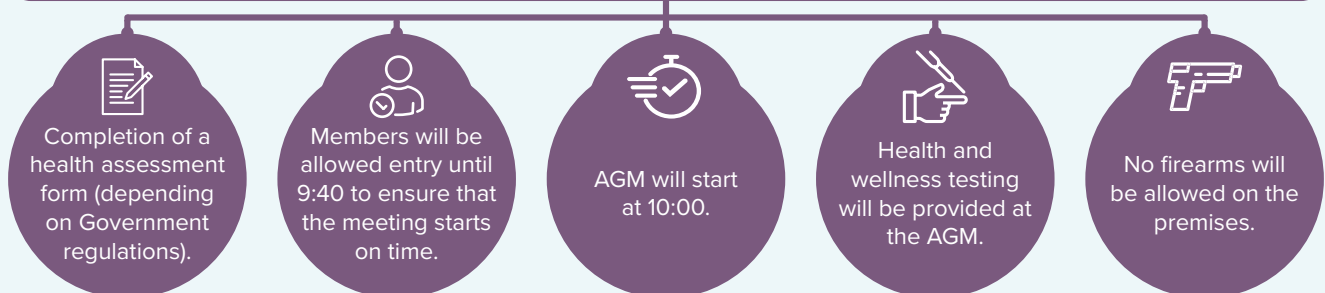
Members attending the AGM must bring their membership cards and any of the following identification documents:

- A South African ID book or Smart ID card;
- A South African Driver's License; or
- A passport.

Members are also required to confirm their attendance by means of an "RSVP" if they intend to attend the AGM. RSVPs must reach POLMED by Wednesday, **9 July 2025 at 17:00**. No RSVP beyond this date will be accepted. RSVPs must be e-mailed to **2025agm@polmed.co.za** or call **012 818 7525** to confirm your attendance.

Please note that the AGM planning and attendance remain subject to any change in Government regulations affecting the continuation of the AGM.

PROTOCOLS AT THE AGM The following protocols will be followed:



Your support towards the 2025 POLMED AGM will be highly appreciated.

Yours faithfully,
Ms N Khauoe
PRINCIPAL OFFICER



DISCLAIMER:

1. By attending this event for beneficiaries of POLMED, you acknowledge and agree to the following POLMED terms and conditions concerning its practices regarding use of photographic images and videos of adult and minor persons.
- 1.1. Photographic images or videos may be used for lawful and appropriate purposes related to POLMED's promotional, educational, or informational activities, including but not limited to publications, websites, social media, and other marketing materials.
- 1.2. No monetary compensation will be provided for the use of these images.
- 1.3. By consenting to the use of their children's images, parents or guardians release POLMED, its affiliates, employees, and representatives from any liability or claims of defamation, invasion of privacy, or infringement of rights.
- 1.4. Parents or guardians may withdraw their consent at any time by providing written notice to POLMED. Upon such notice POLMED will cease using the images in future materials; previously published materials that are in circulation and cannot be recalled may remain in circulation.
- 1.5. POLMED will not disclose any personal information about the subject of the photographic images and videos beyond what is necessary for the intended use of the images.
- 1.6. POLMED is committed to respecting the privacy and rights of all individuals, especially minors.

2. If you do not wish to be photographed or have your image used, you have the right to object by notifying POLMED in writing prior to or during the event. Please contact: 082 294 4381 to communicate your objection.

POLMED reserves the right to update or modify this disclaimer as necessary. Thank you for your understanding and cooperation.

Date: 10 April 2025
Issued by: POLMED

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The official Welcome Address for the 2025 Comrades Marathon was held on Saturday, 7 June 2025, at the Durban Central SAPS precinct. The atmosphere was electric as representatives from all nine provinces gathered, with a DJ setting the tone by playing provincial anthems, prompting each group to showcase their traditional dances on stage.

The POLMED team joined the festivities, dancing to the upbeat “Weekend Special” as part of the celebratory build-up.

Captain Duma and Colonel Mathe energised the crowd while ensuring that all runners had received their race numbers. They also reminded participants to collect their supplements from tables 1 to 4.

As the proceedings commenced, provinces lined up proudly behind their respective flags, awaiting the arrival of the SAPS National Commissioner. At 10:30 a.m., the National Commissioner, accompanied by his entourage, made a formal entrance and took his place on the main stage.

Captain Duma acknowledged the presence of several distinguished SAPS managers:

- General Motswenyane (Limpopo)
- General Ngcobo (KwaZulu-Natal)
- General Hadebe (Free State)
- General Godole (Western Cape)
- General Ngembe (Retired & POLMED Trustee)
- General Zulu

Programme Highlights

Brigadier Kekana, Deputy Chairperson of the SAPS National Marathon Association, served as the programme director. Greetings were extended to the National Commissioner, POLMED Principal Officer, and all dignitaries present. Reverend Ngema opened the programme with scripture readings from Mark 5:36 and 2 Chronicles 20:20, offering a prayer and inviting attendees to stand in unity. Lieutenant Colonel Mathe led the SAPS Code of Conduct while participants remained standing, affirming the values of the service.



2025 COMRADES MARATHON SAPS WELCOME ADDRESS

Brigadier Kekana expressed gratitude on behalf of the National Marathon Association to SAPS leadership for their continued support. He then invited the KwaZulu-Natal Provincial Commissioner to deliver the official welcome address.

The KZN Provincial Commissioner warmly welcomed guests to the Kingdom of the Zulus—the proud host of the ultimate human race. He extended thanks to SAPS leadership, POLMED, the POPCRU President, and other union representatives for their presence. Commending the runners for their dedication, he wished them a safe and successful race and assured them that POLMED and SAPS officials would be on hand throughout the event to provide support.

Messages of Support

Next, the Programme Director invited the POLMED Principal Officer (PO) to address the audience. The PO greeted dignitaries, including SAPS Management, POLMED executives and the organising committee, and acknowledged the presence of the POLMED Board of Trustees—Ms Ngembe, Ms Molefe, and Mr Ngwenya—as well as Mr Chamane.

The PO commended the runners for contributing to POLMED's goal of reducing medical claims, noting that their healthy lifestyles were making a measurable difference. She highlighted longevity statistics—over 74 years for females and just under 70 for males—and encouraged continued efforts to maintain fitness and well-being. Notably, the National Commissioner himself had been inspired to start running, having completed 5km already. She thanked the athletes for helping POLMED sustain lower contribution rates and improve benefits for members.

Colonel Sekiti, National Chairperson of the SAPS National Marathon Association, then addressed the assembly. He recognised the National Commissioner, POLMED leadership, and SAPS senior officials, thanking them for their presence and ongoing support. He introduced the athletes from all provinces, dressed in vibrant team colors, and celebrated the 444 SAPS members set to run the Comrades Marathon.

Col. Sekiti expressed appreciation for the logistical support provided, noting there had been no transport issues, and encouraged the organisation to consider expanding support for accommodation in future events.

Senior Leadership Addresses

The Programme Director invited General Sibiyi, Deputy National Commissioner for Crime Detection, to deliver a message of support. General Sibiyi praised the runners' discipline, strength, and service to the nation. He referenced positive crime statistics recently shared by the Minister and encouraged athletes to give their best during the race, reminding them that they represented SAPS, their families, and the country at large.

General Mosikili echoed these sentiments, commending the runners for their months of training and dedication. He wished them well as they prepared to cross the finish line with pride.

National Commissioner's Address

The National Commissioner took the podium to acknowledge the gathering. With light humor, he mentioned the cold weather in Gauteng and Limpopo before emphasising the importance of representation—not just of SAPS, but of communities across the country.

He urged members to maintain physical readiness, including meeting fitness requirements (three hours of training, three times per week), and stressed the need for accountability, especially when duty obligations like court appearances arise.

He praised the discipline and behaviour of runners at previous marathons and spoke of plans to strengthen partnerships with sponsors and stakeholders to further support sports in the SAPS. He highlighted the value of fitness in operational performance and encouraged greater female participation. Citing a recent example of police officers chasing a suspect live on television, he stressed that fitness is not optional in modern policing. He also thanked outgoing officials for their service and reiterated the organisation's support for athletics and wellness.

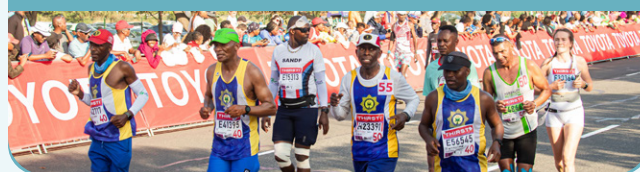
The participant breakdown was as follows:

Disabled Athletes:	2
Eastern Cape:	40
Free State:	23
Gauteng:	69
Head Office:	73
KwaZulu-Natal:	72
Mpumalanga:	35
Northern Cape:	24
North West:	12
Limpopo:	51
Western Cape:	38
Retired Members:	11
Total:	382 males and 66 females

Closing Remarks

The Programme Director made a final announcement reminding athletes to collect their supplements, have lunch, and prepare for the early morning transport to Pietermaritzburg. Buses would depart from the SAPS Provincial Office at 1:00 a.m. Runners were advised to contact their coordinators for any last-minute queries.

The proceedings concluded with the singing of the National Anthem, followed by the departure of the National Commissioner and his delegation.



FROM THE PRINCIPAL OF POLMED: Congratulations to our SAPS Comrades Marathon Runners



On behalf of POLMED, I extend my heartfelt congratulations to all our South African Police Service (SAPS) members who participated in and successfully completed the 2025 Comrades Marathon.

Your determination, resilience and unwavering spirit exemplify the very qualities we honour and celebrate within the SAPS community. Completing this iconic ultramarathon is no small feat as it requires months of preparation, physical endurance and mental strength. Your achievement is a testament not only to your personal dedication, but also to the discipline and commitment that define our service men and women in blue.

At POLMED, we take immense pride in supporting individuals who push their limits and strive for excellence in all aspects of life both in uniform and beyond. Your accomplishment reminds us of the power of perseverance and the importance of holistic well-being.

Once again, congratulations on this remarkable achievement. You have inspired many and we are proud to walk and run this journey with you.

#Wellness

Warm regards,
Ms Neo Khaouo
Principal Officer





2025 COMRADES MARATHON PRIZE GIVING

The 2025 Comrades Marathon Prize Giving Ceremony took place on Monday the 9th of June 2025 at Durban Central SAPS. Congratulations were given to SAPS members from across all provinces who took part in the Comrades Marathon and lifted the SAPS flag high.

The event was graced by the presence of the SAPS National Commissioner, accompanied by his entourage.

The following people were acknowledged:

- The SAPS National Commissioner, General Masemola
- The Divisional Commissioner for Human Resources Development (HRD), General Zulu
- The Deputy National Commissioner for Crime Detection, General Sibiya
- The Free State Provincial Commissioner, General Motswenyane
- The POLMED Principal Officer, Neo Khaue
- The KZN Provincial Commissioner, General Mkhwanazi
- The DPC and Brig. from different provinces.

The programme was directed by Major General Nonkululeko Phokame – the component head for corporate communication at National.

Reverend Ngema officially opened the programme with a prayer. 1 Samuel Chapter 7, verse 12 – “Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying, “Thus far the Lord has helped us”.

Constable Ngubane read the South African Police Service (SAPS) Code of Conduct.

The KZN PC delivered the welcoming address, greeting the SAPS leadership and members. He thanked all the SAPS members for participating; not only were they participating,

but they were also there to protect the runners. Special appreciation was given to the members who were running, and he hoped to see runners also participating in the Western Cape Marathon.

The POLMED Principal Officer, the official sponsor, ascended the stage. She thanked the KZN PC for warm welcome and also thanked the interpreter for her services. She also recognised the attendees, POLMED Trustees, POLMED executives, POLMED Senior Managers and Mr Lazarus. She reiterated that POLMED is a health scheme, not a curative scheme, and will take care of you whilst you are still standing, and POLMED will always be there to support SAPS. POLMED is a very proud scheme. Special thanks were given to the National Commissioner for supporting the runners and for also encouraging POLMED to look after all active members.

Chairperson for the National Marathon Association, Col. Sekiti rendered a message of support, congratulated the runners, and encouraged members to join the National Commissioner’s Sports Fund. Eleven members did not start due to other complications, 34 members did not finish and 442 members completed the race. Although paramedics had to take some members, all members were doing well.

Keynote address was delivered by the National Commissioner. The National Commissioner acknowledged all seniors and sponsors. He was honoured to be standing in front of members and he gave them a big round of applause. As SAPS members they have showed their strength and endurance. Physical fitness keeps the mind healthy and the Commissioner encouraged members to keep healthy and stay focused and to continue painting the streets blue. Members were encouraged to join the National Commissioner’s Sports Fund and to also do better in the next Comrades Marathon. He congratulated members and gave them five days to rest, and they could return to work on Monday.

The National Commissioner congratulated the 1st SAPS Female to finish the race, Cst Reanoda Mathonsi from Limpopo who finished at 08:17:33.

2025 COMRADES MARATHON PRIZE GIVING

General Sibiyi gave the vote of thanks for the proceedings. He thanked everyone for the overall success of the event. Health and awareness remain a priority to protect South Africans.

Brig. Kekana, the Deputy Chairperson, started the Award Ceremony with the assistance of General Zulu.

HE MENTIONED THAT THE AWARD CATEGORIES WERE AS FOLLOWS:

MEMBERS LIVING WITH DISABILITY

- Position 1 Thembelani Fikle 10:44:36 from Western Cape
- Position 2 Velaphi Mkhize 11:15:44 from Head Office

FEMALE TOP 10

- Position 1 Reanoldar Mathonsi 08:17:33 from Limpopo (R10 000.00)
- Position 2 Maria Tjoana 09:12:09 from Free State (R8 000.00)
- Position 3 Keaaleboga Pule 09:36:48 from Northern Cape (R6 000.00)
- Position 4 Enronecia Williams 09:49:02 from Western Cape
- Position 5 Bethania Mulaudzi 09:50:36 from Head Office
- Position 6 Kelebogile Mapheto 10:08:10 from Gauteng
- Position 7 Jabulile Mncwango 10:10:03 from Gauteng
- Position 8 Tsakane Manganye 10:23:16 from Head Office
- Position 9 Nomxolisi Vuke 10:34:24 from Eastern Cape
- Position 10 Motjatji Matlala 10:37:50 from Gauteng

MALE TOP 10

- Position 1 Elvis Raseala 06:30:37 from Gauteng (R10 000.00)
- Position 2 Lwandile Ngobe 06:50:46 from Eastern Cape (R8 000.00)
- Position 3 Xolani Ndaba 06:55:44 from KwaZulu-Natal (R6 000.00)
- Position 4 Thasanga Tomi 07:03:03 North West
- Position 5 Tumelo Malapane 07:04:17 from Gauteng
- Position 6 Dumisani Dosi 07:04:36 from Western Cape
- Position 7 Siyabonga Ndlela 07:07:35 from KwaZulu-Natal
- Position 8 Sivuyile Noxhaka 07: 10:02 from Eastern Cape
- Position 9 Sibonelo Nzama 07:11:30 from KwaZulu-Natal
- Position 10: Aranoleng Mogapi 07:15:17 from North West





COMRADES MARATHON EXPERIENCE FROM BEN SESELE POLMED EMPLOYEE



I wanted to take a moment to share what an incredible experience it was to participate in my very first Comrades Marathon. It's hard to describe in words what this iconic event means until you've stood on that start line and felt the energy of thousands of runners and supporters united in one shared purpose.

The Comrades is truly one of the quintessential South African experiences not just for the physical challenge it presents, but for the unmatched spirit of camaraderie that surrounds it. From fellow runners to the thousands of supporters lining the route, the warmth, encouragement and unwavering support were deeply humbling. It is in these moments that you truly understand the heart of South Africa.

For me personally, **this was the ultimate test of mental and physical endurance.** At the start of the year, I suffered an Achilles injury which took five months to recover from, limiting my physical preparation. Despite this, **I am proud to share that I achieved my personal goal of reaching the halfway mark – 47km.**

Crossing that halfway point was more than just a physical milestone – it was a powerful reminder that with discipline, resilience and belief, we can achieve far more than we imagine.

It was an honour to represent POLMED during this event, carrying with me our values: Our Investment, Our Health, Our Future. I am truly grateful for the words of support and encouragement I received from my colleagues – they fuelled me for those very tough 5 hours of running and occasional walking.

This is definitely an experience I would love to take on again – with the goal of finishing the full race next time. I look forward to the possibility of having a fellow POLMED runner join me on this incredible journey at the next Comrades Marathon – the ultimate human race... and indeed, the ultimate test.



IMPORTANT INFORMATION ABOUT INJURY ON DUTY (IOD)

Question: Are you covered after your IOD claim is finalised?

Answer: Benefits are payable to the member for a period of up to 24 months, or until the member's condition is deemed stabilised, whichever comes first. The member's entitlement to additional benefits (such as compensation and medical treatment) will only be reinstated if the claim is formally reopened.

To request the reopening of a claim, the treating doctor must submit the request either via the online CompEasy system or manually at a Labour Centre.

For further assistance, please contact the SAPS IOD Human Resources Department at (012) 393 2848 / 1501 / 1626 / 1803 / 2941.



SCHEME CONTACT DETAILS

WANT TO SPEAK TO US?

If you would like to speak to us, please do not hesitate to contact our Client Service Centre or send us an email.

Contact Us

Tel: 0860 765 633 or 0860 POLMED

Email: polmed@medscheme.co.za

Fax: 0860 104 114



POLMED Client Service Centre:

Nedbank Plaza, C/o Stanza Bopape and Steve Biko Streets, Arcadia, 0083

Claims, Membership and Contributions:

POLMED, Private Bag X16, Arcadia, 0007

Council for Medical Schemes:

www.medicalschemes.com

POLMED Fraud Hotline:

Tel: 0800 112 811

Email: fraud@medscheme.co.za



REGIONAL WALK-IN BRANCHES

LEPHALALE

Shop 6, Bosveld Boulevard Park, Cnr Joe Slovo and Chris Hani Streets, Onverwacht, Lephalale

ROODEPOORT

Shop 21 and 22, Flora Centre (Entrance 2), Cnr Ontdekkers and Conrad Road, Florida North, Roodepoort

RUSTENBURG

Shop 23, Lifestyle Square, Beyers Naude Drive, Rustenburg

KLERKSDORP

Medicover Building, Shop 11, 22 Knowles Street, Witkoppies, Klerksdorp

MAHIKENG

Mega City, Shop 118, Ground Floor, East Gallery, Mahikeng

KATHU

Shop 18D Kameeldoring Plein Building, Cnr Frikkie Meyer and Rooisand Road

KIMBERLEY

Shop 76, North Cape Mall, Royldene, Kimberley

WORCESTER

45 Church Street, Worcester

CAPE TOWN

Shop 6, 9 Long Street, Cnr Long and Waterkant Street, Cape Town

POLOKWANE

Checkers Centre, Shop 2, Ground Floor, Cnr Hans van Rensburg and Grobler Streets, Polokwane

VEREENIGING

32 Grey Avenue, Vereeniging

PRETORIA

Nedbank Plaza, Shop 17, Ground Floor, 361 Steve Biko Street, Arcadia, Pretoria

NELSPRUIT

Shop 11, City Centre Mall, Cnr Andrews Street and Madiba Drive, Nelspruit

DURBAN

14/36 Silverton Road, Silver Oaks Office Park, Musgrave, Durban

PIETERMARITZBURG

Pietermaritzburg Arch, 39/45 Chief Albert Luthuli Street, Pietermaritzburg

BLOEMFONTEIN

Medical Suites 4 and 5, Middestad Medical Suites, First Floor, Middestad Mall Corner of Charles & West Burger Street, Bloemfontein

EAST LONDON

Unit 5, 8 Balfour Rd, Vincent East London

NELSPRUIT

Shop 11, City Centre Mall, Cnr Andrews Street and Madiba Drive, Nelspruit

GQEBERHA

2nd Avenue, Newton Park, 78 – 84 Block 3, Newton Park, Gqeberha

