

**GOOD CHOICES,  
GOOD HEALTH**

**ALEXANDER FORBES HEALTH**

**YEAR END OPTIONS 2015**



September 2014

Dear Sappi Medical Scheme Member

Bestmed and Sizwe Medical Schemes and Guardrisk (Admed) will be launching their 2015 rates and benefits to the market towards the end of September 2015.

### **MEDICAL SCHEME CHANGES FOR 2015**

You are given the opportunity to change your plan option with effect from 1 January 2015. You need to consider your healthcare requirements for the following year and decide if you have the right level of cover.

Detailed communication on the option change process as well as 2015 product information will be sent to you during the month of October 2014 following the schemes' 2015 announcement of their 2015 changes to benefits and rates.

The purpose of this communication is to inform you of when the member information sessions will be held.

### **WHEN WILL MEMBER INFORMATION SESSIONS BE HELD?**

An Alexander Forbes Health Consultant and/or a scheme representative will be providing information on the 2015 plan options during November 2014. You should make every effort to attend a session, even if you do not intend to change your plan option. This will ensure that you understand the benefits that will be available to you in 2015.

The consultant will also be available after each session to assist members individually with advice on the most suitable option for their specific needs as well as to assist with any escalated scheme queries after the presentations.

We look forward to see all members at the scheduled sessions.

Alexander Forbes Health

**HEALTH**

**ALEXANDERFORBES**  
Securing your financial well-being

SAPPI MEDICAL SCHEME ROADSHOW – NOVEMBER 2014

Venue	Consultant	Date	Bestmed	Sizwe	Address
Braamfontein	Nicole	Tues 4 Nov	09:00	11:00	48 Ameshoff Street, Braamfontein
		Thurs 6 Nov	13:00	11:00	
Enstra	Nicole	Mon 3 Nov	09:00	11:00	East Geduld Road, Springs
			13:00		
Technology Centre	Nicole	Wed 5 Nov	13:00	11:00	Pretoria Technology Centre
Lomati (Barberton)	Nicole	Mon 10 Nov	10:30	-	Erf 40, Townlands Barberton
Ngodwana	Nicole	Mon 10 Nov	14:30	-	Ngodwana Mill (N4, 50 km before Nelspruit)
		Tues 11 Nov	8:30	10:30 14:00	
Forests MPU	Nicole	Wed 12 Nov	08:30	11:00	Ngodwana
Saiccor	Zerina	Mon 3 Nov	12:00; 14:00	09:00	Umkomaas Drift, Umkomaas
		Tues 4 Nov	09:00, 11:00	14:00	
Stanger	Zerina	Wed 5 Nov	11:00, 14:00	09:00	Gledhow Mount, Stanger, North Coast
Tugela	Zerina	Thurs 6 Nov	09:00	11:00	Old Main Road, Mandeni, North Coast
DBN SES	Zerina	Fri 31 Oct	12:00		70 Buckingham Terrace, Westville
DBN Westville	Zerina	Fri 31 Oct	09:00		
Forest KZN PMB	Zerina	Mon 10 Nov	09:00, 11:00		21 Cascades Crescent, PMB
Forest KZN Howick	Zerina	Mon 10 Nov	14:00		R107 District Road, Tweedie
Kwambonambi	Zerina	Tues 11 Nov	10:00		Waterton Road, Kwambonambi
Cape Kraft	Fauzia	Mon 3 Nov	10:00, 12:00		7 Esso Road, Montague Gardens, Cape Town