

14 November 2025

Dear Valued Gold Ascend Member

As we close another year, we take a moment to reflect with gratitude on our members, our shared journey, and the trust you continue to place in us. Thank you for being a Sizwe Hosmed member.

For over **83 years**, Sizwe Hosmed has stood on a solid foundation of **care, trust, and service**. That promise remains unchanged. ***We are still here for you, stronger than ever*** — paying claims faithfully, supporting you and your loved ones through life's most challenging moments, and giving you the peace of mind that **quality healthcare will always be within reach**.

We've grown alongside you, continually improving our benefits and services to meet your changing needs. We remain a partner you can count on for life, and we look forward to serving you even better in 2026.

Reasons to Stay with Sizwe Hosmed

There are many reasons why you should stay with your trusted Scheme.

- We have some of the **lowest co-payments** in the industry.
- **Our contributions are among the most affordable** across all options.
- **We offer rich maternity and child benefits**, including free cover from the fourth child onward.
- **Child dependants are covered from birth up to the age of 26 years.**
- **Claims are paid at 100% of the Scheme rate.**
- **We offer vaccination benefits for children up to 12 years old.**

JOHANNESBURG

23 West Street,
Houghton,
Johannesburg,
2198

Tel: +27(11) 725 0040

CAPE TOWN

Norton Rose House,
8 Riebeeck Street,
Cape Town

Tel: +27 (21) 402 9600
Fax: +27 (21) 418 1400

DURBAN

19 Hurst Grove,
Clifton Grove,
Musgrave, Durban

Tel: +27 (31) 304 4829
Fax: +27 (31) 304 4839

GQEBERHA

70 - 2nd Avenue,
Newton Park,
Nelson Mandela Bay

Tel: +27 (41) 503 1000
Fax: +27 (41) 503 1302

WELKOM

Corner House,
Cnr. Buiten & Graaf Street,
Welkom

Tel: +27 (57) 353 1475
Fax: +27 (57) 353 1478

EMALAHLENI (WITBANK)

71 Mandela Drive,
Cnr. Plumer and Mandela Street,
Emalahleni,

Tel: +27 (13) 690 3342
Fax: +27 (13) 690 3187

POLOKWANE

Thabakgolo Building,
58 - 60 Landdros Mare
Street, Polokwane, 0699

Tel: +27 (14) 880 0614



In summary, we offer comprehensive benefits and value that you can rely on.

2026 Benefit Enhancements

As we prepare to enter the new year, we remain committed to delivering even more unwavering care that has defined us for generations.

In line with this commitment, we are pleased to announce a **5% increase in member benefits**, from January 1, 2026, subject to CMS approval

What you can look forward to in 2026

You can look forward to improved benefits across all options — from GP and specialist consultations, chronic treatment and medication to hospitalisation, maternity and wellness services. These improvements will help you and your family get even more from your membership, ensuring you receive the care you need, when you need it.

We look forward to caring for you in meaningful ways, including:

- **Ensuring everyday convenience** – Access to free health screenings and free delivery of your HIV medication through our Clicks partnership.
- **Home-Based Care** – Through Quro Medical and Linova Health, members can expect to receive professional hospital-level treatment and chronic care in the comfort and safety of their homes.
- **Proactive health management** – Access to comprehensive adult and children screenings, helping you stay ahead of health concerns.
- **Modern care solutions** – Access to essential medical devices, children's therapy, and advanced treatments.
- **Flexible savings** – Savings and Accumulated Savings to take care of medical costs in the way that best suits you.
- **Exceptional maternity care** – Access to up to 10 consultations for expecting mothers, ensuring that both mum and baby receive the very best care throughout pregnancy.

JOHANNESBURG

23 West Street,
Houghton,
Johannesburg,
2198

Tel: +27(11) 725 0040

CAPE TOWN

Norton Rose House,
8 Riebeeck Street,
Cape Town

Tel: +27 (21) 402 9600
Fax: +27 (21) 418 1400

DURBAN

19 Hurst Grove,
Clifton Grove,
Musgrave, Durban

Tel: +27 (31) 304 4829
Fax: +27 (31) 304 4839

GQEBERHA

70 - 2nd Avenue,
Newton Park,
Nelson Mandela Bay

Tel: +27 (41) 503 1000
Fax: +27 (41) 503 1302

WELKOM

Corner House,
Cnr. Buiten & Graaf Street,
Welkom

Tel: +27 (57) 353 1475
Fax: +27 (57) 353 1478

EMALAHLENI (WITBANK)

71 Mandela Drive,
Cnr. Plumer and Mandela Street,
Emalahleni,

Tel: +27 (13) 690 3342
Fax: +27 (13) 690 3187

POLOKWANE

Thabakgolo Building,
58 - 60 Landdros Mare
Street, Polokwane, 0699

Tel: +27 (14) 880 0614



We're still here for you, still caring for you — today and for generations to come.

Click here to download the Gold Ascend 2026 Benefits Brochure:

<https://sizwehosmed.co.za/documents/2026/benefits/2026%20Gold%20Ascend%20%26%20Gold%20Ascend%20EDO.pdf>

Regards



Lebogang Mpakati

Curator – Sizwe Hosmed

JOHANNESBURG

23 West Street,
Houghton,
Johannesburg,
2198

Tel: +27(11) 725 0040

CAPE TOWN

Norton Rose House,
8 Riebeeck Street,
Cape Town

Tel: +27 (21) 402 9600
Fax: +27 (21) 418 1400

DURBAN

19 Hurst Grove,
Clifton Grove,
Musgrave, Durban

Tel: +27 (31) 304 4829
Fax: +27 (31) 304 4839

GQEBERHA

70 - 2nd Avenue,
Newton Park,
Nelson Mandela Bay

Tel: +27 (41) 503 1000
Fax: +27 (41) 503 1302

WELKOM

Corner House,
Cnr. Buiten & Graaf Street,
Welkom

Tel: +27 (57) 353 1475
Fax: +27 (57) 353 1478

EMALAHLENI (WITBANK)

71 Mandela Drive,
Cnr. Plummer and Mandela Street,
Emalahleni,

Tel: +27 (13) 690 3342
Fax: +27 (13) 690 3187

POLOKWANE

Thabakgolo Building,
58 - 60 Landdros Mare
Street, Polokwane, 0699

Tel: +27 (14) 880 0614

