

26 October 2022

Dear valued Member,

**BESTMED NOTIFICATION: CHANGE IN CONTRIBUTION STRUCTURE OF RHYTHM2
FROM 1 JANUARY 2023**

This letter serves to inform you that the previous contribution categories based on income brackets on the Rhythm2 option, will be removed effective from 1 January 2023.

From January 2023 there will only be one contribution payable for Rhythm2, as follows:

Beneficiary type	Contribution
Principal member	R2 476 per month
Adult dependant	R2 342 per month
Child dependant	R1 359 per month

Contributions are only payable for the first three (3) children in a family, thereafter from the fourth child and up you will not be required to pay a child dependant contribution, and these children will be covered on the option free of charge.

ALTERNATIVE OPTIONS

If you cannot afford the increase in contribution for the Rhythm2 option due to the changes made for 2023, you are advised to consult with your appointed advisor to assist you to choose an alternative option.

If you do decide to change option, the Scheme needs to receive your completed option change form from your employer (if applicable), or yourself before 31 December 2022. Members who belong to Bestmed via their employer need to complete the Corporate Member Benefit Option Change Form – available under Forms → Change Information Forms on the website:

<https://www.bestmed.co.za/members/resources#!brochuresguidesandforms>. Individuals who belong to the Scheme in their private, personal capacity need to complete the Individual Member Benefit Option Change Form – available under Forms → Change Information Forms on the website: <https://www.bestmed.co.za/members/resources#!brochuresguidesandforms>. Should you decide to not change to an alternative option, your membership will remain on Rhythm2 for 2023 and the higher contribution applicable for next year will be effective from the 1 January 2023. The Rhythm2 individual brochure for 2023 is available on the website: <https://www.bestmed.co.za/members/resources#!brochuresguidesandforms>

If you belong to Bestmed without making use of an advisor who can assist you to choose an alternative option, you are welcome to liaise with the regional offices by scheduling appointments with one of the senior consultants, or you can send an email to Rhythm2@bestmed.co.za and ask them to schedule an appointment with you to discuss alternative options.

The Scheme will also arrange virtual product information sessions between end of October and November 2022 during which all options will be discussed in detail. Attending these might also help you to choose an alternative option. The dates of these virtual sessions are as follows, and all members will receive an electronic invitation to the sessions from Bestmed Events team:

Date	Time	Session
1 November 2022	18:00 - 19:00	Beat1 and Beat1 Network
3 November 2022	18:00 - 19:00	Beat2 and Beat2 Network
8 November 2022	18:00 - 19:00	Beat3 and Beat3 Network
15 November 2022	18:00 - 19:00	Beat4 and Pace1
17 November 2022	18:00 - 19:00	Pace2 and Pace3
22 November 2022	18:00 - 19:00	Pace4
24 November 2022	18:00 - 19:00	Rhythm2
29 November 2022	18:00 - 19:00	Rhythm1

Members are also welcome to visit any of the regional offices and ask the consultants to assist them in choosing an alternative option.

The regional offices you can schedule appointments with are:

Region	Telephone number
Cape Town	+27 (0)21 202 8808
Durban	+27 (0)31 279 5420
Gqeberha (Port Elizabeth)	+27 (0)41 363 8921
Nelspruit	+27 (0)13 101 0280
Polokwane	+27 (0)86 000 2378
Pretoria	+27 (0)86 000 2378

Please refer to the Comparative guide, summarising all available options for 2023. All product related collateral is available on the website:

<https://www.bestmed.co.za/members/resources#!brochuresguidesandforms>

Personally Yours,

Elmarie Jooste

EXECUTIVE: CORPORATE RELATIONS AND WELLNESS