

Newsletter

FOURTH QUARTER 2024



LETTER FROM THE PRINCIPAL OFFICER

Scheme Management and the Board of Trustees reviewed the Scheme's benefits in September 2024 and submitted benefit amendments and annual benefit limit increases to the Council for Medical Schemes for registration with effect from 1 January 2025.

Please click [here](#) or visit www.imperialmotusmed.co.za to download your copy of the 2025 member guide that contains the benefits available from 1 January 2025.

Please spend some time to study the benefits of your Scheme to ensure that you understand the benefits and Rules of the Scheme, the summary of which is in your member guide.

We are entering a well-earned holiday season and some of you will be travelling to various holiday destinations. We urge you to keep your membership card at hand for those possible, unexpected emergencies and to ensure that your family members have access to your membership card.

Alternatively, download the Imperial Motus Med app to your mobile device to present your digital membership card to healthcare providers. Find out more about registering on page 3 in the article 'Imperial Motus Med website and mobile app'.

Travel with care. We wish you and your family the best of health over the festive season and into the new year.

Yours faithfully

Fred Meier
Principal Officer
Imperial and Motus Medical Aid

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IMPERIAL MOTUS MED WEBSITE AND MOBILE APP

How to register

If you would like to access your medical scheme information on the Scheme's website, you need to register on the website first, after which you can register on the app. It is quick and easy to register.

Follow these steps

- Go to www.imperialmotusmed.co.za.
- Click on 'Sign in' and select 'Member'.
- Click on 'Register' and insert the following before clicking on 'Next':
 - your identity number
 - your email address or cell phone number.

(Please use the email address or cell phone number the Scheme has on record for you. We will email a validation notification to this email address. If your contact information has changed, please contact the client service department.)

- You will be required to provide the one-time PIN (OTP) verification number that will be sent to you.
- You will be routed to the registration form and, once completed, to the sign-in page, where you must insert your username and your new password.

If you are already registered on the Imperial Motus Med website:

- Go to www.imperialmotusmed.co.za.
- Click on 'Login'.
- Select 'Member'.
- Insert your username and password and click on 'Sign in'.

Now you can view all your medical scheme details, which include, among others, your claims, contributions, correspondence and personal details (which you can now update yourself).

Once registered on the website, you can also register on the Imperial Motus Med **mobile app**, which is available to download from the iStore (Apple) and Play Store (Android).

You will use the same username and password for this app as for the Imperial Motus Med website.

Happy browsing!



Holiday recipes

Lamb shoulder with fruitcake stuffing and potatoes

Ingredients

- 250 g plain fruitcake, crumbled
- 125 g cooked brown rice
- 1 tbsp finely chopped fresh rosemary leaves, plus two large, torn sprigs of rosemary
- 2 garlic cloves, crushed
- 375 ml (1^{1/2} cups) unsweetened almond milk
- 1.5 kg baby potatoes, unpeeled and halved
- 60 ml (1/4 cup) olive oil
- 1.5 kg boneless rolled lamb shoulder



Directions

- Preheat oven to 240°C/220°C using the oven's convection fan. Combine the fruitcake, rice, rosemary, garlic and 60 ml (1/4 cup) almond milk in a bowl. Season.
- Place potato, extra rosemary, two tbs olive oil and remaining almond milk in a large baking dish. Season.
- Remove packaging and string from lamb. Open out the lamb and lay, cut side up, on a board. Spread fruitcake mixture over the meat. Roll up to enclose filling. Use unwaxed kitchen string to tie up lamb at 2 cm to 3 cm intervals and transfer to another baking dish. Drizzle over the remaining oil. Season. Roast the lamb and potato for 20 minutes.
- Reduce heat to 200°C/180°C. Continue roasting for 30 to 40 minutes or until lamb is cooked to your liking. Remove lamb from oven and set aside, covered, for 15 minutes to rest before slicing. Continue to cook potato for a further 15 minutes. Transfer lamb and potato to a serving platter. Season and serve with the beetroot and fig salad below.

Beetroot and fig salad

Ingredients

- 4 (about 500 g) whole beetroot, unpeeled, cut into wedges
- 1 tbsp fresh thyme leaves
- 1 tbsp olive oil
- 6 figs, halved lengthways
- 170 g (2/3 cup) walnuts
- 80 g baby spinach
- 1 small cucumber, peeled into ribbons
- 1/2 cup small fresh mint leaves
- 2 tbsp balsamic dressing

Directions

- Line a large baking tray with baking paper. Place the beetroot and thyme on prepared tray. Drizzle over the oil. Season and toss to coat. Bake for 40 minutes or until tender, adding the fig to the tray in the last 15 minutes of cooking and the walnuts in the last 10 minutes.
- Coarsely chop the walnuts. Place the walnuts and beetroot in a large serving bowl (or on serving platter with lamb and potatoes). Add the spinach, cucumber, mint and dressing. Season. Toss gently to combine. Serve the salad topped with fig.



Important contact details

EMERGENCY INFORMATION TO KEEP AT HAND DURING THE HOLIDAY SEASON

For administration queries, you may call the following numbers during office hours from 08:00 to 16:30, from Monday to Friday. Alternatively, send us an email or visit our website.

In an emergency, call Europ Assistance at any time of the day, seven days a week.

CLAIMS ENQUIRIES, MEMBERSHIP CONFIRMATION AND REGISTRATION

Tel: 0860 467 374

Email: enquiries@imperialmotusmed.co.za

HOSPITAL PRE-AUTHORISATIONS AND ONCOLOGY MANAGEMENT PROGRAMME

HOSPITAL PRE-AUTHORISATION

Tel: 0860 467 374

Email: hrm@imperialmotusmed.co.za

ONCOLOGY

Tel: 0860 467 374

Email: oncology@imperialmotusmed.co.za

MEDICINE RISK MANAGEMENT PROGRAMME (chronic medication and medical management)

Tel: 0860 467 374

Email: chronic@imperialmotusmed.co.za

EUROP ASSISTANCE 24-HOUR EMERGENCY SERVICES AND 24-HOUR PERSONAL HEALTH ADVISER

Tel: 0861 Rescue (0861 737 283)

MEDI CALL – MEMBER CARE LINE

Tel: 0860 105 221

Email: imperialmotusmed@medicall.co.za

Website: www.medicall.co.za

CEDAR HEALTHCARE

Tel: 0860 105 221

Email: cedar@medicall.co.za

Website: www.cedarhc.co.za

HIV YOURLIFE PROGRAMME

Tel: 0860 109 793

Email: hiv@momentum.co.za

DENTAL AUTHORIZATION

Tel: 0860 467 374

Email: dentalauth@momentum.co.za

CONTRIBUTION ENQUIRIES

Contact your company's payroll/HR department

THE ADMINISTRATOR'S WEBSITE

www.momentum.co.za

MEMBER SUGGESTION EMAIL BOX

suggestions@imperialmotusmed.co.za

FRAUD HOTLINE

Tel: 0800 000 436

THE SCHEME'S WEBSITE

www.imperialmotusmed.co.za

THE COUNCIL FOR MEDICAL SCHEMES – COMPLAINTS DEPARTMENT

Tel: 0861 123 267

Fax: 012 431 0608

Email: complaints@medicalschemes.com