



NEWSLETTER

FOURTH QUARTER 2025

LETTER FROM THE PRINCIPAL OFFICER

Scheme Management and the Board of Trustees reviewed the Scheme's benefits in September 2025 and submitted benefit amendments to the Council for Medical Scheme for registration with effect from 1 January 2026.

Please click [here](#) or visit www.imperialmotusmed.co.za to download your copy of the 2026 member guide that contains the benefits available from 1 January 2026. Please spend some time studying your member guide to ensure that you understand the benefits and rules of your Scheme, both of which are summarised in the guide.

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

Alternatively, you can always download the Imperial Motus Med app to your mobile device so that you can present your digital membership card to healthcare providers. Find out how to register on page 3 in the article titled '*Imperial Motus Med website and mobile app*'.

Travel with care and 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

In this issue:

- Benefit changes for 2026
- Option change for 2026
- Your contributions
- Imperial Motus Med website and mobile app
- Holiday recipe
- Emergency information to keep at hand during the holiday season
- Important contact details

Benefit changes for 2026

The Scheme confirms that most of the benefit limits will be increased by an inflationary increase of 4% on both the Health Plan and Budget Plan with effect from 1 January 2026. Where required, some of the benefit limits were increased by more than inflation to ensure that benefit cover and clinically appropriate costs are brought in line with each other.

The limit of R5 600 per family for the Annual General Benefit will remain unchanged in the 2026 benefit year.

Please note that the 2026 benefits are still subject to approval by the Council for Medical Schemes and may be subject to change.

OPTION CHANGES FOR 2026

Imperial Motus Med has two benefit plans, i.e. the Imperial Motus Med Health Plan, which has existed from the inception of the Scheme in July 1995, and the Imperial Motus Med Budget Plan, which was implemented on 1 July 2013.

Members have the option to change plans once a year with effect from 1 January of a year.

Please click [here](#) or visit www.imperialmotusmed.co.za to download a plan selection form, which should be completed and delivered to the Scheme by no later than **19 December 2025** if you wish to change your benefit plan.

Your contributions

Your member guide does not include information on your contributions, because the Scheme's contribution changes are effective from 1 July each year. The revised contributions for 2026 will be communicated during May/June 2026.



Imperial Motus Med website and mobile app

Important:

If you are already registered on the website and mobile app, note that both platforms will be upgraded on 1 January 2026 and that you will need to re-register to access your information. Look out for communication in this regard.

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 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 password (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 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 RECIPE



Cuisine: Cape Malay

Prep time: 30 minutes

Cook time: 1 hour 40 minutes

Resting time: 30 minutes

Total time: 2 hours 40 minutes

Roasted bone-in leg of lamb

Ingredients

- 2 tablespoons olive oil
- 2 kg bone in leg of lamb fat trimmed and the gland removed
- 1 head of garlic
- 6 fresh rosemary sprigs
- 2 medium red onions, peeled and quartered (approximately 500 g)
- 2 medium carrots, peeled and quartered (approximately 150 g)
- 2 medium potatoes, peeled and quartered (approximately 560 g)
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1 lemon
- 1 cup vegetable stock

Gravy

- 2 tablespoons butter
- 3 tablespoons cake flour
- 1 cup vegetable or lamb stock
- 1/2 cup pan juices, fat skimmed off
- 6 roasted garlic cloves



Instructions

1. Preheat the oven to 220°C (conventional) or 200°C (convection fan setting).
2. Peel half the head of garlic and leave the rest in their skins.
3. Make slits at least 2 cm deep in both sides of the leg of lamb with a sharp knife and insert a clove of garlic and rosemary leaves into each slit.
4. Pour the oil over the meat and sprinkle with the salt and pepper.
5. Heat a heavy-based pot on high heat on the stove and brown the leg of lamb on both sides for a few minutes before removing it from the heat. This should take about 10 minutes.
6. Place the remaining garlic cloves, rosemary sprigs, potatoes, carrots and onions in the bottom of a roasting pan and place the leg of lamb on top.
7. Add one cup of vegetable stock to the roasting pan and cover the lamb with two layers of aluminium foil, making sure that it is fully sealed.
8. Place the roasting pan in the oven and cook covered for 20 minutes on high heat.
9. Reduce the temperature setting to 200°C and roast still covered for 1 hour. After 30 minutes, check that there is enough liquid and add up to a 1/2 cup more of your chosen liquid to prevent scorching the vegetables.
10. Reduce the temperature setting to 180°C, remove the foil and roast for another 20 minutes uncovered. Make sure it doesn't burn.
11. Remove the roasting pan from the oven and cover with foil. Leave the lamb to rest for 30 minutes before slicing. It will continue to cook during this time, but will still be pinkish.
12. Place the rested leg of lamb on a platter with roasted vegetables and slice.

Gravy

1. Remove the rosemary sprigs and roasted garlic cloves from the pan stock.
2. Place the butter into a pan over medium heat to melt and add the flour.
3. Cook out the flour for a few minutes and add the pan juices and stock and cook until it bubbles.
4. Squeeze the soft, squidgy garlic cloves from their skins into the gravy. Mash with a fork until it emulsifies into the sauce.
5. Adjust the seasoning with salt and pepper and add a dash of lemon juice.
6. Serve the sauce on the side with the sliced leg of lamb.

Source: <https://www.tantalisemytastebuds.com/roasted-bone-in-leg-of-lamb/#recipe>

Emergency information to keep at hand during the festive season



In a medical emergency or when medical treatment is required, the first and most important thing to do is to stay calm and to contact the correct authorities to help you.

Below is a list of service providers you can contact in an emergency:

24-HOUR MEDICAL EMERGENCY SERVICES

AZOZA emergency services (previously known as Europ Assistance)
0861 RESCUE (0861 737 283)

24-HOUR PERSONAL HEALTH ADVISOR LINE

A service offered by AZOZA
0861 RESCUE (0861 737 283)

Important contact details

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 AZOZA 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: hmr@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

AZOZA EMERGENCY SERVICES (PREVIOUSLY KNOWN AS EUROP ASSISTANCE) 24-HOUR EMERGENCY SERVICES AND 24-HOUR PERSONAL HEALTH ADVISOR LINE

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 101 333
Email: cedarhealth@medicall.co.za
Website: www.cedarhc.co.za

HIV YOURLIFE PROGRAMME

Tel: 0860 109 793
Email: hiv@momentum.co.za

DENTAL AUTHORISATION

Tel: 0860 467 374
Email: dentalauths@imperialmotusmed.co.za

CONTRIBUTION ENQUIRIES

Contact your company's payroll/human resources 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