

## 2024 Proxy Form

**Annual General Meeting to be held on Wednesday, 26 June 2024, at the Protea Hotel  
Durbanville, Cape Town.**

A Principal Member of LA Health Medical Scheme, who are in good standing (whose contributions are not in arrears, or who are not suspended) in terms of the Scheme Rules, may appoint another principal member, who is also in good standing, as their proxy to attend, speak, and vote in their stead at the Annual General Meeting.

### APPOINTMENT

I, the undersigned .....(name),  
membership number ....., being a principal member of LA Health  
Medical Scheme, hereby appoint .....(name),  
membership number ..... as my proxy, to attend, speak, and vote on my  
behalf at the LA Health Medical Scheme Annual General Meeting of members to be held on 26 June 2024,  
at 10h00, and at every adjournment thereof, and to vote or abstain from voting as they deem fit.

Signed at ..... on ..... 2024.

**Signature** .....

### ACCEPTANCE

**This section is to be completed by the proxy holder (person being appointed)**

I, the undersigned ..... (name),  
membership number: ....., being a principal member in good  
standing of LA Health Medical Scheme, hereby accept the appointment as proxy  
by....., membership number.....

Signed at ..... on ..... 2024.

**Signature** .....

Kindly email your completed proxy form to [rdutoit@lahealth.co.za](mailto:rdutoit@lahealth.co.za) by no later than 19 June 2024.