

2026 Proxy Form

Annual General Meeting to be held on Wednesday, 17 June 2026, at the Radisson Hotel, Umhlanga.

A Principal Member of LA Health Medical Scheme, who is unable to attend and who is in good standing (whose contributions are not in arrears, or who is 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 your 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 17 June 2026,
at 14h00, and at every adjournment thereof, and to vote or abstain from voting as they deem fit.

Signed at on 2026.

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 2026.

Signature

Kindly email your completed proxy form to rdutoit@lahealth.co.za by no later than 10 June 2026.