



YOUR HOLIDAY TOOLKIT FOR ALL YOUR REMEDI NEEDS

The festive season is here and many of us are planning a break before the start of 2026. Whether you're taking leave for a family vacation or winding down for a stay-cation, **it's important to have peace of mind that you and your family are covered** during this time. We've put together some helpful information for you during the holidays.

NEED A HEALTHCARE PROFESSIONAL, HOSPITAL OR PHARMACY?

Click [here](#) to find one in your network with their contact details and directions.

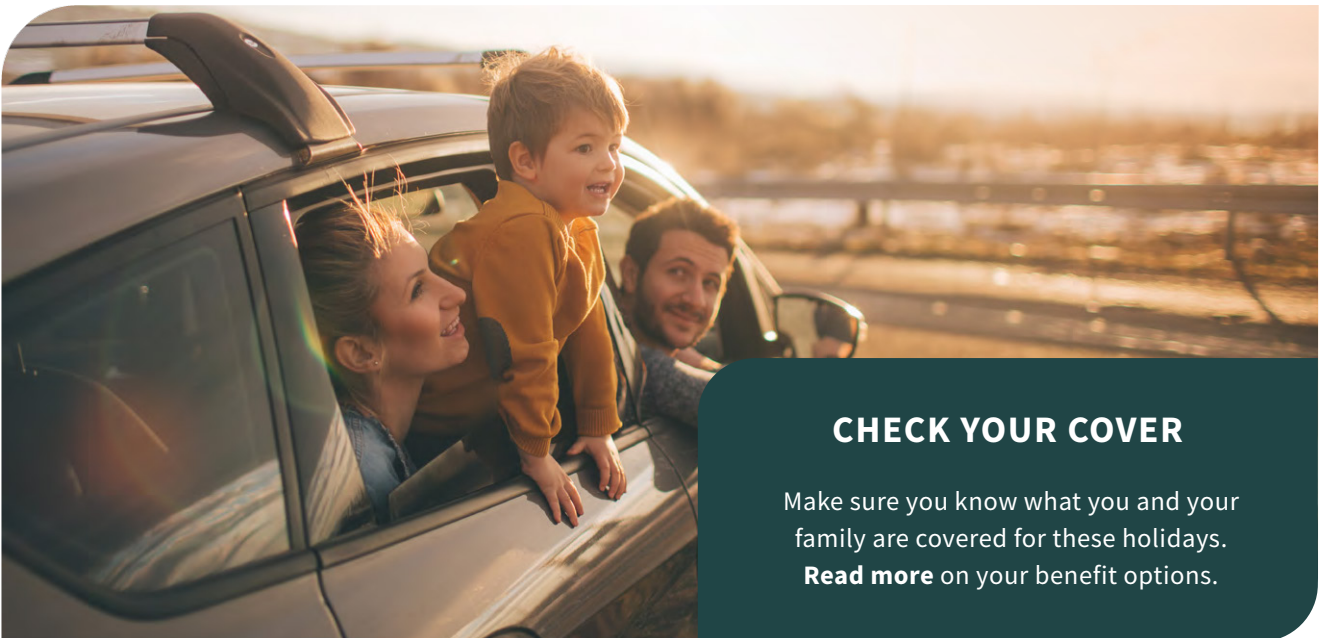
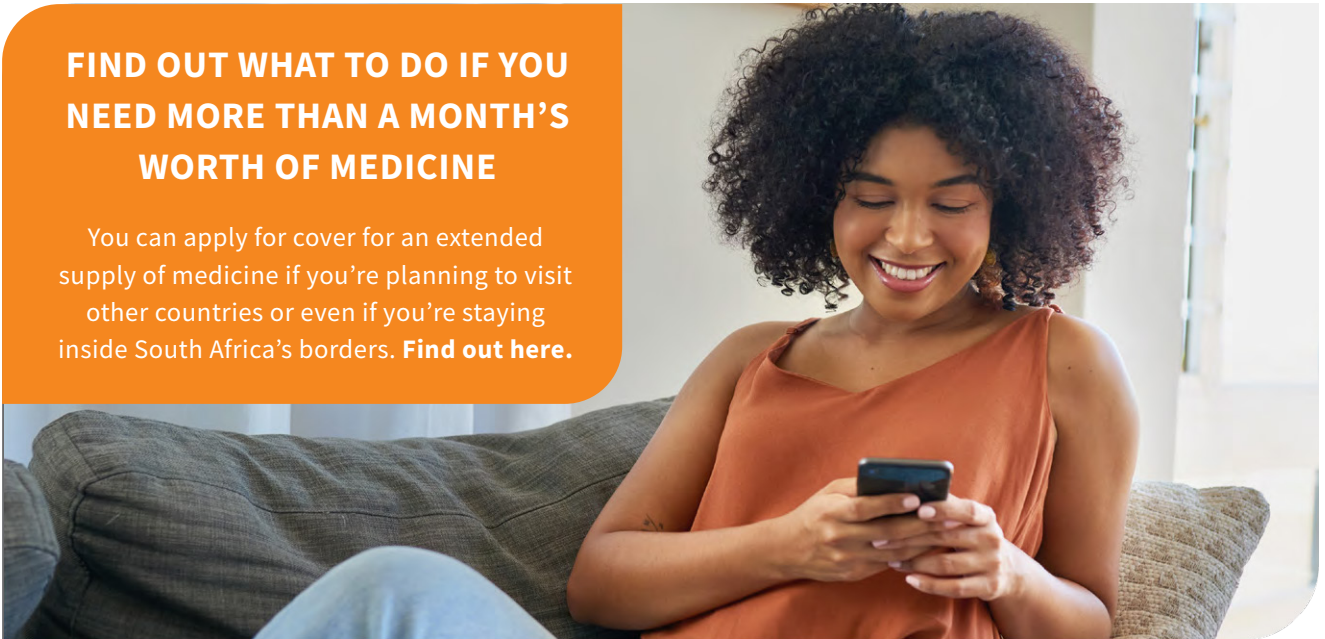


SUBMIT A CLAIM – IN 1-2-3

No time for paperwork and admin? We've made submitting claims as easy as taking a photo. [Read more...](#)

FIND OUT WHAT TO DO IF YOU NEED MORE THAN A MONTH'S WORTH OF MEDICINE

You can apply for cover for an extended supply of medicine if you're planning to visit other countries or even if you're staying inside South Africa's borders. **Find out here.**



CHECK YOUR COVER

Make sure you know what you and your family are covered for these holidays.
Read more on your benefit options.

