



Selfmed Medical Scheme
Annual General Meeting 2009

Proxy:

Complete in full if you cannot attend the meeting in person

I, (full names)

S O H A N N E S A S K E S

of (full address)

4 1 T O O N V A N D E N H E E

V E R S T A E E T R A N D H A R T

being a member of the SELFMED MEDICAL SCHEME with membership number

ALBERTON

4 9 0 2 2

6 2 6 3

hereby appoint

(full names)

T H E C H A I R M A N O F T H E

of (full address)

M E E T I N G

C A P R I T O W N


as my proxy to vote for me and on my behalf at the Annual General Meeting of the Scheme to be held on 23 June 2009, and at any resumption of an adjournment thereof, as he/she sees fit.

Signed at

ALBERTON

on

0 1 0 6 2 0 0 9
D D M M Y Y Y Y


Signature of Principal Member


Witness

Note:

The proxy form must be returned to Ms K Claassen at PO Box 5543, Tygervalley, 7536 or faxed to 011 466 6055 by **no later than 15 June 2009.**

From the desk of . . .

J. Ashes
01.06.2009

DEAR FRIENDS AT SELFMEID

HEREWITH MY PROXY FOR THE A.G.M.

MY COMPLIMENTS AND APPRECIATION
TO ALL OF YOU FOR THE EXCELLENT
WAY IN WHICH SELFMEID IS BEING
MANAGED.

SINCERELY

A handwritten signature in dark ink, appearing to read 'J. Ashes', enclosed within a large, loopy scribble.

J. ASHES

490 226 263