

Pulamed Pulse

Enabling Access to Healthier Living

April 2026 Edition | Stronger. Smarter. Healthier.

Principal Officer's Foreword



Dear Valued Member,

Welcome to the April 2026 edition of Pulamed Pulse.

As we close out the first quarter of the year 2026, we reflect on a period marked by growth, engagement, and continued commitment to serving you better. From strengthening our Member education through our ongoing webinar series to celebrating key milestones such as Botswana's observance of International Data Protection Day, we remain dedicated to delivering value beyond healthcare.

As we approach the end of our financial year ending 30 June 2026, we encourage you to start thinking about your health plan options. The May–June period presents an opportunity to review and change to a plan that best suits your evolving healthcare needs.

At Pulamed, our values, Integrity, Innovation, Transparency, Compassion, and Agility, continue to guide everything we do.

Dr. Khumoetsile Mapitse
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Member benefit spotlight

Flu Vaccination

As the cooler months begin to settle in, so does flu season.

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A simple step today can help you avoid days of discomfort tomorrow. Stay protected, stay productive, and stay healthy this season.



Change Of Benefit Options Season **May**

The health plan review season is around the corner.

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Would you like to update your current benefits?

Member wishing to change their benefit option are required to:

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2. Attach Payslip(Corporate Member) or Bank Statement(Individual)
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*Fund Rules Apply

Quick review of Benefit Options

Executive	Deluxe	Galaxy	Standard	Flexi
P2 Million Cover Per Annum	P1.2 Million Cover Per Annum	P100 000 Cover Per Annum	P40 000 Cover Per Annum	P60 000 Out-patient Cover Per Annum

Child Health & Immunisation

Your child's health is a priority.

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Ensure your child's vaccinations are up to date to keep them protected and thriving.



Travel Season

Planning a getaway?

As travel season is upon us, remember to prioritize Travel Insurance.

Travel Insurance cover is your ultimate travel essential. Don't leave home without it, this is as important as your passport.

If you're planning a getaway, don't just plan your itinerary-make sure your health is covered too. For Executive and Deluxe members, Pulamed offers International Travel Insurance cover at no extra cost. Members are advised to apply atleast 48 hours before departure.

Two cover options are available:

Silver Package

For travel within Lesotho, South Africa, Namibia and Eswatini. Provides cover for up to 92 consecutive days to the value of P1 million.

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For travel worldwide(excluding the silver package countries). Provides cover for up to 92 consecutive days to the value of P25 million.

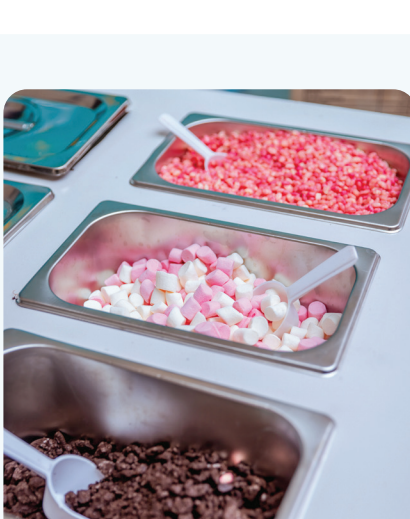


News & Events

Strengthening Data Protection



Pulamed joined the Ministry for State President, Defence and Security in commemorating International Data Protection Day, reinforcing our commitment to safeguarding member information.



Valentine's Day Member Engagement at AFA

We celebrated Valentine's Day with our Members through a warm engagement session, sharing sweet treats while showcasing the convenience and features of the Pulamed Mobile App.

Member Education Webinar Series

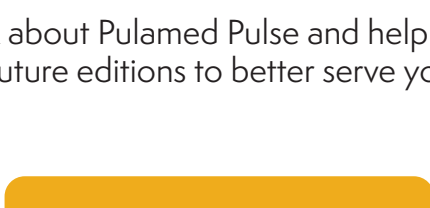


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PREVENTION

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WEEK 3

PULAMED MEMBER WEBINAR SERIES:
Learn more about our Pre-authorization Process

In this week's webinar we will unpack the following:

- How it works
- Why pre-authorization is required
- Understanding what the Fund pays vs your co-payments

Join us so you are able to make informed decisions from the very beginning.

webinar.pulamed.co.bw
Wednesday 23rd March 2026
1730hrs - 1830hrs

WEEK 4

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Let us discuss our Claims Process

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- Understanding the claims process
- Curious why your claim got rejected?
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WEEK 5

PULAMED MEMBER WEBINAR SERIES:
This week we are bringing it all together and showing you how to take full control of your medical aid using Pulamed Digital Tools.

What we will cover:

- Pulamed App
- Self-Service Portal

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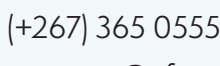
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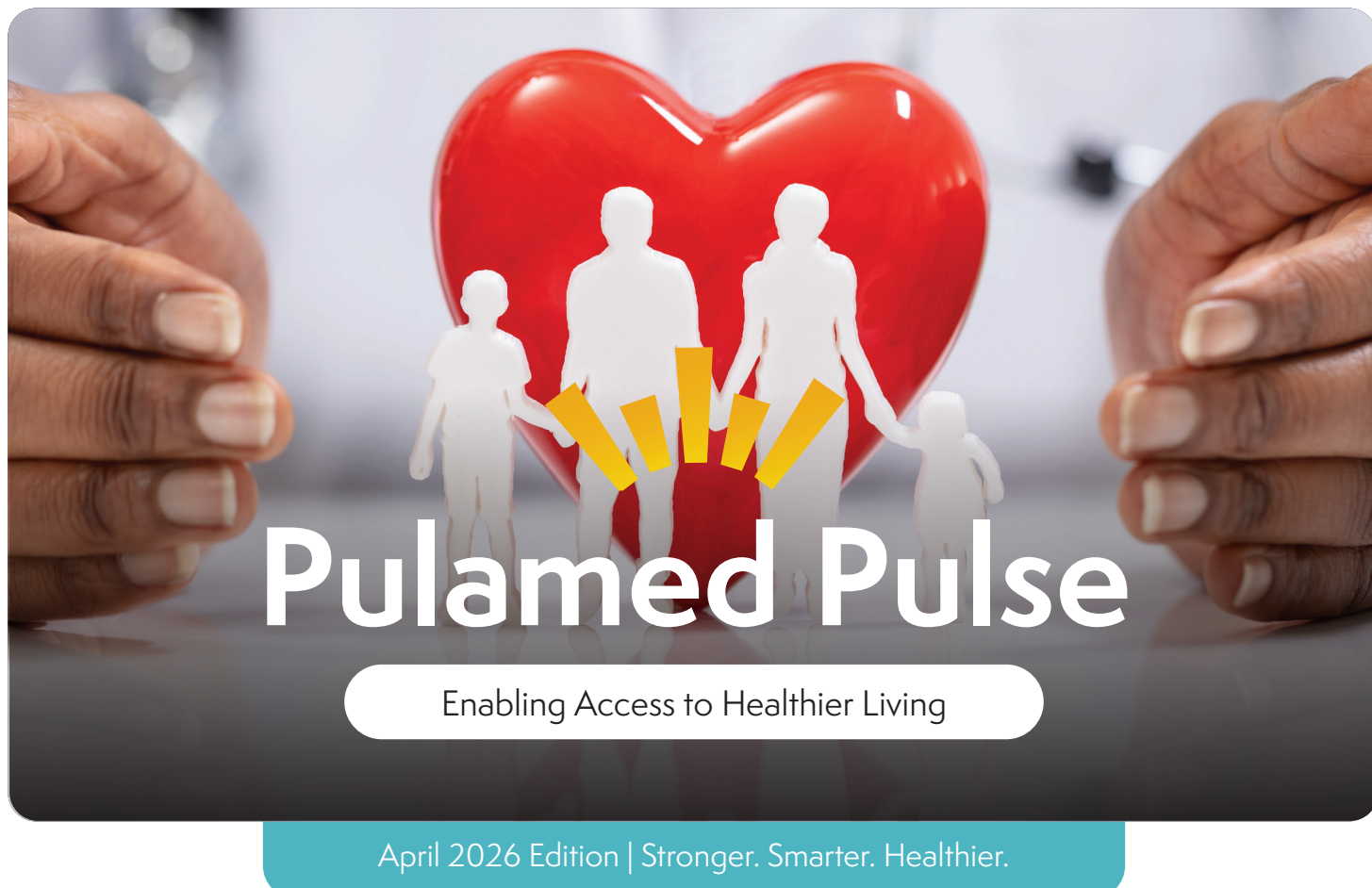
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