

Namibia Medical Care

is pleased to offer this unique opportunity to
all our members

... get cash rebates when you gym!

HOW DOES IT WORK?

1. Register with any of the participating gyms throughout Namibia.
2. Pay the required monthly fee.
3. Each time you visit the gym ensure that you collect a stamp. Remember, only one stamp per day can be collected.
4. Once you have collected the required amount of stamps (refer to rebate structure), collect a "Gym Re-bate Form" from one of the 9 Namibia Medical Care offices throughout Namibia.
5. Sign on the stamp, complete and submit the "Gym Re-bate form" to any Namibia Medical Care office.
6. Your form will be processed and your rebate will be paid out with the next cheque run.

WHAT IS MY RESPONSIBILITY?

1. Collect your "Gym Re-bate Claim Form".
2. Start collecting your stamps on the "Gym Re-bate Form".
3. Ensure that you initial on each stamp to validate the claim.
4. Individual stamps not reflected on the specified claim form will not be processed.

OTHER IMPORTANT INFORMATION

1. This rebate programme is only available to Namibia Medical Care principle members and their spouses.
2. This rebate programme is valid on an annual basis.
3. Only visits to the participating gyms, listed here under, will entitle Namibia Medical Care members to a rebate.
4. Namibia Medical Care members now get rebates even if they visit a Gym outside of their hometown.
5. Members, who in exceptional situations exercise at gyms outside Namibia will be re-imbursed within reason.
6. Gym rebates are only applicable to exercise sessions of at least 12 x per month.
7. Member must pay first and claim from the Fund.

PARTICIPATING GYMS

Windhoek

Virgin Active	061 - 234 399
Nucleus-Central	061 - 225 493
Nucleus-Baines	061 - 242 547
Boshoff, Rabie, Greeff Biokinetics	061 - 301 329
Biokinetics Rehabilitation Centre	061 - 259 329
Curves	061 - 302 820
Reiff Biokineticist	061 - 241 785
Body Balance	061 - 307 277
Fransie Gerber Biokinetics	061 - 213 743
FX Fitness	081 - 462 4729
KMS Biokinetics	061 - 285 621

Walvis Bay

Boshoff, Rabie, Greeff Biokinetics	064 - 221 444
Biokinetics Rehabilitation Centre	064 - 220 141
Will's Gym	081 - 272 1437
Gym Xtreme	064 - 202 182

Swakopmund

Live it!	064 - 401 085
Power zone	064 - 410 5233
Boshoff, Rabie, Greeff Biokinetics	064 - 461 245
Reiff Biokineticika	064 - 405 057

Tsumeb

Perfect Fit	067 - 220 742
TSB Biokinetics	067 - 220 771

Oshakati

Oshakati Health & Fitness Centre	065 - 230 779
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Otjiwarongo

Northern Biokinetics	067 - 307 419
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Ongwediva

YAP Health & Fitness Centre	065 - 230 889
Biokinetics Ongwediva	065 - 230 762

Rosh Pinah

OBIB Training Centre	063 - 274 100
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Rundu

Extreme Fitness	066 - 255 803
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GYM MEMBERSHIP FEES ARE REBATED AS FOLLOWS:

Members with chronic conditions or orthopaedic injuries exercising at biokinetics facilities: (Diabetes Mellitus, Hypertension, High Cholesterol, Cardiovascular Disease, Gout, Major Depression, Rheumatoid Arthritis / Osteoarthritis/Osteoporosis).	
(Neuromuscular injury affecting function, Polio and post polio syndrome, cerebral palsy, Stroke, Complete & Incomplete spinal cord injury causing disability (paraplegia etc.), Muscular dystrophy, Major Non Inflammatory Arthritis, Gilliam Barré).	
Gym 12 x per month	90% of N\$333 = N\$299-70
Members with chronic conditions or orthopaedic injuries exercising at facilities other than at biokinetics:	
Gym 12 x per month	75% of N\$333 = N\$249-75
Non-Chronic Members exercising at gym facilities:	
Gym 12 x per month	50% of N\$333 = N\$166-50

METHEALTH NAMIBIA ADMINISTRATORS OFFICES

Methealth Office Park

Maerua Park
Phone 061 - 287 6000
Fax 061 - 287 6091
PO Box 24792
Windhoek

Sanlam One Stop

Phone 061 - 294 7207
Fax 061 - 287 6091
PO Box 24792
Windhoek

Walvis Bay

Welwitschia Medical Corner
Phone 064 - 200 253
064 - 200 276
064 - 200 563
Fax 064 - 200 376
PO Box 3641
Walvis Bay

Swakopmund

Woermann Brock Haus
Phone 064 - 462 948
Fax 064 - 462 984
PO Box 2528
Swakopmund

Tsumeb

Hospital Street
Phone 067 - 221 767
Fax 067 - 222 812
PO Box 716
Tsumeb

Lüderitz

Waterfront
Phone 063 - 203 525
Fax 063 - 203 561
PO Box 22
Lüderitz

Oshakati

Bank Windhoek Building
Phone 065 - 220 774
Fax 065 - 220 779
PO Box 997
Oshakati

Rosh Pinah

Phone 063 - 274 901
Fax 063 - 274 902
PO Box 202
Rosh Pinah

Keetmanshoop

Ground Floor
Social Security Building
Phone 063 - 224 908
PO Box 2019
Keetmanshoop