



[www.healthintergrp.com](http://www.healthintergrp.com)

**expacare**  
INSURANCE

## IN THE EVENT OF A MEDICAL EMERGENCY

- Seek immediate medical attention.
- Call an ambulance / casualty facility / medical professional or the Health International 24 hour emergency number.
- In the case of a Major Life / Limb threatening situation please contact Health International 24 hour emergency numbers.
- In the case of a MINOR emergency, please notify Health International within **72 hours** of the event.
- Where possible kindly complete a Health International Emergency Claim form and submit this to your nearest Health International office as soon as possible.
- In the event of a possible payment request from service providers please ensure that receipts for refunds are submitted to your nearest Health International office within **30 days** to avoid repudiation.

## MOZAMBIQUE & TANZANIA

AIR HEALTH International  
Johannesburg, R.S.A.

**+27 (0) 11 452 2130**

**+27 (0) 82 412 1297**

OR

Health International LONDON

**+44 (0) 1344 233 933**

## WORLDWIDE

Members Travelling Outside  
The Sub-Saharan Region on:

**Travel Top-Up Cover OR  
Garnet Evac Plan**

In the event of a LIFE or LIMB  
Threatening Emergency please call:

**Health International  
LONDON**

**+44 (0) 1344 233 933**

## ZIMBABWE

24hrs Health International  
+263 (0) 782 444 555  
Bulawayo +263 (0) 778 821 256

### Harare

ACE: +263 (0) 242 302141  
ACE: +263 (0) 782 999 901 - 4  
MARS: +263 (0) 242 771221 / 706034  
CIMAS: +263 (0) 242 700 070 / 85

### Bulawayo

ACE: +263 (0) 771 602 399  
MARS: +263 (0) 292 260351 / 883173  
MARS: +263 (0) 787 135 950

### Gweru

EMRAS: +263 (0) 542 221 214  
MARS: +263 (0) 542 223 337

### Mutare

EMRAS: +263 (0) 20 62106 / 7  
EMRAS: +263 (0) 732 475 850  
MARS: +263 (0) 20 66466

## ZIMBABWE

### Kwekwe

EMRAS: +263 (0) 55 22664

### Masvingo

EMRAS: +263 (0) 2392 263 464  
EMRAS: +263 (0) 772 990 346

### Victoria Falls

MARS: +263 (0) 8328 44646  
PSMI: +263 (0) 8328 46052 / 3  
PSMI: +263 (0) 732 146 256

### Marondera

MARS: +263 (0) 6523 24949  
MARS: +263 (0) 771 464 793

### Bindura

EMRAS: +263 (0) 66210 6141  
EMRAS: +263 (0) 772 190 381

### Chinoyi

ACE: +263 (0) 782 997 997

### Kariba

MARS: +263 (0) 261 214 6453 / 4  
MARS: +263 (0) 778 538 643

## ZAMBIA

### Lusaka

+260 (0) 966 853 948

### Choma

+260 (0) 977 431 757

### Livingstone

+260 (0) 976 644 508

### Solwezi

+260 (0) 966 853 948

### Health International Lusaka

24hrs +260 (0) 966 853 948  
Bus hrs +260 (0) 211 263 570

[zambia@healthintergrp.com](mailto:zambia@healthintergrp.com)

## SOUTH AFRICA

### Air Health International

24 hrs +27 (0) 82 412 1297  
24 hrs +27 (0) 79 879 2222  
24 hrs +27 (0) 11 452 2130  
Bus hrs +27 (0) 11 452 2152

Netcare 911  
082 911

## MALAWI

### Blantyre Ambulance

+265 (0) 1 831 744 / 788  
+265 (0) 888 189 074 / 075

### Lilongwe Ambulance

+265 (0) 888 189 070 / 072

### 24 hrs Health International

+265 (0) 888 495 038  
+265 (0) 994 447 575