

## 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) 1243 621 103**

## 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) 1243 621 103**



## ZIMBABWE

### Harare

+263 (0) 242 250 011  
+263 (0) 242 790392  
+263 (0) 772 141 610  
+263 (0) 712 600 002

### Bulawayo

+263 (0) 9 62611  
+263 (0) 9 64082  
+263 (0) 772 141 611

### Gweru

+263 (0) 542 221 214  
+263 (0) 542 223 337/9  
+263 (0) 732 475 849

### Mutare

+263 (0) 20 62107  
+263 (0) 20 66466  
+263 (0) 732 475 850

### 24hrs Health International

+263 (0) 712 206 107 or 772 286 211  
Bulawayo +263 (0) 778 821 256

## ZIMBABWE

### Kwekwe

+263 (0) 55 22664  
+263 (0) 732 475 852

### Masvingo

+263 (0) 2392 263 463  
+263 (0) 772 990 346

### Victoria Falls

+263 (0) 213 28 46053  
+263 (0) 213 28 44646  
+263 (0) 732 146 256

### Marondera

+263 (0) 279 24949  
+263 (0) 771 464 793

### Bindura

+263 (0) 271 7239  
+263 (0) 732 135 206

### Kariba

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

## ZAMBIA

### 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 / 831 788  
+265 (0) 888 189 075

### Lilongwe Ambulance

+265 (0) 888 189 070

### 24 hrs Health International

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