

Paresh Prema

Alexforbes Health

Paresh Prema is the Branch Head of Health Actuarial Services at Alexforbes, leading a team that provides actuarial and strategic healthcare consulting services to medical schemes and healthcare stakeholders. He specialises in healthcare financing, medical scheme strategy, affordability analysis, benefit design, solvency management and regulatory advisory services.

Paresh has held various roles in the healthcare industry including the head of benefits management at the Council for Medical Schemes from 2009 to 2020. In this role at the regulator, his role was not only to oversee the functioning of the medical schemes but also enabling Trustees in ensuring the sustainability and the compliance of medical schemes with the Medical Schemes Act.

In addition to leading Alexforbes' Health Actuarial Services practice, Paresh plays an active role in industry discussions on healthcare affordability, National Health Insurance (NHI), medical scheme reform and the future of private healthcare funding in South Africa. He regularly presents to boards, healthcare executives and industry forums on emerging trends shaping the healthcare value chain.

Paresh is passionate about helping organisations develop evidence-based solutions that improve healthcare access, affordability and sustainability while balancing the needs of members, providers and funders.



BUILDING HEALTH, TOGETHER.

HASA QUALITY SUMMIT AND CONFERENCE 2026