



PREPPING FOR PREGNANCY?

OMSMAF'S GOT YOU COVERED

If you're planning ahead for a new baby, you probably want to do as much as possible to prepare for a healthy, happy pregnancy. After all, growing a human is enough to handle at that stage! OMSMAF is here to help you stress less and enjoy more with a few helpful prepping pointers:

TALK TO YOUR HEALTHCARE PROVIDER ABOUT:

- **Your medical history** – If you have a chronic condition such as hypertension, diabetes or other healthcare concerns, speak to your healthcare provider before trying to conceive to ensure that you are on top of your health. This is also a good time to discuss any medication you are taking and how this may need to be managed during your pregnancy.
- **Your vaccine status** – Are you up to date on vaccines for rubella (German measles) and varicella (Chickenpox)? These illnesses can be dangerous during pregnancy, and the vaccines are not safe to have while you are pregnant. Aim to be vaccinated at least one month before trying to conceive. The annual flu vaccine, as covered by your OMSMAF benefits, is however safe to have during pregnancy and is highly recommended.
- **Any other concerns** – If you have any worries about genetic conditions in your family that can be passed from one generation to the next, or if you have been exposed to any viruses you are aware of, now is a good time to speak to your healthcare provider.

PREPARE YOUR BODY AND MIND BY:

- **Avoiding alcohol**, which may affect fertility and is dangerous for your baby.
- **Eating healthily** by skipping highly processed foods and opting for fruits, vegetables, whole grains, low-fat dairy and lean protein.
- **Getting active** with regular exercise to manage your weight, as being overweight during pregnancy can lead to numerous healthcare concerns for you and your baby.
- **Quitting smoking** before conceiving is crucial to reducing the risk of premature birth, low birth weight and other conditions.
- **Taking pregnancy supplements** even before you fall pregnant ensures that you are getting enough folic acid, which is vital for reducing the risk of birth defects in the brain and spinal cord.
- **Paying attention to mental health concerns** also matters. It is never too late to seek assistance for mental healthcare, but the sooner you reach out for help, the better.



FEEL SUPPORTED WITH OMSMAF

If you haven't accessed the **OMSMAF nutrition benefit**, now is the time. This unique benefit consists of a tailored eating plan and support from a registered dietician – a real blessing when you are preparing for pregnancy. What's more, it's covered by the Fund, so it will not affect your medical savings or day-to-day benefits. Find out more about using this benefit by calling 0860 100 076 and follow the prompts.

As a Mutualite and an OMSMAF member you also have unlimited access to the **psychosocial counselling helpline** on 0800 006 068 (Old Mutual's Employee Wellbeing Programme), as well as OMSMAF's Mental Health Programme for further treatment if needed.



DON'T MISS OUT! JOIN OUR WHATSAPP BROADCAST GROUP USING THE QR CODE BELOW FOR IMMEDIATE UPDATES FROM OMSMAF. SOME SUPER HELPFUL MATERNITY INFO WILL BE COMING YOUR WAY SOON.



HEALTHCARE WITH HEART

CHAT SOON,
THE OMSMAF TEAM



VISION

To be the medical scheme of choice for the Old Mutual Group



MISSION

To be an affordable medical scheme that guarantees best-of-class member experience, value and quality