


NEWSLETTER QUARTER 2



GET TO KNOW YOUR TRUSTEES

Faces, old and new

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JUST CHECKING IN...

From the desk of the PO

These days, we all seem to be starved for time and hungry for more of what matters, whether that's seeing your oldest friend in the flesh, being in the front row at the school play, making a special meal for your partner, or taking timeout to care for yourself. Whatever it may mean in your world, the heart of the matter is the same for us all - it's all about the people in our lives - and that includes you.

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BENEFIT UPDATES

At OMSMAF, our core purpose is to understand and meet the changing healthcare needs of our members, and that means we are constantly striving to improve what we do and how we do it. It's with this in mind that we are introducing a number of attractive benefit updates.

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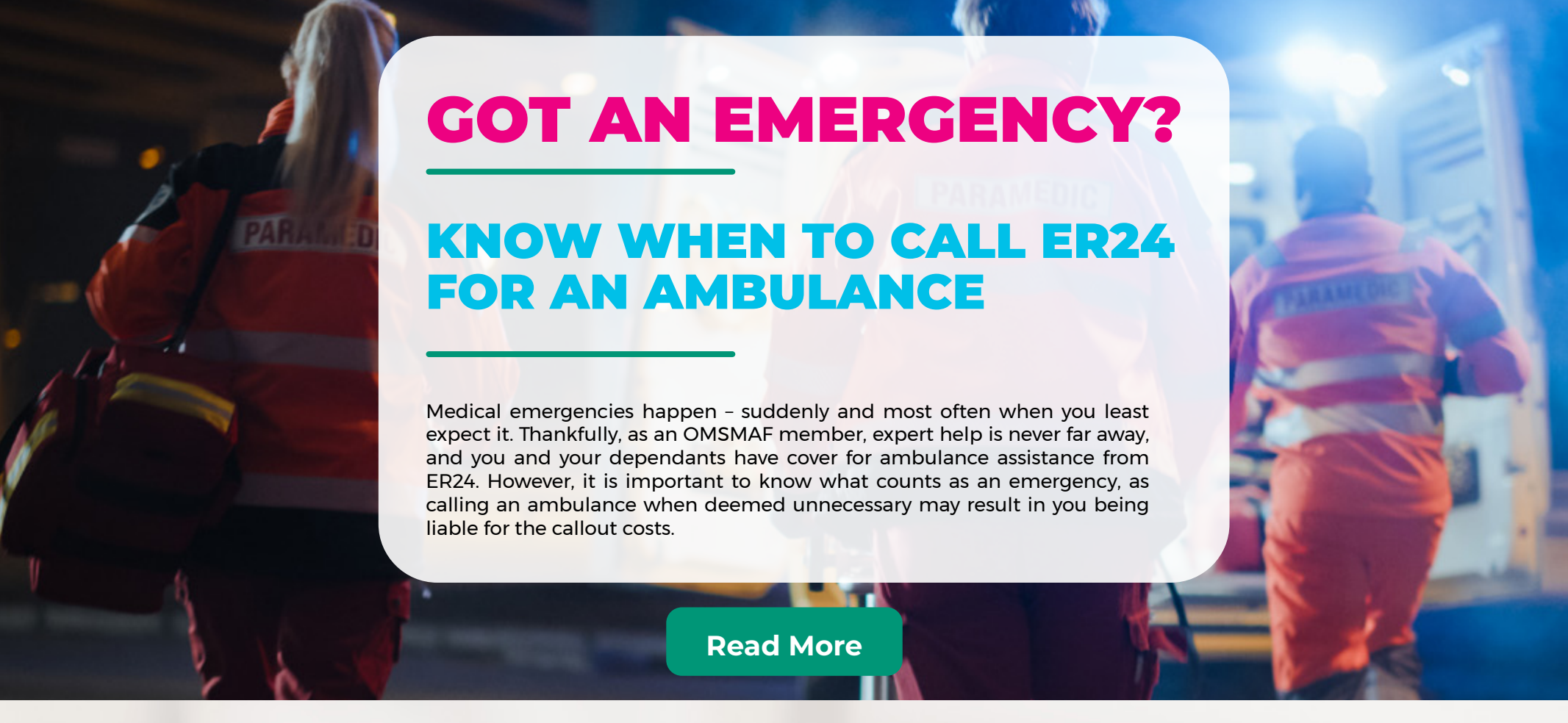


BABY, IT'S COLD OUTSIDE

Winter wellness tips

Feeling tempted to make a stop at the hibernation station this winter? The hearty meals, that comfy couch, a good book or gripping TV series... it's not hard to get into the cosy winter mode. It can, however, be a hard habit to break, and while there's nothing wrong with enjoying some cosy comforts this winter, staying active and eating healthily are key to bolstering your immunity and staying energised.

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GOT AN EMERGENCY?

KNOW WHEN TO CALL ER24 FOR AN AMBULANCE

Medical emergencies happen - suddenly and most often when you least expect it. Thankfully, as an OMSMAF member, expert help is never far away, and you and your dependants have cover for ambulance assistance from ER24. However, it is important to know what counts as an emergency, as calling an ambulance when deemed unnecessary may result in you being liable for the callout costs.

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WHEN DID YOU LAST...

Check out the OMSMAF website?

From daily banking transactions to selecting the 'checkout' button, you probably get through much of the day's to-do list via apps and websites. And hey, what's not to like about making all that admin more instantly accessible, streamlined and convenient?

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DON'T MISS OUT

Stay in touch with the Fund via Whatsapp

Whether you suffer from FOMO or simply like keeping up to date with the latest news, the read-only OMSMAF WhatsApp Group is a super handy way of staying in touch with developments at your medical scheme instantaneously.

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SAY WHAAAAT?

FUN BODY FACT

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RECIPE CORNER

CREAMY TOMATO SOUP

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