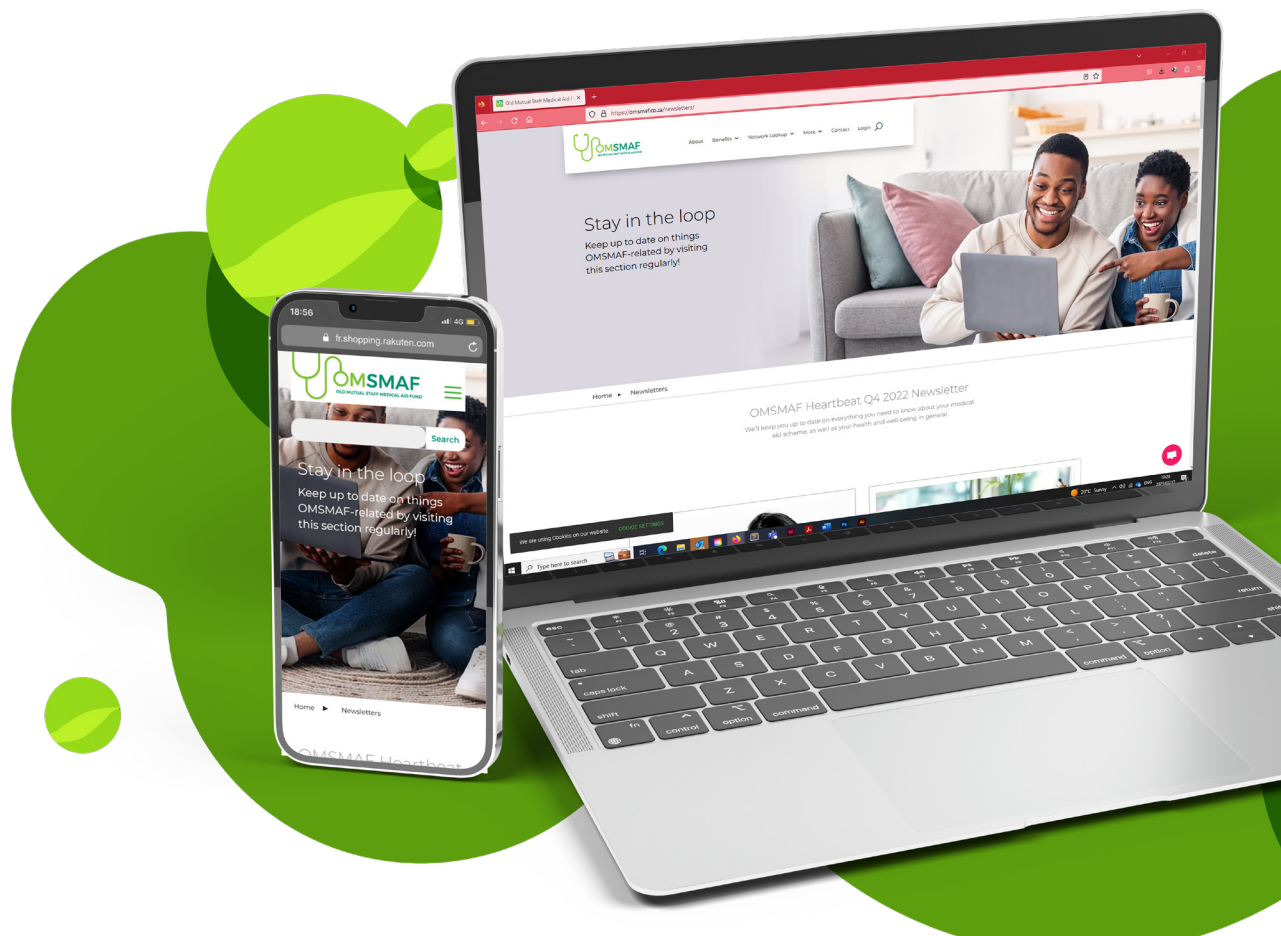


OMSMAF HEARTBEAT

QUARTER 1 2024



**GET TO KNOW YOUR NEW
PRINCIPAL OFFICER**
Introducing Pamela Botha



HOW ARE WE ALL DOING?
From the desk of the PO



POP IN FOR AN IN-PERSON VISIT
Where to find our walk-in centres



A BASKET OF CARE FOR PMBS

If you've got a PMB chronic condition,
we have a plan...

Are you registered for a Prescribed Minimum
Benefit (PMB) chronic condition?



COLIC GOT YOU UP AT 3AM...

who do I call?

PAED-IQ's Babyline - This is a 24/7 paediatric
telephonic service available to all OMSMAF
parents



IT'S A MATTER OF TRUST...

The who, the what and the why of your BOT

Have you ever considered that OMSMAF
belongs to you and your fellow members?



WANT TO ACCESS YOUR BONE DENSITY BENEFIT?

Know where to go



SAY WHAAAAT?
Your body is a raceway



RECIPE CORNER
Vegetarian lasagne



CALL CENTRE
0860 100 076



CLAIM AND BENEFIT ENQUIRIES
enquiries@omsmaf.co.za



CLAIMS REFUNDS
refundme@omsmaf.co.za