



HI THERE OMSMAF MEMBER

There's no denying that some things are better left unsaid, and if you can't think of anything nice to comment on, there's always the weather. **When it comes to your relationship with your health, however, it's all about honesty. Because when you know your numbers, you have the power to act in your best interests and that of your family.**

In our latest email to you, we're unpacking the two groups of screening benefits offered by OMSMAF to help our members stay in the know. First up, your Pharmacy-based Wellness Benefit helps you check all the essential health boxes from blood pressure and blood glucose to cholesterol, BMI and more. Simply get these screenings done with a qualified nurse at the Local Choice Pharmacy at Mutual Park, or your nearest Clicks, Dischem or Medirite pharmacy and you are 'A' for Away. This also unlocks your Maximiser Wellness Benefit, which acts like a primary care booster once your day-to-day benefits are depleted. *What a win!*

Next up are your other essential wellness screenings, including women's and men's health tests, colorectal and dermatological screenings, and a nutritional assessment and personalised eating plan, among others. As for support with any bumps in the road? We're here too. Don't miss out on making the most of your good health with OMSMAF – your partner from step one.

Take care,
The OMSMAF Team

OMSMAF – Healthcare with heart.



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.

