OMSMAF
OLD MUTUAL STAFF MEDICAL AID FUND
Healthcare with heart

# HI THERE OMSMAF MEMBER

**With more than 1 in 10 South Africans suffering from Diabetes, this is a condition we should definitely be talking about – particularly because it is on the rise and can severely impact your quality of life, no matter if you're in your 20s or your 70s.** Getting your regular screenings done is proven to be one of the most effective ways of preventing Type 2 diabetes, the most common type, which does not always show signs early on but can present with these symptoms:

| | | | | |
|---|---|---|---|---|
| Severe thirst | Frequent need to urinate | Blurred vision | Feeling tired | Unintentional weight loss |

Preventing this condition is all about prioritising your wellness, such as maintaining a healthy body weight, staying physically active, eating a balanced diet, and quitting smoking. Check out our latest mailer for more information about this condition that touches the lives of so many. **And please remember, while prevention is always best, OMSMAF is here to support you – wherever you are on your healthcare journey.**

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.

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