OMSMAF
OLD MUTUAL STAFF MEDICAL AID FUND
Healthcare with heart

Hi there OMSMAF Member

KNOW YOUR NUMBERS: YOU'RE ON IT WITH OMSMAF

Staying updated just makes sense, right? From your news apps and social media feeds to your bank statements and your child's school report (just breathe!!)... even the latest neighbourhood shenanigans (the gift that keeps on giving, whether you asked for it or not!!)

No doubt you will agree it's best to know what's potting before you start plotting – the month ahead, your upcoming goals, the next big decision and everything in between. Surely, the state of your health should be no different.

As your trusted medical scheme, we at OMSMAF are here to help you get the scoop on your wellbeing because when you know your numbers, you own your story. So, exactly what numbers do you need to pay attention to? Let's take a look.

The Power of 4, 3, 2, 1

When it comes to lifestyle diseases that can significantly shorten your life and impact its quality, there is no greater power than the power of knowledge. This starts with being aware of the **four** leading preventable or treatable lifestyle diseases, avoiding the **three** key risk factors, committing to **two** groups of screenings and harnessing the power of **one** central point of care. Sorry, partridge in the pear tree – it's just not your time.

Four conditions

1. Diabetes
2. Cardiovascular disease (such as heart attack and stroke)
3. Cancer
4. Chronic respiratory disease

Three key risk factors

Many factors can contribute to these conditions, but these three carry a particularly high risk:

1. Physical inactivity
2. Unhealthy diet
3. Tobacco use

Two groups of tests

Avoiding these risk factors is crucial – but equally important is knowing your numbers and staying regularly updated with yourself through two groups of tests:

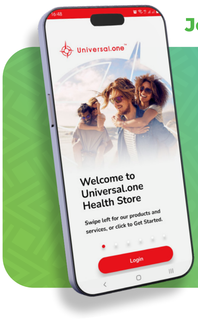
1. **Pharmacy wellness screenings:** Blood pressure, blood glucose, cholesterol and BMI
   Checks for: The development of chronic conditions that can be prevented or treated with lifestyle changes and medication, if needed.
   How often: Recommended annually.

2. **GP and specialist screenings:** Pap smear, mammogram, STI screening, prostate screening, colorectal screening and skin cancer screening.
   Checks for: The development of conditions such as cancer and sexually transmitted diseases that can pose significant health risks.
   How often: Recommended annually or bi-annually, depending on age and risk factors.

One medical scheme

Wouldn't it be great to have one central point to help you manage all your numbers? Oh wait, that's us! OMSMAF is your one true healthcare partner, cheering you along and providing the support you need as you get in the driver's seat of your healthcare journey. It's never too late to correct your course and put your health back on track – especially when you have OMSMAF by your side for any bumps in the road ahead.

On that note, look out for our upcoming mailer on how to tap into your valuable preventative benefits, start building a healthier future for yourself and your family, and give that nosey neighbour something positive to talk about for a change.



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Want to join the OMSMAF WhatsApp broadcast group?

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Chat soon,
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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