

Hey there **FEELING BLUE?**

We're here **for you**

We don't have to tell you that life isn't always smooth sailing. The good days come with the bad, and as much as we strive to live in the light of better days, there may be a time when you find yourself in a position of ongoing mental and emotional difficulty.

OMSMAF is here to reassure you that you are not alone. In fact, according to the World Health Organisation, one in eight people are living with a mental disorder, with anxiety and depressive disorders topping the list. So, given the simple fact that you are a human being alive on the planet right now, chances are good that you or someone close to you will suffer from a mental health condition at some point - in the same way that physical concerns are inevitable.

As a member of the OMSMAF family, our support is readily available to you and your beneficiaries. Over the next few months, we will be bringing you loads of helpful information, such as warning signs to look out for, the mental health benefits available to you and how to build resilience for a stronger mental space going forward.

So, keep close tabs on your email inbox and be sure to join the OMSMAF WhatsApp broadcast group by scanning the QR code below (if you have not already done so), to ensure that you get all the updates right away.

Chat soon,
The OMSMAF Team



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.



UniversalTM



OLDMUTUAL