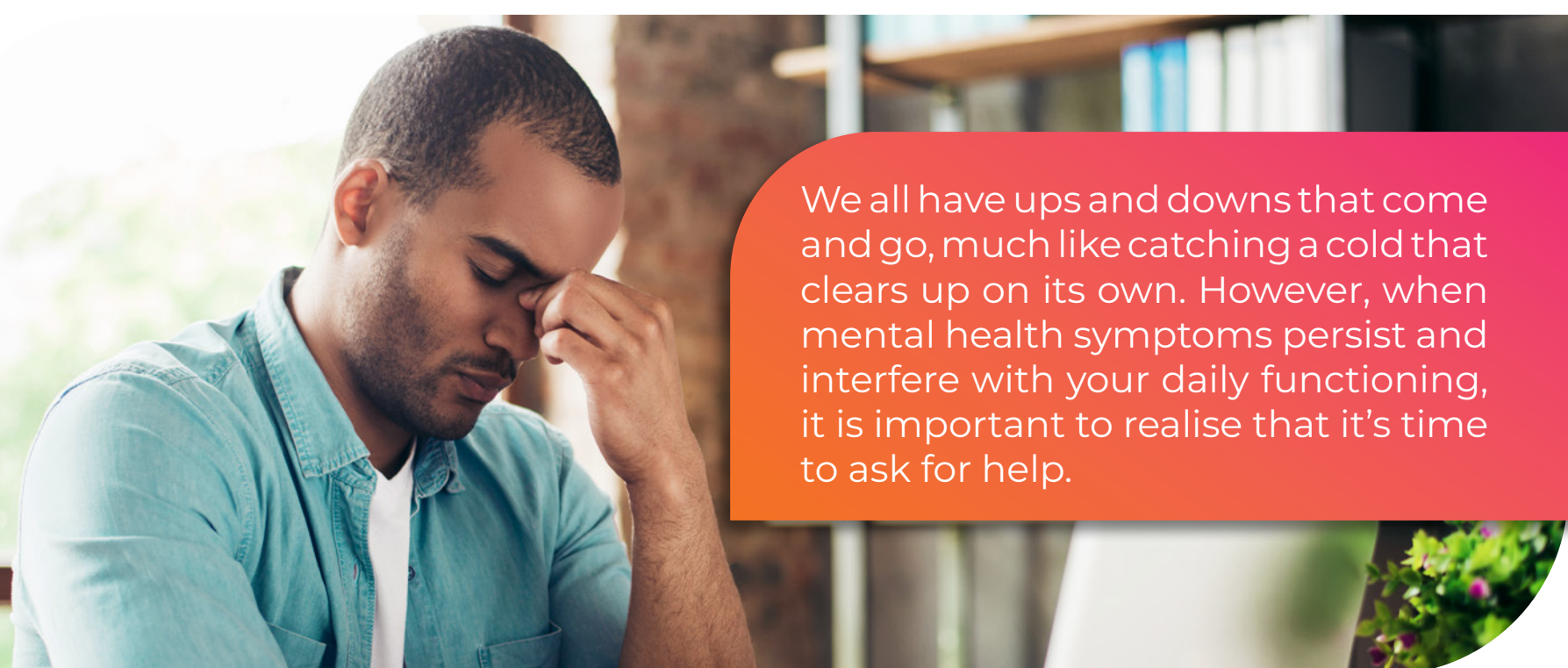




Hey there
OMSMAF member
FEELING BLUE?

Let's work it through

Trouble sleeping? Struggling to connect with those nearest and dearest to you? Feeling constantly overwhelmed? Perhaps it is something else entirely or a combination of factors. If it's getting in the way of your wellbeing, it's time to work through it.



We all have ups and downs that come and go, much like catching a cold that clears up on its own. However, when mental health symptoms persist and interfere with your daily functioning, it is important to realise that it's time to ask for help.

Check in with yourself

Mental health disorders affect the way you think, feel and function in your daily life. You can also have more than one mental condition at a time, like depression and a substance use disorder, for example. Signs and symptoms of mental disorders depend on the type of disorder. You may experience excessive feelings of sadness, worry or anger, an inability to concentrate, obsession with physical appearance, extreme mood changes, trouble coping with daily problems, change in sleeping and eating habits, change in sex drive, substance abuse and suicidal thinking, among others.

While mental illness does not discriminate and can affect us all, the Mayo Clinic lists certain risk factors that increase your chances of developing a mental disorder, which can be helpful to know:

- ✓ A history of mental illness in a blood relative, such as a parent or sibling.
- ✓ Stressful life situations, such as financial problems, a loved one's death or a divorce.
- ✓ An ongoing (chronic) medical condition, such as diabetes.
- ✓ Brain damage as a result of a serious injury (traumatic brain injury), such as a violent blow to the head.
- ✓ Traumatic experiences, such as assault.
- ✓ Use of alcohol or recreational drugs.
- ✓ A childhood history of abuse or neglect.
- ✓ Few friends or few healthy relationships.
- ✓ A previous mental illness.

Even if you have not experienced any of the risks listed above, a chemical imbalance can cause complications that may negatively affect your overall mental wellbeing. So, take time to check in with yourself and consider whether you have any ongoing symptoms affecting your ability to function.

Help is here

Did you know that OMSMAF covers far more than the basic PMB requirements of most medical schemes in the country? As an OMSMAF member, you have access to our Mental Health Programme to support you with mental health conditions such as depression, general anxiety, bipolar mood disorder, post-traumatic stress disorder and others. Once registered on the programme, you will be entitled to a certain number of therapy consultations paid from the Fund's risk pool, leaving your day-to-day benefits untouched. You can find out more about the programme by calling **0860 100 076**.

If you are finding it hard to look after other aspects of your wellbeing, please remember that OMSMAF offers you a range of special wellness benefits such as a nutritional assessment and a healthy eating plan to support your holistic health journey.



What's more, as an Old Mutual employee, you and your loved ones get counselling support from Lyra Wellbeing. Connect directly to the Lyra Wellbeing support centre, the Hub, using the app's **one-click function here**, and talk to a trained, registered counsellor whenever you need to and wherever you are. Counselling and chats are available 24 hours a day, 7 days a week, 365 days a year.

Please visit <https://app.lyrawellbeing.health/welcome> and use company code **OLD001** to activate your account.

How to contact Lyra

1. Dial ***134*905#** on your mobile phone to request a callback.
2. Call **0800 006 068** toll-free in South Africa.
3. Send an email to **oldmutual-ewp@icas.co.za** for callback requests.
4. Live chat via the **Lyra Wellbeing Hub app**, using company code **OLD001** to activate your account.

Not on the OMSMAF WhatsApp broadcast group?
Scan the QR code 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.