



Hey there...

We're checking in to see how you're doing and to let you know that if you or one of your loved ones is having a tough time of it mentally, you are not alone. According to the World Health Organisation, one in eight people are living with a mental disorder, with anxiety and depressive disorders topping the list.

Fortunately, as a member of the OMSMAF family, mental health support is readily available to you and your beneficiaries. Keep an eye on your inbox in the coming months as we will bring you helpful information about mental health risks, signs to watch out for in your kids and how to build a stronger mental space to help you cope better - something we could all use in this day and age! We'll be in touch again soon.

Take care!



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.

