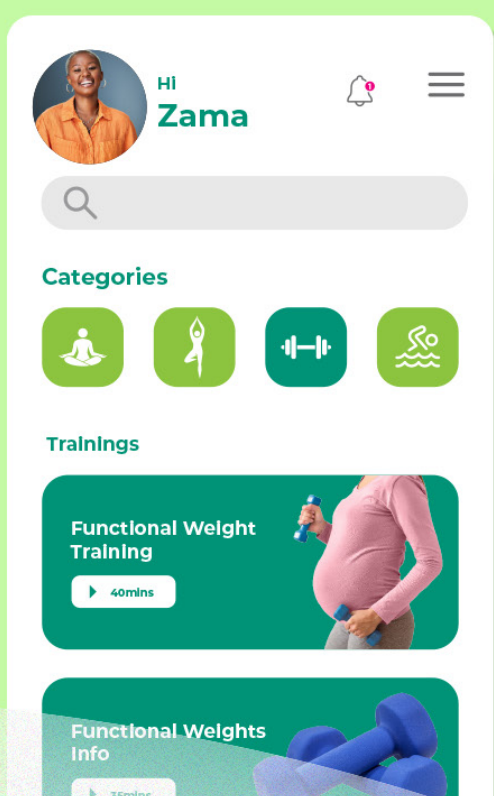
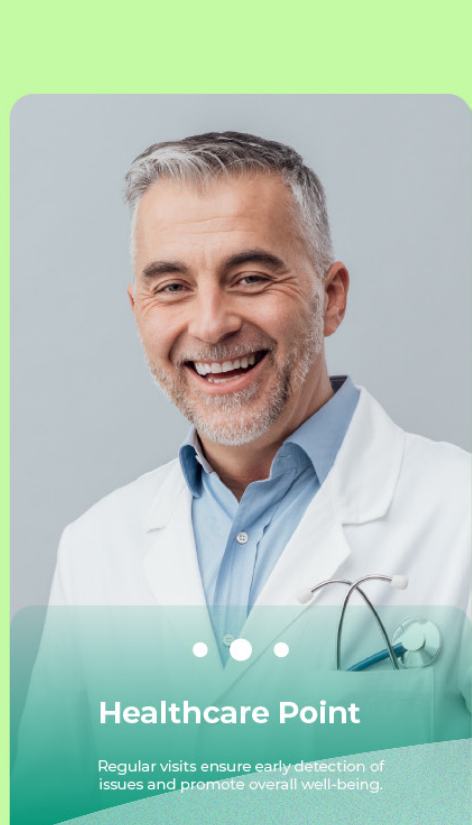




BIRTHING OPTIONS

YOUR BODY, YOUR BABY, YOUR BUSINESS

Got every aunty, social media commentator and random stranger at Spar giving you unsolicited advice on childbirth? Choosing a birthing option is ultimately your decision and as your trusted medical scheme, we are here to help empower you with information on some crucial birthing topics to discuss with your doctor so that you can make an informed decision.



TO C OR NOT TO C.... THAT IS THE QUESTION

No doubt, the question of a caesarean section or C-section has been on your pregnancy radar. The World Health Organization has stated the rate of C-sections per country should range between 10% and 15% of births, while in South Africa, our rates are considerably higher than this – 28.8% in the government sector and a staggering 75% in the private sector.

Although it involves major abdominal surgery, which carries certain risks and requires a lengthy recovery period, a C-section can be a lifesaving medical intervention in high-risk pregnancies and is, at times, medically necessary. If this is something that your doctor deems necessary, you are welcome to reach out to our contact centre on 0860 100 076 and follow the prompts to ensure you have all the pre-authorisation boxes ticked.

According to the Cleveland Clinic, a safe natural birth can provide numerous benefits, including a natural immune response for the baby when passing through the birth canal, faster recovery times for the mother, less risk of complication in future births and a higher rate of successful breastfeeding.

HOSPITAL OR HOME BIRTH?

If your healthcare professional advises that it is safe, you may wish to consider having your baby at home with a qualified midwife. This provides many benefits, such as being in the comfort of your home environment and reducing out-of-pocket payments, if your hospital or gynaecologist chooses to charge above scheme rates.

FEEL FREE TO ASK!

It's important that you are able to talk openly with your doctor about any concerns you may have about what is best for you and your baby during childbirth. If you are left with any uncertainty after your consultation, consider getting a second opinion.



At OMSMAF, we want what is best for you and your baby, so please feel free to reach out and ask us any questions you may have about your maternity and newborn cover, activating your benefits and ensuring a smooth process all around. We're here for you all the way to the finish line and beyond, except perhaps for settling on a name for your little bundle of joy – you're on your own with that one!

PS: REMEMBER TO REGISTER BABY AS A DEPENDANT

Once your little one has arrived in the world, remember to add them as a dependant on your OMSMAF plan. You can do this by simply requesting the necessary form from membership@omsmaf.co.za or calling 0860 100 076.



IF YOU HAVEN'T ALREADY, REMEMBER TO SIGN UP FOR OUR WHATSAPP BROADCAST GROUP WITH THE QR CODE SO YOU CAN HAVE INSTANT ACCESS TO UPCOMING INFORMATION FROM OMSMAF.

**HEALTHCARE
WITH HEART**

**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