

YOUR HEALTH IS YOUR WEALTH

JUST BE LIKE FRED AND THINK AHEAD

PLANNING FOR THE FUTURE ISN'T ALWAYS EASY, BUT YOU DO IT ANYWAY – THE RAINY-DAY MONEY, THE RETIREMENT FUND, THE UNIVERSITY SAVINGS... THE WEDDING ACCOUNT.

Financial planning goes hand in hand with investing in your wellness. After all, you wouldn't want to work hard all your life only to find that your health has paid the price, and now your savings must too.

Fortunately for Fred, he has thought about how his medical scheme can be a partner in good health with the potential to enrich his life daily, unlike his life policy, which he also pays for monthly, hoping it will remain unused for a long time to come.

OVER THE YEARS

Fred has adjusted his cover in line with his changing life stages and has taken full advantage of his wellness benefits, so he's in great shape. Well done, Fred, you are thinking ahead...

■ **USE YOUR PREVENTATIVE HEALTH AND WELLNESS BENEFITS.**

Stay strong with OMSMAF's market-leading range of preventative and wellness benefits for the whole family, from essential health screenings to exceptional kids benefits and a personalised nutritional plan in consultation with a registered dietician, and much more. We also provide members on the Traditional and Traditional Select plans with a Fitness and Exercise Prescription benefit tailored to your individual needs in conjunction with a registered biokineticist.

■ **TRACK YOUR LIFE STAGES AND ADJUST YOUR OPTION ACCORDINGLY.**

As you go through the various stages of life and your needs shift, you make changes – to your home, your mode of transport, your diet and even your supplements. Your medical scheme cover is no different, and it's important to look ahead to any healthcare interventions or procedures you might need in the coming year. Adjusting your plan to allow for more comprehensive coverage as you move through life can be one of the smartest financial decisions you can make.

■ **TAKE NOTE OF THE MANAGED CARE PROGRAMMES AVAILABLE.**

The whole point of belonging to a medical scheme is to have a reliable partner by your side for those moments when you really need healthcare support, right? Know which managed care programmes your medical scheme offers – you or one of your loved ones might just need to register on one in the future. With OMSMAF, you are ensured access to a back and neck programme, a mental health benefit, an active disease management programme for chronic conditions, and an oncology benefit, to name just a few, whenever medically necessary.

Life is too short for regrets.

That's why we at OMSMAF are here to support you in making the best possible decisions for the health of your finances, your family and yourself.

So, do yourself a massive favour and include your health in your financial planning before you conclude your 2024 benefit selection. It may just be one of the wisest investments you ever make.

WANT TO KNOW MORE ON CHOOSING YOUR MEDICAL OPTION WISELY

CLICK HERE

CHAT SOON,
THE OMSMAF TEAM