

TUESDAY

28

Health-screening tests
11:00-11:45 AM

Meeting with Fr
13:00-13:25 A

Reminder

Health-screening tests

Close

Show Details

BE YOUR BODY'S BESTIE 101

CHECK IN

REGULARLY

Life is so busy, right?

The year flies by in a blur and before you know it the festive season decorations will be out wherever you go.

So, let's
be real



When was the last time you popped into the pharmacy for a routine health check? As you know, a relationship is a two-way street and just as you have come to rely on the occasional touch-base with your good friends, your body needs you to check in too.



Your **pharmacy-based health-screening tests** are a great place to start – they are super quick and getting them done helps you to keep track of your blood pressure, blood glucose, cholesterol, Body Mass Index and HIV/AIDS status. Every OMSMAF beneficiary has access to one of each screening test per year, so take the opportunity to find out how your body is really doing – we are here to cover it.

By consistently doing these checks you are giving your body the chance to red flag anything that could be setting you on a course to a chronic condition, such as hypertension or diabetes. This in turn gives you the opportunity to tweak your lifestyle in a way that best supports you and your bod.

The same goes for annual men's and women's health checks

These are essential to caring for your body's particular needs, not to mention **colorectal screening**, all of which are covered by OMSMAF and are becoming increasingly important in the early detection of cancer and other illnesses. Please just be sure to ask your GP, gynaecologist or urologist to **submit your wellness consultation claim, which will be covered at Medical Scheme Rate (MSR) , using the primary ICD10 code Z00.0**, otherwise the claim will be paid from your available Day-to-Day benefit.



These check-ups may not be your favourite way to spend time but think of it like taking your bestie to run some important errands that they really need your help with. Your body is after all your ride for life, so give yourself peace of mind, knowing that you've done what any good bestie would do.

We'll be in touch again soon with some more great information on the OMSMAF benefits that are designed to make being your body's bestie as easy as can be.

CHAT SOON,
THE OMSMAF TEAM



Universal™



OLDMUTUAL