



From 'man up' to 'speak out'

ARE YOU MAN ENOUGH TO CHANGE THE CONVERSATION?

Guys, it's been another tough year but somehow you
have made it through, right?

At the same time, it's important to take a moment and
touch base with yourself because it's not about being
positive all the time – life happens, after all. It's about
how you handle the inevitable bumps in the road that
matters to your health.



When the going does get tough, you've got OMSMAF in your corner with
a mental health benefit giving you access to mental health practitioners
and medication to help address issues such as depression, general
anxiety, bipolar mood disorder, post-traumatic stress disorder and others.

And when things are not so great and you are finding
it difficult to attend to your overall wellbeing, OMSMAF
can provide you with the support you need to stay on
top of your physical health as well as with a range of
special benefits including an annual prostate-specific
antigen test and other health risk assessments, as well
as nutritional and fitness benefits.

Where you are now is just a starting point – where you go from here
is on your own terms. Just remember, OMSMAF is here to be your
wingman on the journey.

CHAT SOON,
THE OMSMAF TEAM



Universal™



OLD MUTUAL