

Dear Member

**EAT...MOVE...
SLEEP...CONNECT**



Yep, you read that right – it's not just a random list, it's the secret formula...

Nowadays, even the toughest boet at the gym will tell you that there's a lot more to a healthy lifestyle than protein shakes and pumping iron. Your health is multifaceted and rests heavily on the pillars of a balanced diet, physical activity, quality sleep, and actually talking to other humans. (Yes, really...)

What's more, all these aspects of your health are interconnected, making them infinitely more powerful when viewed as a whole. With that said, we're excited to bring you a wealth of helpful tips and information over the coming months, covering these various elements of your wellbeing and the practical steps you can take to optimise them in ways that work for your lifestyle.

As your trusted healthcare partner, OMSMAF is here with benefits designed to support you on your wellness journey. Together, we can multiply the meaning of wellbeing, both in your life and the lives of your loved ones. So, please keep an eye on your inbox for what's in store, and let's do this!

Chat soon,
The OMSMAF Team

OMSMAF - Healthcare with heart.



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.



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