

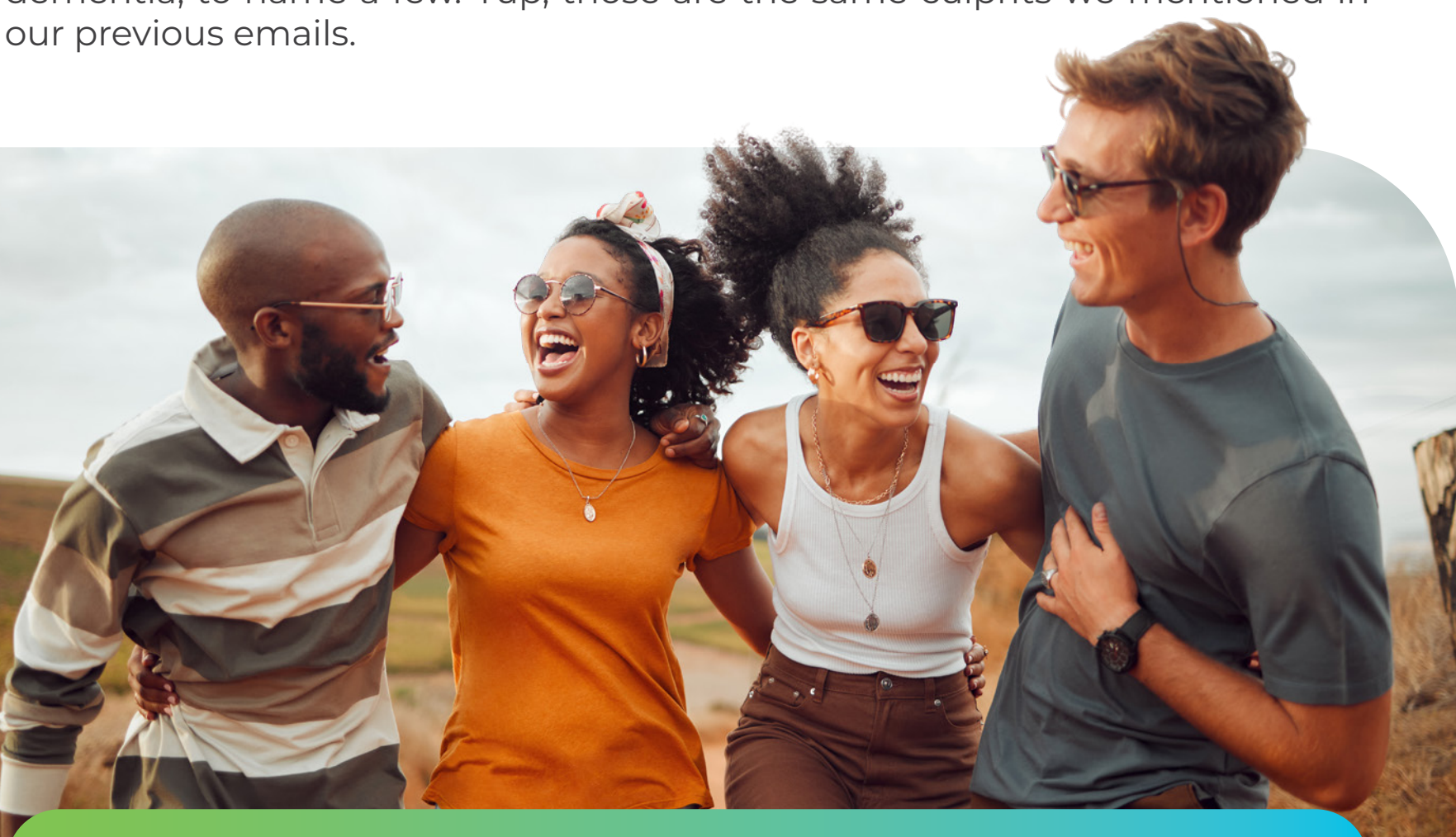
HEY THERE
OMSMAF MEMBER

CHECK MORE, CONNECT MORE:

OMSMAF'S SOCIAL CONNECTION CHECKLIST

Sometimes life can be like a scene from the movie *My Big Fat Greek Wedding*, and you just need a moment of peace from all the craziness. Or, like so many of us, maybe the digital world has crept into your life and changed the way you interact as a human (texting your partner or kid from another room to tell them dinner is ready – #relatable!).

Whatever the case, we all need regular social connections and quality interactions with people we care about. Not only is this vital for good mental health, but it also impacts physical wellbeing, with a lack of social connection leading to higher risks of heart disease, stroke, anxiety, depression, and dementia, to name a few. Yup, those are the same culprits we mentioned in our previous emails.



As always, OMSMAF is bringing you some bright ideas on boosting quality social connections in your life – we are also here to offer you support at those times when you feel alone. With that in mind, we've put together a little checklist to help you keep your wellbeing tank full by connecting with others on an ongoing basis.

✓ **Prioritise in-person interactions over social media.** Enjoying face-to-face time with loved ones strengthens bonds and can help establish more meaningful relationships.

✓ **Reaching out to different people, such as colleagues and neighbours.** Making an effort to broaden your network in person can widen your support base and present new opportunities for personal growth.

✓ **Sharing experiences and hobbies that you enjoy with others.** Joining an exercise group, creative class, or book club can strengthen your sense of belonging.

✓ **Using opportunities in your daily schedule to share things you are already doing,** such as cooking or exercising with others.

✓ **Actively scheduling quality time with loved ones.** Getting out into nature, organising a games night or hosting loved ones for a weekly potluck dinner gives you the chance to create meaningful moments.

✓ **Stepping out of your comfort zone to connect with new people.** Participating in community-based activities or volunteering can open the door to unexpected friendships and fresh perspectives.

✓ **Allocating time in your routine to contact people you care about.** Scheduling two or three phone calls into your weekly calendar ensures you are closely connected to family and friends.

Even if you consider yourself to be at the top of the social steering committee, life has been known to throw a curveball or two. Health issues, a breakup or the loss of a loved one, for example, can lead to feelings of isolation and loneliness. Please just remember that with OMSMAF, you are never alone.

As your trusted medical scheme, OMSMAF is here to provide you with access to quality primary mental health support with our Mental Health Programme, available to all OMSMAF beneficiaries – Simply call **0860 100 076** and speak to a consultant. You can also email **mentalhealth@omsmaf.co.za**.

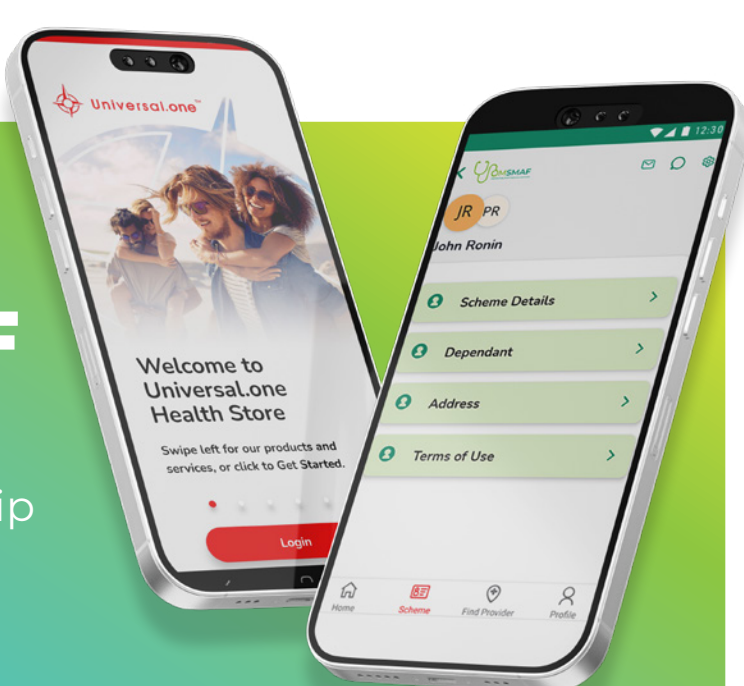
What's more, as an employee of the Old Mutual family, you also have access to counselling support from Lyra Wellbeing.

HOW TO CONTACT LYRA

1. Dial ***134*905#** on your mobile phone to request a callback
2. Call **0800 006 068** toll-free in South Africa
3. Send an email to **oldmutual-ewp@icas.co.za** for callback requests
4. Live chat via the **Lyra Wellbeing Hub app**, using company code OLD001 to activate your account

JOIN THE DIGITAL WORLD OF OMSMAF

Download the **Universal.one App** and access your digital OMSMAF membership at the touch of a button. And if you dig great digital tools, you will love the OMSMAF website, which is now giving you a more engaging and informative member experience than ever before.



Want to join the OMSMAF WhatsApp broadcast group?

Scan the QR code, and let's take you there.

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.