



Hey there OMSMAF MEMBER

If that self-made ‘hibernation layer’ is giving you a little more winter padding than you intended – join the club! Maintaining a healthy lifestyle can seem overwhelming, but OMSMAF is here to help you reframe your outlook with a simple rule: **‘just one more’**. Applying this daily mantra correctly to mealtimes and physical activity can help to level up your lifestyle in a big way – it’s all about adding plant-based food choices to your diet in easy, affordable ways and moving your body more throughout the course of the day. So, take a look in your email inbox to get your hands on our latest and greatest set of healthful suggestions – we hope you enjoy putting them into practice!

Take care,
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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