

HEY THERE **OMSMAF MEMBER**



If you find yourself making a mid-morning run to the vending machine day after day, it may be time to reassess your sleep hygiene – and we don’t mean leaving the bed unmade in the morning rush (no judgment here). The connection between your sleep habits and your food cravings may surprise you, not to mention the impact on your overall health. In fact, we’ve just dropped you an email about it with some helpful tips about setting yourself up for a good night’s sleep, from engaging in physical activity during the day to eating light at night, making your bedroom a sleep sanctuary, and so much more.

Give it a try – your body (and your eyelids) will give you honest results soon enough!

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.