



Hey there OMSMAF MEMBER



From the usual suspects (diet and exercise) to the surprising impacts of some quality Zs and social connection, your health potential leaps to a totally different level when you approach your wellness as a whole. So, please keep a watchful eye on your inbox because we'll be sharing a string of helpful info in the coming months. Think of it as your wellness lifeline. Ready? Let's bring it on!

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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