

HEY OMSMAF MEMBER



Ever wonder if you are spending enough time with other real live humans, outside of those interactions that just happen to be a part of your day? In this fast-paced digital era, it's easy to fall back on online content, social media and texts (case in point right here – it's just so quick and convenient, right?), but you cannot beat the real deal. Social connection is essential for your wellbeing and impacts your physical and mental health.

With this in mind, we've created the OMSMAF social connection checklist to help you assess whether you're really making the most of this important aspect of your life. So, please take a look at your inbox – there may be something there that helps you to get out and connect more. It may also remind you that if you are struggling with loneliness and other mental health issues, we've got your back.

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.



Universal[®]



OLDMUTUAL