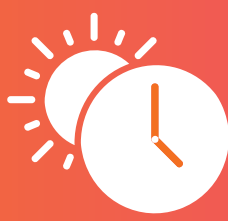


SKIN CANCER IN SA IS ON THE RISE - UP 125% IN 8 YEARS!

This worrying stat shared straight from our Healthcare Administrator does not have to be a buzzkill. There is good news – you can protect yourself (and your family) with a few smart, simple habits:



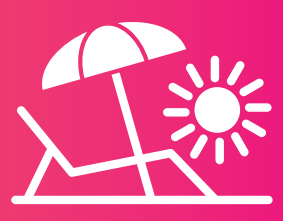
SPF 30+ daily



**Seek shade
between 10 am
and 4 pm**



**Dial up your
style with hats,
sleeves and
sunnies**



**Skip tanning
and sunbeds**



BEST OF ALL?

OMSMAF covers one Dermatologist screening every two years for all members and beneficiaries over 35 - find out more [here](#), click on **choose your plan** under **benefits tab** and go to **wellness benefits** for more info.

Stay sun-smart and spot-safe!
The OMSMAF Team

OMSMAF - Healthcare with heart.

VISION

To be the medical scheme of choice for the Old Mutual Group.



Universal®

MISSION

To be an affordable medical scheme that guarantees best-of-class member experience, value and quality.



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