

GLOW UP, COVER UP, CHECK UP

LOVE THE SKIN YOU'RE IN,
WITH OMSMAF

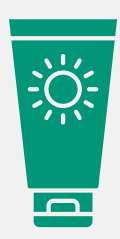
We're kicking off a convo that's much more than skin-deep - about your 'birthday suit' and how to give it the TLC it deserves.

As your body's biggest organ (and one of the most hardworking), your skin is worth so much more than a daily swipe of body cream. It shields you from infections, regulates your internal temperature, and lets you feel the world around you. It even has its own microbiome of tiny organisms that help to keep it healthy - yup, just like your gut!

And, just as a balanced diet keeps your tum happy, there are some crucial steps to taking good care of your skin. After all, it works hard to protect you from harm round the clock, come rain, shine or post-winter dryness (don't worry, we're all in this flaky boat together). Seriously though, with everything it gets exposed to, your skin can be impacted by allergies and rashes, bites and blisters – and more serious conditions, such as melanoma and other types of skin cancer.

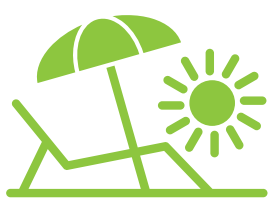
While it's not always possible to avoid every bump in the road on your healthcare journey (that's why OMSMAF is here), there's a lot you can do to show this crucial organ some love.

Here's how to keep your skin glowing with good vibes:



Sunscreen, always:

Indoors, outdoors, cloudy or not. SPF 30+ is your go-to – look for the CANSA Smart Choice Seal of Recognition on the back of the bottle.



Skip the sunbeds and intentional tanning:

Not worth the cancer risk.



Be shady – in a good way:

Stay out of the sun at the hottest times of day.



De-stress: Stress makes skin conditions worse.



Do a regular mole patrol:

Check for any weird changes (more about this soon).



Quit smoking:

Your skin will thank you.



Be kind:

Wash gently, moisturise daily and hydrate plenty.



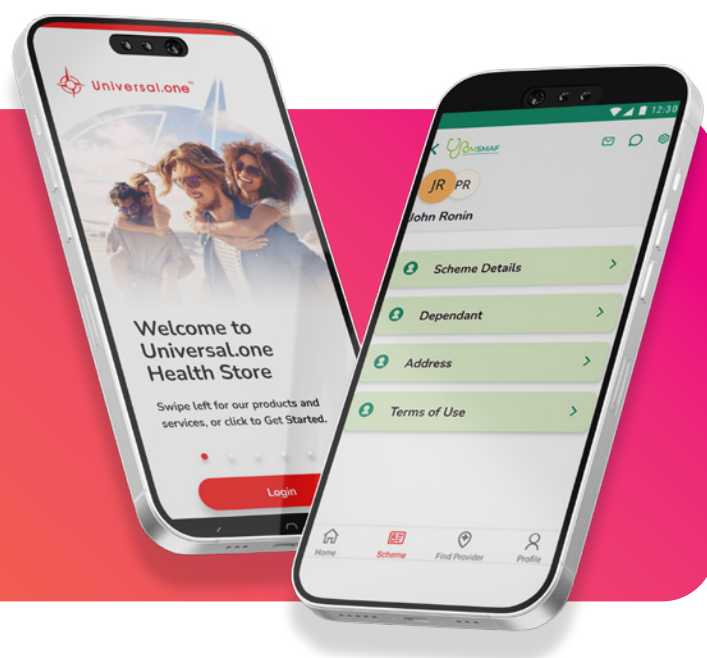
Your skin ages naturally - but some habits speed up the process. Laughter lines are cool, but skin cancer? Not so much. **Fortunately, OMSMAF is here to help you** address any little worries before they become Big Complicated Problems, with capital letters.

We've got your back (and your front, arms, legs... you get the idea). With OMSMAF, you're covered for preventative care that supports your skin health for life. Tap into your OMSMAF wellness benefits for a cancer screening with a Dermatologist every two years to keep your skin in check, available to members and beneficiaries over 35 across all plans. This benefit is available to you over and above your existing cover for specialist visits, because skin cancer screening and early treatment are not just nice to have – they are imperative.

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The OMSMAF Team

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