

**NEW BENEFIT
YEAR,**

**NEW
OPPORTUNITIES**



HELLO
there

With 2026 well underway, most of us are feeling the urge to get a little more organised, make smarter financial choices, and (dare we say it?) be kinder to our future selves. Luckily, your healthcare cover is one of the easiest places to start – and, refreshingly, does not involve assembling flat-pack furniture or downloading yet another budgeting app.

OMSMAF ROADSHOW LIVE FROM 17 FEBRUARY

The new OMSMAF benefit year kicks off on **1 April 2026** with updates designed to keep pace with your needs and make your healthcare experience easier to navigate. In fact, we're starting right now with a short series of emails to help you choose the best possible plan for the year ahead.

And if you prefer your information in video format with a friendly face, you're warmly invited to join our Annual Roadshow on any of the dates below. It will also be available on the OMSMAF website, along with a comprehensive blog post, for those who prefer to learn at their own leisure – slippers, pyjama pants... no one's judging.

Join us for our live Roadshows:

Tuesday, 17 Feb 2026
(11-12pm)

Thursday, 19 Feb 2026
(Capetown OMPA 11am at the Auditorium and the Roadshow at 2pm)

Friday, 20 Feb 2026
(11-12pm)

Tuesday, 24 Feb 2026
(OMPA JHB at 11am and the Roadshow at 2pm)

Thursday, 26 Feb 2026
(11-12pm)

Friday, 27 Feb 2026
(11-12pm)

Tuesday, 3 Mar 2026
(11-12pm)

Thursday, 5 Mar 2026
(11-12pm)

Friday, 6 Mar 2026
(11-12pm)



PLANNING Power PREVENTION

Before we dive into plans and benefits, there's one important trend we need to mention – a growing rise in lifestyle-related diseases such as diabetes, certain cancers and heart disease. These conditions impact not only your health, but also the claims we pay as a Fund and ultimately, the contributions needed to keep OMSMAF sustainable.

The good news? You can play a decisive role in protecting your own wellbeing (and your wallet) simply by using the Preventative Screening Basket, worth around R3 500 – already available to you!

DID YOU *know?*

Less than 8% of OMSMAF Members use all their preventative screenings - even though they're fully covered by the Fund and can earn you additional benefits.



A quick word of advice as you start thinking about your options: cheaper plans aren't always the most cost effective in the long run. If you end up paying out-of-pocket every time you see a GP or collect medication, those 'smart' savings can disappear faster than a packet of biscuits in an open-plan office.

SUBMISSIONS CLOSE ON 6 MARCH 2026

Need some personalised guidance? Our team is hard at work building a support link for scheduling one-on-one appointments with an OMSMAF Client Liaison Officer. We'll let you know as soon as it's ready.

Here's what to do once you are ready to submit your choice:

- Actively employed Members, please make your selection via Workday under MyBenefits.
- Retirees, Continuation Members and those without access to Workday will need to complete an option selection form, which can be downloaded from the website [here](#). Please send your completed form to the correct email address at membership@omsmaf.co.za or call the contact centre on **0860 100 076**.

Ready? Let's begin this year's journey towards smarter, healthier decisions together.

More coming soon,
The OMSMAF Team

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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