

STOP THE FLU BEFORE IT STOPS YOU



A LITTLE JAB, A LOT OF PROTECTION

Winter doesn't ask permission before it arrives, and neither does its dodgy tag-along – the flu. Every year, like clockwork, it pitches up at your door, suitcase packed with miserable symptoms in hand... an uninvited house guest who coughs on everything and refuses to leave.

The good news? You don't have to roll out the welcome mat. As an OMSMAF member, you are covered for flu and pneumococcal vaccinations through your designated pharmacy clinics, so you're defending with more than just the B-team (no offence to disinfectant wipes and vitamin C). Yes, it's time to bring your A-game, because getting vaccinated is the most effective way to protect yourself and your family this season.

WHAT'S COVERED WITH OMSMAF?

- ✓ **Flu vaccine** – Annual vaccination covered for all members and adult beneficiaries.
- ✓ **Pneumococcal vaccine** – One to two per beneficiary per lifetime, depending on the doctor's advice, helping protect against serious bacterial pneumonia that can follow a flu infection.

WHO SHOULD NEVER SKIP THE FLU JAB?

While the flu vaccine is recommended for everyone, some people face a much higher risk of serious complications. If you or any of your beneficiaries fall into any of these groups, don't risk skipping your shot.

- ✓ Children between six months and five years old
- ✓ Adults aged 65 and older
- ✓ Pregnant women
- ✓ People living with chronic conditions such as diabetes, asthma or heart disease
- ✓ Individuals with weakened immune systems

Sound like someone in your household? Make their appointment a priority alongside your own.

WHILE YOU'RE THERE, UNLOCK YOUR WELLNESS MAXIMISER BENEFIT!

It's not often that doing something good for your health also unlocks bonus benefits that make a real difference on your health journey (unlike a complimentary smoothie at the gym – big deal).

Visit your preferred pharmacy clinic and get your Pharmacy Wellness Screenings done at the same time as your flu jab – blood pressure, glucose, cholesterol and BMI checks are all covered. Once all your adult beneficiaries have completed their screenings, you unlock your Wellness Maximiser Benefit. This gives you two free virtual GP consultations via uConsult, plus acute medication, and unlimited access to our professional nurse advice line – all available once your day-to-day benefits are depleted.



WHERE TO GO

Visit any of your preferred OMSMAF pharmacy clinics, including Clicks, Dis-Chem, Medirite or Local Choice Pharmacy at Mutual Park.

A NOTE ON TIMING

Don't wait until you're surrounded by sneezing colleagues. The flu vaccine takes about two weeks to reach full effectiveness, so the sooner you go, the better protected you'll be heading into the colder months.

Stay well out there.

Take care,
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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