

FLU SEASON REMINDER FROM OMSMAF



Haven't had your flu jab yet? Now's the time. The vaccine takes about two weeks to reach full effectiveness, so the sooner you go, the more protected you'll be.

COVERED



Annual flu
vaccine



Pneumococcal
vaccine (1 – 2 per
lifetime)



Wellness
Screenings

Pop into your nearest **Clicks, Dis-Chem, Medirite** or **Local Choice Pharmacy** at Mutual Park. No fuss, no excuses. :)

Skip the flu drama - **listen to a 3-minute message from Pamela Botha on vaccines, risk**, and making the most of your seasonal benefits [here](#).

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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