



Healthcare with **heart** 

HI THERE OMSMAF MEMBER

Big Bad Winter is coming for your gym bag, your step count, and your willpower when it comes to comfort food. But never fear - OMSMAF is here with your winter survival guide. From warming meal ideas and indoor workout inspiration to a pharmacy check-up that unlocks bonus benefits, we've got you covered this season. Keep an eye on your inbox, it's landing soon!

Take care,
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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