

STAY STRONG ALL SEASON LONG

**YOUR WINTER WELLNESS
GUIDE, WITH OMSMAF**



Let's be honest: if winter were a super-villain, its power would be persuasion. After all, when caught between a dark, frosty morning and your fluffy duvet, it's hard not to hit that snooze button. Before you know it, your trainers are gathering dust, you've got the takeaway place on speed dial and you're blaming it all on Big Bad Winter.

Never fear – OMSMAF is here with tips for tackling winter head-on, along with a fresh set of wellness benefits that kicked in from 1 April. So, shall we set the tone for a healthier second half of the year? Grab something warm to drink, and let's get into it.

GRUB'S UP, THUMBS UP!

Dodge the stodge (and that 3 pm food coma) with warming food that actually does your body a favour:

- ✓ Soup is your best friend – and not from a packet. A big pot of home-cooked vegetable, lentil or chicken soup is filling, affordable, and packed with nutrients. Plus, soup freezes soup-er well (see what we did there?) so you can stock up with a variety of options for the weeks and months ahead.
- ✓ Load up on seasonal winter produce for roasting, stewing and blitzing. Think butternut, sweet potato, spinach, carrots and broccoli – all at their best right now, and all excellent sources of vitamins and fibre.
- ✓ Don't skip the protein. Bring on the comfort-food vibes with dishes like creamy breakfast scramble, one-pan roast chicken with root veg, and chickpea curry. Eggs, legumes, fish and lean meat help maintain muscle mass, keep you fuller for longer, and support your immune system through winter.

BONUS TIP:

Hydrate, hydrate, hydrate! Many people drink far less water in winter. Herbal teas and warm water with lemon count – just get those fluids in.

Did you know that you have cover for a Nutritional Assessment and Healthy Eating Plan? Take a peek at your wellness benefits to find out more.

WORK OUT TO WARM UP

Leave the 5am outdoor run to the fitness die-hards – this is about moving your body consistently, in ways that are manageable and yes, even fun...

- ✓ Take your workout indoors: Yoga, Pilates, dance videos, skipping rope, or some good old housework while listening to your latest podcast binge – just 20-30 minutes a few times a week counts.
- ✓ Make it social. A walk or living room dance session is always more fun with a friend (or three). Put it on the schedule like any other important appointment.
- ✓ Embrace the season. Go out and rake up some leaves, get organising (did someone say pantry goals?) or take the little ones on a scavenger walk to make an art project.

BONUS TIP:

Save yourself from becoming another padel-injury statistic and stretch daily. Just 5-10 minutes of stretching helps keep you mobile and reduces the risk of strains.

DAILY DOSE OF HEALTHY HABITS

Time for cosiness (and cleanliness) with a few general rules to keep you feeling tip top.

- ✓ **Prioritise sleep.** Ever noticed how kids and pets crash out early? They're onto something. Quality sleep supports your immune system, regulates your appetite, and improves your mood so commit to getting seven to nine hours of sleep a night. Big ZZZs, big wins.
- ✓ **Wash those hands.** Reduce the spread of colds, flu and other winter bugs by washing them thoroughly – palms, between fingers and on top. Teach the kiddos to do the same to avoid the latest playground plague.
- ✓ **Stay connected.** Cosying up to your TV more than to actual humans? Isolation and low mood can be more common in the colder months. Make time for the people who bring you joy – even a quick call or a coffee catch-up can make a real difference.

BIG BOSS OF BONUS TIPS:

Psssst! We're here to let you in on a little secret. While many people are in full-on winter hibernation mode, your pharmacy clinic is probably a lot quieter than usual, making this the ideal time to tick off your annual Pharmacy Wellness Benefit. It also means you unlock two free virtual GP visits, which you KNOW you're going to need some time soon (preschool parents, we're looking at you).

As an OMSMAF member, you have access to preventative care and screenings at your nearest Clicks, Dis-Chem, Medirite or Local Choice Pharmacy at Mutual Park, covered by your wellness benefits:

- ✓ **Blood pressure**
- ✓ **Blood glucose**
- ✓ **Cholesterol**
- ✓ **Body Mass Index (BMI)**
- ✓ **HIV**



This gives you the power to take action early – before small concerns become bigger ones. Once all your adult beneficiaries have completed their Pharmacy Wellness Screenings, you can access your Wellness Maximiser Benefit, giving you two extra virtual GP consultations per family (including the cost of prescribed acute medicine) and unlimited online nurse advice chats via the Universal.one App. These benefits conveniently kick in once your day-to-day benefits are depleted.

Whatever your winter hibernation goals may be, we're here to help you complete them feeling healthy and happy – because that's how we roll.

Chat soon,
The OMSMAF Team

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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