



HI THERE OMSMAF MEMBER

Winter has a way of making the couch look very tempting. But this month, OMSMAF is here with your ultimate winter wellness guide - healthy eating inspo, feel-good fitness ideas, and daily habits to keep you strong all season long.

If you haven't done so already, now is a great time to explore your fresh set of wellness benefits that took effect on 1 April with the new benefit year. We're talking personalised, professional nutrition, plus Pharmacy Wellness Screenings that unlock extra day-to-day benefits for the whole family.

Explore your winter wellness toolkit here

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.



Universal[®]



OLDMUTUAL