



SKIPPED A TABLET LATELY?



Hi there OMSMAF Member

Forgot to renew your script in time? We've all been there, and we're not here to judge. We're here to help.

This month's wellness guide is an honest look at chronic care - practical tips for staying on track, the OMSMAF benefits available to you, and how the AI-powered health assistant on the **Universal.one App** can quietly take a lot of the mental load off your plate.

Worth five minutes of your time. Read it [here](#)

Take care,
The OMSMAF 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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