



Hi there OMSMAF Member

Quick one before the month ends. Are you or one of your beneficiaries living with hypertension, diabetes, asthma, high cholesterol, COPD, cardiovascular disease or chronic renal disease? The OMSMAF Active Disease Risk Management Programme offers practical nurse support to help you manage your condition and stay on top of your treatment plan. No fuss, no lectures. Just useful guidance when you need it.

Call **0860 100 076** or email diseasemanagement@omsmaf.co.za.

And if those pharmacy wellness checks are still on your to-do list - blood pressure, glucose, cholesterol, BMI - your nearest **Clicks, Dis-Chem, Medirite** or **Local Choice Pharmacy** at Mutual Park has you covered.

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.