

EVERY DOSE, EVERY DAY IT ALL MATTERS

An honest conversation about chronic care, and how OMSMAF has your back

Here's the thing about living with a chronic condition: it's a marathon. Not the kind with a dramatic finish line moment and a foil blanket - the quiet, relentless, every-single-day kind. Before you've had your first coffee, there are tablets to take. Got dinner plans? Every other meal that day has to balance it out. And on the days when you feel completely fine - which, let's be honest, is usually because you've been sticking to your treatment plan - it's easy to wonder whether it's all really necessary.

As you know... it is. The good news... You're not running this race alone.

A FEW FACTS WORTH KNOWING



The three most common chronic conditions among South African medical scheme members are type 2 diabetes, hypertension and high cholesterol. All three are manageable, respond well to consistent treatment, and are almost entirely silent. No beeping. No warning lights. No flashing sign that anything is wrong. Just quiet, steady accumulation while life carries on as normal. Which is why showing up for your health every single day, even when it feels unnecessary, is so important.

PRACTICAL STEPS TO STAYING ON TRACK

We've said it before because it's true. The goal is not perfection, it's consistency. Managing a chronic condition is a long road with its fair share of potholes. The trick is to keep moving when you hit one.

Here are a few habits that help:



Use the AI-powered personal health assistant on the Universal.one App. Set medication reminders at a time that works for you, get prompts to renew your script before you run out, and schedule your next check-up without it slipping your mind. And it's all controlled from one central point - your Universal.one app. Makes sense, right?



Talk to your doctor. Side effects from medication can happen, and while there are often alternatives available, stopping your medicine abruptly can sometimes cause more harm than dealing with the discomfort of the side effect. That's why it's crucial to talk to your doctor before making any changes to your treatment plan. Ask them to explain how your medications work and what to expect. When you understand the purpose behind each pill, taking them daily becomes less of a chore and more of an informed choice for your health.



Tell someone. A partner, a family member or a close friend who knows about your condition and your medication routine can make a bigger difference than you might expect - whether that's a gentle nudge on a hard day, company at a check-up, or simply someone who notices when things aren't quite right.

DON'T WAIT FOR SYMPTOMS - PREVENTION IS THE POINT

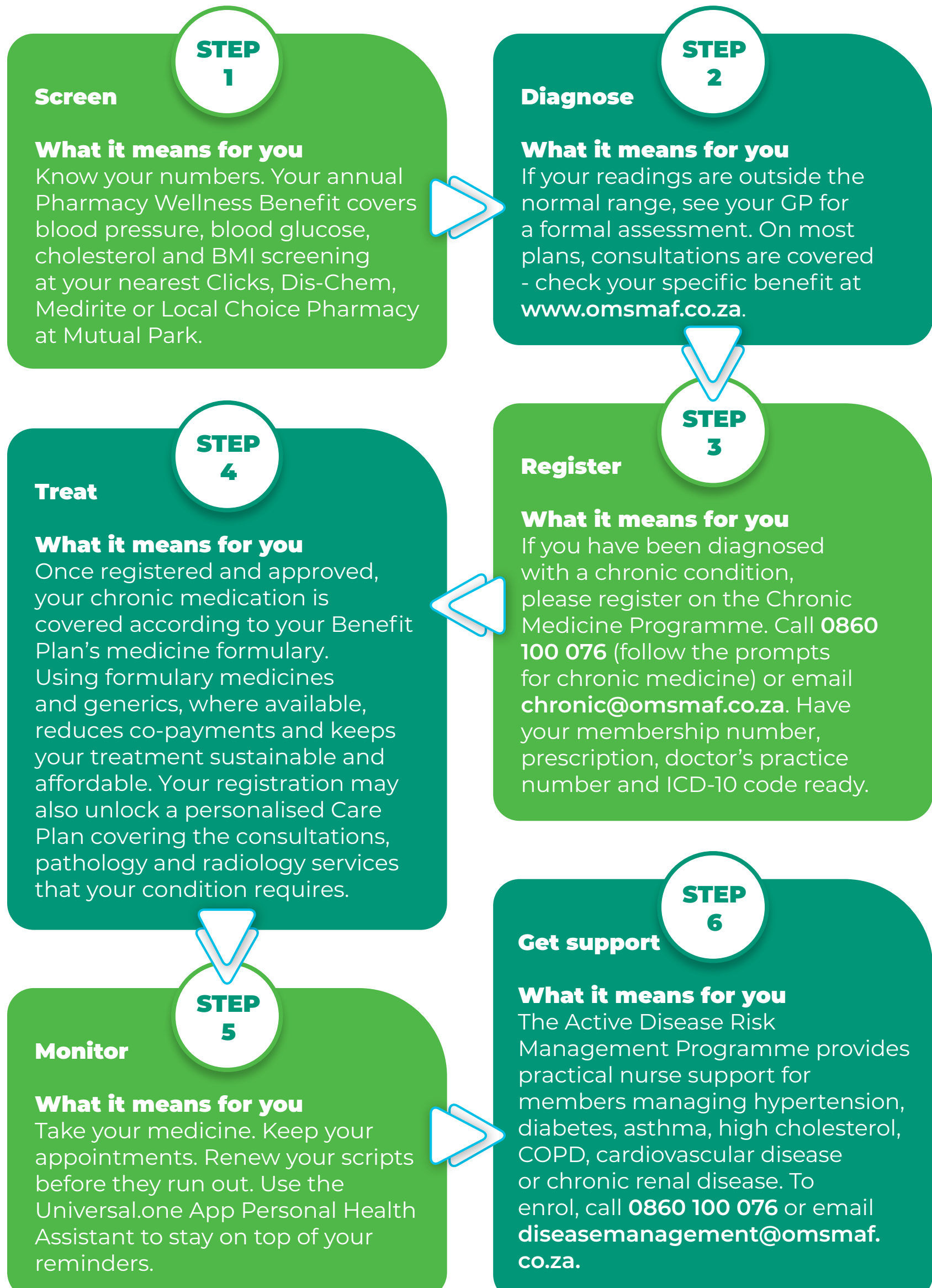
You know that friend who only pitches up when there's drama? Don't be that friend to your own body. Regular check-ups and screenings let you and your doctor get ahead of things - before a small concern becomes a bigger one.

Your annual Pharmacy Wellness Benefit covers blood pressure, blood glucose, cholesterol and BMI checks without impacting your other benefits. Getting these done is quick and convenient at your nearest pharmacy clinic, including Clicks, Dis-Chem, Medirite or Local Choice Pharmacy at Mutual Park. Think of it as your body's annual report - no big fuss, just the numbers you need to stay informed and in control.



YOUR CHRONIC CARE JOURNEY WITH OMSMAF

Whether you've just been diagnosed or have been managing your condition for years, here's how OMSMAF supports you every step of the way:



YOU ARE NOT ALONE

There will be good stretches and hard ones. Days when the routine is effortless, and days when it overwhelms. What matters is that you keep going - and that you know support is available when you need it.

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

*Please remember: always consult your doctor before making any changes to your treatment plan, including stopping or adjusting your medication. Benefits differ by plan - check your specific cover at www.omsmaf.co.za or call **0860 100 076**.*

Chat soon,
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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