



QUICK QUESTION:

**WHEN WAS THE LAST TIME
YOUR GROCERY SHOP
ACTUALLY EXCITED YOU?**

We're shaking things up with a brand-new wellness guide - real, affordable nutrition tips, a clever meal plan and some genuinely useful benefit info you might not know about. Watch your inbox this week. Something good is coming.

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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