

JOIN US

**AS WE FOLLOW THANDIWE AND RIAAN
THROUGH THE WEEKLY SHOP, FOR A
WELLNESS GUIDE THAT BRINGS YOU
SMART, SIMPLE TIPS TO EAT BETTER
WITHOUT SPENDING MORE.**



We're also dropping a weeknight meal plan of five dinners for under R500, AND a downloadable shopping list to make it even easier.

Oh - and did you know that with OMSMAF, you have access to a personalised Nutritional Assessment and Healthy Eating Plan with a registered dietitian? All paid for from your wellness benefits. More on that inside. Click [here](#) to access a Nutritional Assessment and Healthy Eating Plan brochure.

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.



Universal[®]



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