



HAVE YOU GRABBED

YOUR FREE DOWNLOADABLE SHOPPING LIST YET?

Five healthy dinners for R500, with all the ingredients in one place, ready to take straight to the shops. Click [here](#) to get it. And while you're at it, don't forget your Nutritional Assessment and Healthy Eating Plan benefit. A session with a registered dietitian, a personalised eating plan, and regular monitoring - all available as part of your wellness benefits. Call **0860 100 076** or visit www.omsmaf.co.za to find out more.

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®



OLDMUTUAL