



COMPLETE A PREVENTATIVE HEALTH SCREENING



An hour. That's roughly all it takes to complete a preventative health screening, from arrival, completing the checks, to getting on with your day. And it could buy you years in return.

Even better? Screenings such as your annual mammogram, Pap smear and bone density scan are already covered under your wellness benefits on every OMSMAF plan. Already yours, already paid for.

This Women's Month, give yourself the hour. [Read more](#)

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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