



TAKE THE HOUR, SHARE THE POWER.

Here's the thing about looking after yourself: it rarely stops with you. The friend who books because you did. The daughter who grows up seeing it as just what you do. When women thrive, everyone rises.

Book your screening this Women's Month. [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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