

TAKE THE HOUR, SHARE THE POWER THIS WOMEN'S MONTH



An hour goes quickly, doesn't it? It's a yoga class. A Saturday-morning manicure. A coffee catch-up. Or, better yet, a well-earned weekend lie-in. We give an hour away all the time, gladly, without a second thought.

So, what if just sixty minutes could potentially buy you years in return?

Realistically, an hour is about what it takes to go for a preventative health screening, from arrival to completing the checks and heading on with your day. An hour to stay ahead of the things worth staying ahead of, like a mammogram, a Pap smear, or a bone density scan. A simple pharmacy wellness check? You'll probably be left with time to spare (quick treat, here we come!)

But here's the real cherry on top: these screenings already belong to you. They're included in your OMSMAF preventative care benefits, leaving the rest of your cover untouched. Already yours, already paid for. The only missing ingredient is that little slot of time.



Women's preventative screenings are covered on all OMSMAF plans. Remind your provider to use code Z00.0.

SO, GIVE YOURSELF THE HOUR AND WATCH THAT POWER MULTIPLY.

When a woman looks after herself, a positive influence grows. It's the friend who books her appointment because you mentioned yours. It's the junior colleague who learns that it isn't slacking off; it's just common sense. It's the daughter who grows up understanding that this is simply what you do.

When women thrive, everyone rises – because our choices reach further than we realise.

This Women's Month, book the screening you've been meaning to get to. Your future self, and those whose lives you touch, will be glad you did.

Psst! Make the most of your GP or gynae consult: discuss your screening and contraceptive needs at the same time.

VISION

To be the medical scheme of choice for the Old Mutual Group.

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To be an affordable medical scheme that guarantees best-of-class member experience, value and quality.



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