



OLDMUTUAL

AUTUMN 2019

NEWSLETTER



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HOW TO **SKIP THE FLU** THIS YEAR

It seems as if every year the flu virus is becoming nastier and affecting more people, and for a longer period, than before! Fortunately the [Scheme](#) covers an annual flu shot for all members and beneficiaries, to help fight the sniffles during flu season. Should you have a flu vaccine?



WHO IS MOST AT RISK?

- Children younger than 5 years, but especially younger than 2 years old.
- Adults 65 years of age and older.
- Pregnant women (and women up to two weeks postpartum)
- Residents of nursing homes and other long-term care facilities.

As there are all kinds of myths surrounding the flu shot, we share some information from the Centers for Disease Control and Prevention (CDC) to help you decide whether a flu shot is for you.

MYTH	TRUTH
“The flu shot is only for people who get sick easily.”	The annual flu vaccine is the best way to prevent yourself from getting sick and from spreading the flu to others.
“Flu is not that serious; if you get it, you can enjoy a few days in bed.”	The flu shot saves lives and keeps people out of the hospital — because the flu can be deadly.
“A flu shot can give you the flu, because they inject you with the flu virus.”	You will NOT get the flu from a flu shot, but you may feel crummy or feverish after the shot, which is a sign of your immune system revving up to make antibodies.
“Pregnant women should not get a flu shot.”	It is safe for pregnant women to get the flu vaccine, and it can also protect the baby from getting the flu after birth.

Read more: www.cdc.gov/flu/about/qa/misconceptions.htm

MYTH	TRUTH
<p>“If you have already been immunised against flu, you don’t need a shot again.”</p>	<p>We need a new flu shot every year because the flu shot doesn’t give us lasting immunity, and the virus mutates frequently.</p>
<p>“The flu shot doesn’t work, because you still get the flu even after having a flu shot.”</p>	<p>There are typically two reasons why you would get the flu even after you get the vaccine. The first is that the prevailing strains don’t exactly match the ones in the vaccine, and the second is that you were exposed to the virus right before you got the shot.</p>
<p>“The flu shot has dangerous side effects and should therefore be avoided.”</p>	<p>Compared to the known benefits of the flu vaccine, serious side effects are rare enough that they shouldn’t deter any healthy person from getting the flu shot.</p>

HOW THE FUND CAN HELP: Your Wellness Benefits cover an annual flu vaccine for each of you and your registered dependants, if you get it from any Dischem, Clicks or Pick n Pay Pharmacy Clinic (subject to availability of the vaccine)! (Any consultation costs will be covered from your available Day-to-Day Benefits.)



TIPS FOR A **HEALTHY PREGNANCY**

BEFORE PREGNANCY

The healthier you are when you are planning your pregnancy, the better your chances will be to conceive and have a healthy baby - especially since your baby's organs will begin to form in the first few weeks of pregnancy, before you may know that you are pregnant. This is a critical phase of development, especially in terms of the health of your baby.





DURING PREGNANCY

It is especially important to look after your health when you are pregnant - not only for the benefit of your baby, but especially for the benefit of the pregnant mom. That's because unborn babies are quite able to 'extract' whatever vitamins or minerals they need from their mom's body, often leaving mom feeling rather poorly and depleted!

MORE HANDY TIPS:



AVOID CRAVINGS by not skipping meals. A serving of a protein-rich food such as meat or fish, cheese or yoghurt, seeds and nuts, or beans and lentils will help slow down absorption of sugars and starches and lessen cravings.



MORNING SICKNESS can be eased by eating very small portions, more often. **Vitamin B6** is also helpful in reducing the attacks of nausea and vomiting. **Ginger** is a traditional remedy for morning sickness, whether in the form of supplements, capsules or herbal tea.



BACK PAIN, especially towards the end of pregnancy, can be minimised by maintaining a good posture and walking upright, rather than leaning back.

Read more: www.childbirthconnection.org/

NEED ADVICE ON YOUR SICK BABY? BABYLINE CAN HELP!

Remember that, as an OMSMAF member, you have access to a telephonic helpline called Paed-IQ **BabyLine**, the first dedicated parent advice line in South Africa. The service is available 24/7, 365 days a year – including weekends, public holidays and after-hours. It is operated by registered nurses in conjunction with the Department of Paediatrics at the University of Pretoria, to ensure that members receive access to professional advice.

Simply call **0860 666 110**. Please ensure that you have your OMSMAF membership number available when you call. For babies from 0 - 3 years old registered on the Fund.





EAT AND MOVE YOUR WAY TO CALMNESS

The first thing many of us do when faced with a stressful situation is to overindulge in unhealthy, 'comfort' foods such as ice cream, preferably while vegetating on the sofa! Unfortunately this makes us feel even worse – psychologically and physically. So what should you do when you are stressed?





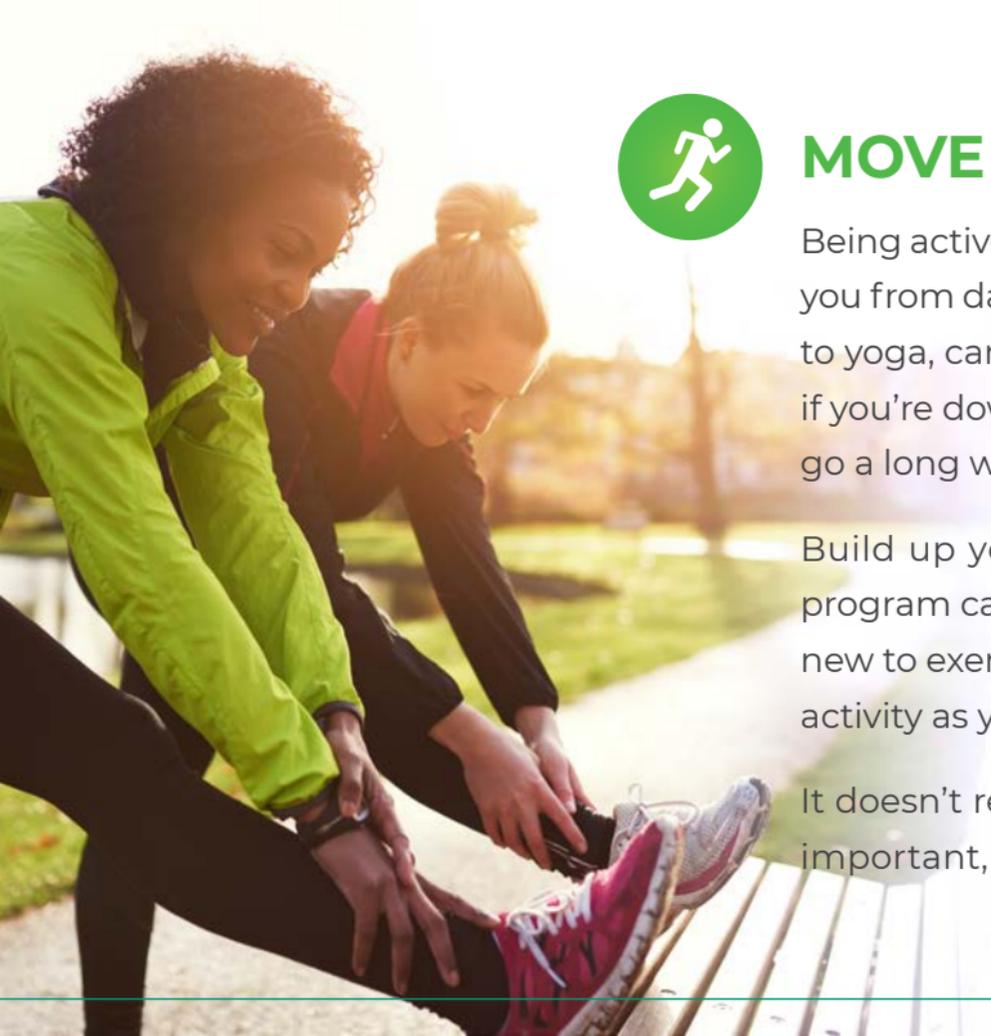
EAT



Avoid simplex sugars and starches (such as chips, cakes and ice cream). The spike in blood sugar and insulin that these foods cause, combined with your already high cortisol levels, may lead you to eat even more. It will also put you at risk of insulin insensitivity and diabetes. Avoid coffee and other caffeinated food and drinks, which not only increase levels of certain stress hormones, but also mimic their effects in the body (increasing your heart rate, for example).



Load up on vegetables and fruits and other high-fiber foods. The nutrients they provide lend extra protection against the immune-sapping effects of chronic stress. Choose complex carbohydrates. Their steady release of sugar not only keeps your blood sugar levels steady, but also induces the brain to release more of the mood-enhancing chemical serotonin.



MOVE

Being active can also boost your feel-good endorphins and distract you from daily worries. Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever. If you're not an athlete or even if you're downright out of shape, you can still make a little exercise go a long way toward stress management.

Build up your fitness level gradually. Excitement about a new program can lead to overdoing it and possibly even injury. If you're new to exercise, start at the moderate level and then add vigorous activity as your fitness improves.

It doesn't really matter what kind of exercise you do; what's most important, studies find, is that you do something you enjoy, not



NEW ADMINISTRATOR FROM 1 JULY 2019

Universal Healthcare has been appointed as the new administrator and managed care service provider for OMSMAF as from 1 July 2019.

We are working hard to minimise any possible impact that the move to a new administrator may have on our members.

The new contact details for Universal Healthcare, which come into effect on 1 July 2019, will be

provided in communication to members - please keep an eye out for updates coming your way in the next few months.



Universal
Healthcare



TOP-NOTCH **GOVERNANCE**

The Fund regards an appropriate corporate governance system as one of the cornerstones of sustaining long-term value for members. The Board is fully committed to the governance outcomes set out in King IV and conducted a self-assessment during 2018 against every recommended practice linked to the 16 principles of King IV.

The Board is satisfied that the Fund has robust governance structures in place that are aligned to King IV. The application of the King IV principles and the adoption of the relevant practices are more fully detailed in our King IV Disclosure Document. Members are welcome to make contact with the Office of the Principal Officer for more information on this.

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