



CALLING THE SHOTS WITH OMSMAF! GET YOUR FLU VACCINE AND STAY HEALTHY!

As we prepare for winter, the change in the season often corresponds with an increase in cases of influenza, commonly referred to as the flu.

As so many of us have experienced in the past, flu can lay even the healthiest individuals low for up to two weeks and can unfortunately result in dangerous complications, including pneumonia. To exacerbate this, a large study has just revealed that people with both COVID and flu at the same time (co-infected) are over four times more likely to require ventilation and 2.4 times more likely to die than if they only had COVID.

To provide you with the necessary protection against the flu and flu related complications OMSMAF will as from 6 April 2022 be rolling out a special campaign to encourage our members to get the flu vaccine to protect themselves against these potentially dangerous illnesses by having the flu vaccine.

For your convenience the vaccine will be administered by a team of nurses who will be available between 09h00 and 15h00 on the ground floor of Mutualpark and Mutual Place on the following days:

- Wednesday, 6 April 2022
- Thursday, 7 April 2022
- Monday, 11 April 2022
- Tuesday, 12 April 2022
- Wednesday, 13 April 2022

Please remember to take your OMSMAF membership card and ID along with you, when you go for your vaccine.

If you are not based at Mutualpark or Mutual Place please don't be concerned as you can visit any of the OMSMAF preferred provider pharmacies including Clicks, Dischem, Pick n Pay, Medirite and any of the other independent pharmacies that have agreed to our tariffs. And remember, by visiting a pharmacy that has agreed to the OMSMAF tariffs you will be able to avoid co-payments.

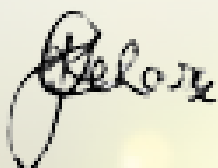
The flu vaccine is provided to you as part of your OMSMAF wellness benefits and you will not have to dip into your pocket to pay for it.

Please make a note in your diary to get your flu jab so you will enter the winter months with an added advantage.

At OMSMAF we are committed to helping you protect yourself from illness wherever possible and paying attention to seasonal and emerging health trends forms an important part of this.

Remember – no amount of money can buy your health. I cannot emphasise the importance of good health and preventative care enough. The reality is that once you have lost your health you cannot get it back. It is not like a car that you can just replace. My message to particularly our younger members is 'pay attention to your health and safeguard it'. You cannot turn back the clock.

Warm wishes



Julia le Roux
Principal Officer: OMSMAF