



It's time to play
the leading lady

and OMSMAF invites all the ladies out there to put their health and wellness first.

After all, it's your life and you should be the star of the show, right? But sometimes your own health takes a back seat – does this sound like you or someone you know?

Well, you are not alone.

Our very own Principal Officer, Julia le Roux, recently started a new fitness programme for this very reason and took time out to share her personal commitment statement with us all [here](#).

If you are the husband, father, brother, son, nephew or partner of an amazing woman, you will no doubt want to encourage her to take the best possible care of herself, so please do read on.

OMSMAF invites all the ladies out there

to put their health and wellness first by making use of the exceptional women's health benefits available to members of the scheme.

For example, did you know that OMSMAF makes it as easy as possible to stay on top of your wellness checks?

Unlike many other schemes

we pay for one GP or gynaecologist visit directly from your risk or wellness benefits, making important annual screenings, such as your pap smear, so much more accessible. We also do not impose an age limit on mammograms and provide for one every single year.

Why? Because we know how to look after you better than anyone else.

Chat soon,
The OMSMAF Team