

From the voices of members...


We're kicking off the New Year with a huge thank you to all the OMSMAF members who participated in our Thanksgiving competition last month.

The response received was overwhelmingly positive and we listened hard to what all our members had to say. Over the next few weeks we will be sharing insights from members who gave their views on what makes OMSMAF such a special Fund to belong to.

We'll also be sharing some facts about the benefits offered by the fund and how these can make a real and lasting difference in your life.

For example, did you know that OMSMAF offers some of the best wellness benefits on the market?

All members of the fund have access to a special nutrition benefit. This rather unique benefit consists of a tailored eating plan and support provided by a dietician. This is covered from risk, which means that it is not paid for by your savings. Wellness benefits are provided across all OMSMAF options, including the OMSMAF Hospital Plan.



Traditional and Traditional Plus Plan members also qualify for the personal Fitness Assessment and Exercise Prescription benefit, which covers a monthly visit to a biokineticist and is funded by your risk benefit, which means that it does not affect your savings at all. The biokineticist will monitor your progress in line with personal targets that are agreed upon with you. OMSMAF will provide ongoing support from a biokineticist and facilitated access to a fitness facility covered from the risk portion of your medical aid funds at an agreed medical scheme rate. All you need to do is to comply with your training plan, helping you to stay fit and feel fabulous.

**Isn't that a great way to start the year?
There's so much more to come, so keep an eye on your inbox.**

CHAT SOON,
THE OMSMAF TEAM