

HI THERE OMSMAF MEMBER

KNOW YOUR NUMBERS: STEP BY STEP

Some things in life are worth knowing about – your tax deductions, for example. Others, not so much, like the precise calorie count of that chocolate cake you treated yourself to over the weekend. Your health falls into the first category, and while you might generally gauge this by how you feel, there's only one way to track your progress year after year, and that's by knowing your numbers and doing your screenings.

As you may have noted from our previous email, there are two groups of tests you should have regularly, and OMSMAF is here to make it as easy as possible for you to get it all done.

1. Pharmacy-based wellness screening tests

Without any further delay, let's dive right in and get back to basics with your Pharmacy-based Wellness Benefit. With OMSMAF, you and each of your beneficiaries are covered for an annual pharmacy visit with a qualified nurse at the Local Choice Pharmacy at Mutual Park, or your nearest Clicks, Dischem or Medirite pharmacy. This is your opportunity to get all the following measurements done in one go:

				
Blood Pressure	Blood Glucose	Cholesterol	Body Mass Index (BMI)	HIV/AIDS test

This benefit also entitles you to an annual flu vaccine, a pneumococcal vaccine, the HPV vaccine for all females up to the age of 26 and contraceptives. Please be aware though that the cost of a visit to a general practitioner or gynaecologist is not covered under this benefit, but it is covered later, so please keep reading.



Bonus!

As you may already know, this year, OMSMAF has introduced the **Maximiser Wellness Benefit**, which you will automatically unlock once all adult beneficiaries on your membership have completed their pharmacy-based wellness screening tests. This benefit includes two virtual GP consultations per family, including the cost of acute medicine, and unlimited online nurse advice chats via the **Universal.one** app. This kicks in once your available day-to-day benefits have been depleted.

2. Additional screenings to schedule in the diary

Going beyond the basics, if you're wondering what a comprehensive basket of screening benefits looks like, look no further. The OMSMAF Non-Pharmacy-based Wellness Benefit includes a broad spectrum of preventative care benefits per beneficiary, per benefit year. This includes one consultation with a GP paid at 100% of the Medical Scheme Rate (MSR) or with a Gynaecologist, Urologist or Dermatologist paid at 200% of MSR so please consider how to make the most of this screening opportunity. This benefit is paid from the Wellness Benefit, not your routine day to day benefits and covers:

- ✓ **Women's screenings:** Pap smear, mammogram and syphilis and chlamydia infection screenings. This is also a good opportunity to discuss contraceptive options and get a script, if relevant.
- ✓ **Men's screenings:** Prostate Specific Antigen test.
- ✓ **Colorectal screening.**
- ✓ **Nutritional assessment** and personalised healthy eating plan via the Universal Network of Dieticians – just remember to get pre-authorisation and register. For pregnant members, an additional assessment is offered just for you.
- ✓ **Dermatologist consultation** for cancer screening every 2 years for beneficiaries 35 years and older.
- ✓ **A bone density scan** performed by a radiology laboratory.

Please note that any medical expenses not covered under the Screening Benefit will be paid from your available day-to-day benefits.

And our mini-members?

We would never forget about you...

- ✓ **Audiology screening**, up to the age of six weeks.
- ✓ **PAED-IQ's Babyline:** A 24/7 paediatric health advice line available to parents or caregivers of children from birth up to the age of three.
- ✓ **Preschool readiness:** Eye and hearing screening for children aged five and six.
- ✓ **Dental caries** (prevention and oral fluoride supplementation) up to six years, subject to Managed Care Protocols and in consultation with an oral hygienist.
- ✓ **Childhood immunisations** up to the age of 12 years, as per recommendation by the National Department of Health.

And please remember, by screening regularly before experiencing any symptoms, you and your loved ones have the best possible chance at early treatment and more successful management of any potential conditions. OMSMAF is here to support you from step one.

We'll be bringing you some more helpful info soon, focusing on a particular condition that many of our members have been touched by.

IMPORTANT: Please ask the General Practitioner or Gynaecologist or Urologist or Dermatologist (whichever is applicable) to submit the Wellness Consultation claim using the following primary ICD-10 code: Z00.0. If this code is not used, the benefit will be paid from your available Day-to-Day Benefits.



Join the digital world of OMSMAF

Download the **Universal.one app** and access your digital OMSMAF membership at the touch of a button. And if you dig great digital tools, you will love the OMSMAF website, now giving you a more engaging and informative member experience than ever before.

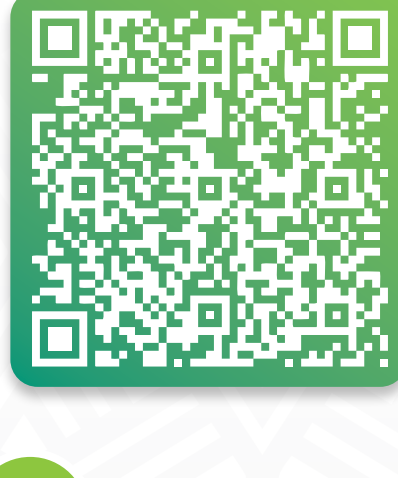


Want to join the OMSMAF WhatsApp broadcast group?

Scan the QR code, and let's take you there.

Chat soon,
The OMSMAF Team

OMSMAF – Healthcare with heart.



VISION

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



MISSION

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



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