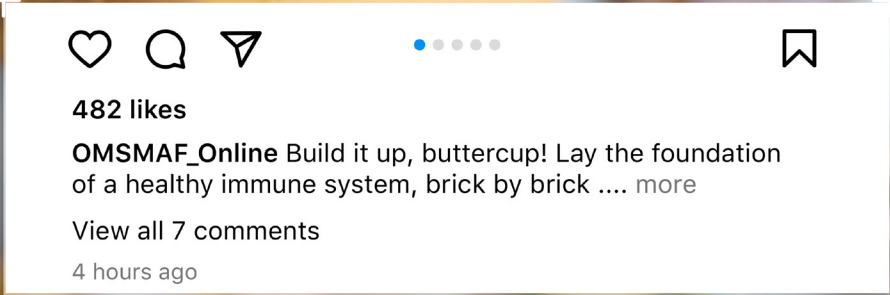


Build it up, buttercup!

Lay the foundation of a healthy immune system, brick by brick



THE CHANGE OF SEASON IS IN FULL SWING AND NOW IS THE IDEAL TIME TO STRENGTHEN YOUR DEFENCES AGAINST WINTER COLDS AND FLU.

NOT SURE WHERE TO START?

Why not begin by tapping into the range of rich wellness and preventative benefits available to you as an OMSMAF member?



For example, did you know that with OMSMAF you have access to a healthy eating benefit? Naturally, as we want all members, including those on our Hospital Plan, to feel the transformational power of eating well.

Food is our most important source of the nutrients essential for fighting infections, so now is the ideal time to make use of this benefit, which includes a nutritional assessment and personalised healthy eating plan with regular monitoring in consultation with a registered dietician from the Universal network to help keep you on track.

Because we care about your health and that of your loved ones we also provide cover for the seasonal flu vaccine as well as a pneumococcal vaccine from the OMSMAF pharmacy-based wellness benefit, to help protect members from becoming seriously ill. This is particularly important in helping to protect the elderly and those with compromised immune systems, so we advocate for a better-safe-than-sorry approach to this quick and highly effective preventative measure for all.



With medical scheme benefits like this to help get you started you'll be seeing a much brighter picture of immune health already. If you are not sure how to access these or any of your other benefits, please feel free to give our helpful and knowledgeable contact centre agents a call on 0860 100 076.

**CHAT SOON,
THE OMSMAF TEAM**

Feel the power of better health with OMSMAF