

**Want to stay strong,
all year long?**



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You've got what it takes, with OMSMAF by your side
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THERE IS MUCH MORE TO BUILDING UP YOUR IMMUNE SYSTEM AND ENSURING OVERALL HEALTH THAN TAKING A VITAMIN C SUPPLEMENT NOW AND AGAIN.

The full picture of wellness is far greater than its individual parts, but if this sounds a little daunting, don't worry – we've got you covered, literally!

Let's recap the foundational OMSMAF benefits that can help to put you on the path to stronger immunity:



Nutritional assessment and personalised healthy eating plan, covered from your wellness benefit



Annual seasonal flu vaccine and lifetime pneumococcal vaccine, covered from your Pharmacy-based wellness benefit



Fitness assessment and exercise prescription benefit available to members across all Traditional plans

AND THIS IS JUST THE START.

Are you a member living with HIV or another chronic condition that puts your immune health at risk?

OMSMAF is here to support you with our comprehensive managed care programmes, designed to ensure that beneficiaries receive the best and most appropriate protection against other illnesses and the right interventions to prevent complications as far as possible.



While it's widely known that good overall health includes both physical and mental health, did you know that there is a direct link between your immune system and your stress levels? A little stress helps to keep us motivated but the risks of long term exposure to chronic stress can result in a higher number of infections and increased inflammation in the body, which in turn can lead to illnesses such as arthritis, inflammatory bowel disease, cardiovascular problems, and the risk of diabetes type 2 as well as numerous types of cancer, among others.*



If you have been feeling overwhelmed for a prolonged period, you may be experiencing chronic stress.

Help is at hand with the OMSMAF Mental Health Programme. **Call 0860 100 076** today to access this benefit and others.

As your number one partner in achieving overall health and wellness, we want you to make the most of what is available to you as an OMSMAF member, whether it is preventative care or benefits that help you to tackle existing conditions. Let's make it happen, together.

Feel the power of better health with OMSMAF