



IT TAKES A VILLAGE...

AND THEN SOME!

They say it takes a village to raise a child, and they're not wrong. When it comes to having kids, you need support from all sides. OMSMAF is here for you, right from the outset with antenatal care and excellent maternity benefits through to those late-night newborn niggles.

BEFORE BABY ARRIVES...

Once you know that you are pregnant, it's time to register on the OMSMAF Mother and Baby Care Programme, which provides you with full support before the star of the show arrives - from antenatal classes, doctor visits and ultrasound scans, out-of-hospital pathology tests and those all-important pregnancy supplements we talked about in our last email. What's more, antenatal visits and check-ups are covered not only by a general practitioner but also by your gynaecologist at scheme rates and are paid from your risk (or in-hospital) benefits and not your day to day benefits. Register for the programme today by calling 0860 100 076 and following the prompts.

A SUPPORTED BIRTH...

As part of the in-hospital maternity benefit, you have cover for a Doula, or birthing coach, for additional expert support during this pivotal moment in your life. This benefit is included in the maternity benefits on all plans across the board, including the Hospital Plan. Please speak to one of our friendly contact agents about how to access your Doula benefit by calling 0860 100 076 and following the prompts.

LACTATION CONSULTATIONS

You're sore, you're tired, and now you have to try and feed your little one from your body too - it's not easy! We get that, and while breastfeeding may be a wonderfully natural experience, most women find it very hard to achieve, which is nothing to be ashamed of. We believe in the power of two on this particular parenting matter, which is why we offer a lactation consultant benefit - so that you aren't facing this daunting task alone. OMSMAF has introduced an out-of-hospital benefit providing access to a registered lactation nurse, for a session within two weeks of being discharged from hospital. This is paid from your risk benefits, not your day to day limits. This benefit is available on most OMSMAF plans including the Network, Network SELECT, Savings, Traditional, Traditional Select and Traditional Plus plans.



24-HOUR HELP FOR NEWBORN NIGGLES AND BEYOND...

Do you know about the Paed-IQ benefit from OMSMAF? This game-changing free paediatric advice line is available to OMSMAF members who are parents of young children up to the age of three who are registered on the Fund. It is available 24 hours a day, seven days a week, giving you complete peace of mind no matter the hour. So, when you're concerned about the health of your little one, let Paed-IQ be your first port of call. Simply dial 0860 666 110 and follow the prompts - you might just save yourself a whole lot of stress as well as a midnight visit to the emergency room.

REMEMBER TO REGISTER BABY AS A DEPENDANT

Once your little one has arrived in the world, remember to add them as a dependant on your OMSMAF plan. You can do this by simply requesting the necessary form via mail membership@omsmaf.co.za or calling 0860 100 076.



IF YOU HAVEN'T ALREADY, REMEMBER TO SIGN UP FOR OUR WHATSAPP BROADCAST GROUP WITH THE QR CODE BELOW SO YOU CAN HAVE INSTANT ACCESS TO UPCOMING INFORMATION FROM OMSMAF.

**HEALTHCARE
WITH HEART**

CHAT SOON,
THE OMSMAF TEAM



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