



RETIREMENT FUND
ISASA

Caring about your financial future



Learning



Planning



Living

Your Life Newsletter

March 2024

Newsletter Contents

1. Words of welcome
2. ISASA Pension Scheme - official name change and the benefits of having one Fund for all members]
3. Member research findings in 2023
4. Good news - new increased risk multiples from 1 March 2024
5. Improved Family Funeral Cover at the same premium
6. Make sure your divorce order is binding on the Fund
7. Be Money Savvy - Financial self-care tips
8. How are the investments growing?
9. Fund contact details

The world is currently an uncertain place and in South Africa this is amplified by load shedding, high levels of unemployment and financial pressure due to rising interest rates in 2023.

In order to cope, many people are practising conscious self-care. Self-care means taking care of yourself so that you can be healthy, you can be well, you can help and care for others, and you can do all the things you need to and want to accomplish in a day. Read our tips on self-care in this newsletter and click here to [watch the Fund Reel on self-care](#) and more on the [Fund's Instagram page](#).

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*Self-care is giving
the world the best
of you, instead of
what's left of you*

- Katie Reed

1. Words of welcome

The Board of the ISASA Retirement Fund and the Management and Staff of Old Mutual wish you and your loved ones a year filled with love, prosperity and good health.

As the year unfolds at a rapid pace we would like to share important information on the improved multiple tables for the group life insurance.

Good to know that these multiples have increased from 1 March 2024 due to positive claims experience over the last year and the amalgamation of the funds. **Read more about this later on in this newsletter.**

We have listened to your feedback provided in the **member research survey** and we will now try to keep articles in this newsletter to 1 page or shorter. Thank you to all of you who participated in this study. **Read a short article on the results in this newsletter.**

Also look out for and [click here](#) for the **4 new Benefit Fact sheets** that are available on the Fund website. Each fact sheet is presented as a concise, single-page document for you to view.

