



PLATINUM
HEALTH



November Platinum Health Page

Did you know?

Our self-help service WhatsApp is live!

You can access your digital membership card, tax certificate, membership certificate, request authorisation and find a service provider on Platinum Health's WhatsApp!

All you have to do is send us a message on **080 000 6942** and type "hi"



[Click here](#)

[To watch a quick video on how it works.](#)

Do you want to add dependants but you're not sure who qualifies?



If you want to add dependants on the scheme but you are not sure whether they qualify, or what you should do to add them

[be sure to read this article by clicking](#)

[Here](#)

Take care of your mental health this holiday season!



For many of us, the holiday season can bring about feelings of depression, and even despair, rather than joy and merriment. It can stem from a variety of factors such as the loss of a loved one, or emotional and financial pressures. The good news is that there are ways in which you can plan for and protect your mental health during the holiday season!

[To find out what they are](#)

[Click here](#)

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How to heal from trauma!

Many of us experience some sort of trauma throughout our lifetime, and it's important to know that you can heal from it.

For more information on the signs and symptoms, what you can do to deal with it, and who to reach out to for help

[Click here](#)



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