



February Platinum Health Page

Did you know?

Our WhatsApp self-help service is available to you!

You can access your digital membership card, tax certificate, membership certificate, request authorisation and find a service provider on our WhatsApp functionality! All you need to do is to send us a message on (080 000 6942) and type "hi".



To watch a quick video on how it works

[Click here](#)



Just found out you are pregnant? Remember to register on the Maternity Programme!

We share in the excitement of all our pregnant beneficiaries! We are here to support and guide you on your journey of motherhood.

To learn more about how to register on the Maternity Programme, what your benefits are according to your option plan and how to take care of yourself during pregnancy.

[Click here](#)

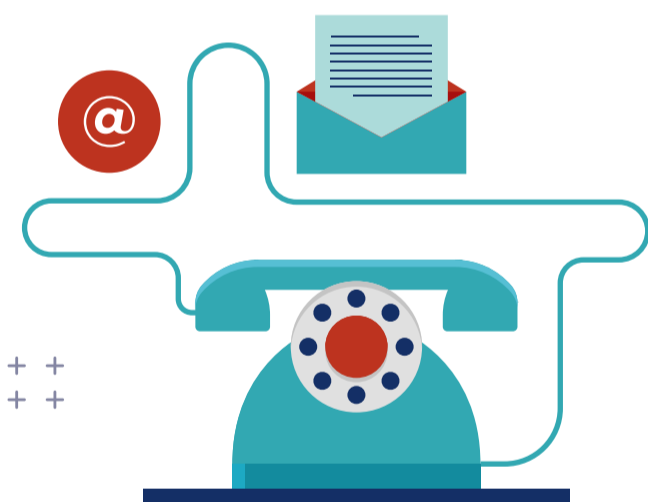
Make sure we have your updated contact details!

We regularly communicate with you via SMS or email so it's very important that you keep your contact details updated with us.

Correct contact details will also ensure that you can use our WhatsApp functionality where you can access your digital membership card, request authorisation and much more at your fingertips!

To find out how to update your contact details,

[Click here](#)



Is your child dependant studying away from home?

If your child dependant is studying away from home, you need to notify us of your child's new residential address!

[Click here](#)

to find out why and who to contact for assistance

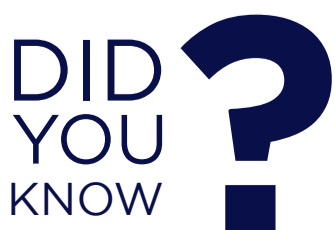


How to achieve work-life balance!

Finding the right balance between work and family can sometimes feel like a juggling act! With so many demands pulling you in different directions, it's easy to feel overwhelmed or stretched too thin. The unique nature of each of our lives and our changing responsibilities means that work-life balance looks different for everyone.

[Click here](#)

to find out how to achieve work-life balance and who to contact for guidance!



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