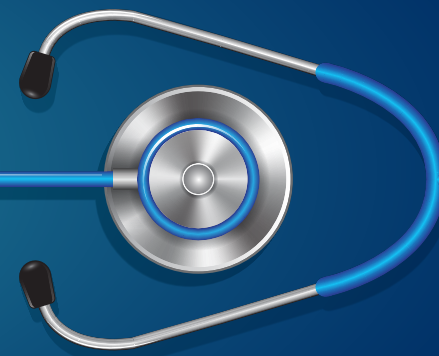# Platinum Health Page

WHAT WE OFFER ON OUR WEBSITE

- Free Website browsing when using a device with a SIM card
- Informative online platform for members
- User-friendly design

Click here to find out what happens to your blood donation and who benefits from it.

South African Post Office

The South African Post Office was placed under provisional liquidation on 13th of April 2023. Platinum Health (PH) has consequently been forced to stop all postal services. We, therefore, request that you update your cell phone number and email address with the Scheme, to ensure that you receive scheme information via your cell phone or email.

To update your contact details, please complete the relevant form and forward it to Client Liaison at phclientliaison@platinumhealth.co.za.

Click here

What is a PANIC ATTACK?

A panic attack is an intense wave of fear characterised by its unexpectedness and debilitating, immobilising intensity. Most of the symptoms of a panic attack are physical, and many times these symptoms are so severe that you may think you're having a heart attack. Panic attacks should also not be confused with anxiety attacks. To understand the differences between a panic attack versus a heart and/or anxiety attack.

Click here

All about CHOLESTEROL

High cholesterol levels go hand in hand with a number of other factors which fall under chronic conditions and it's often a result of lifestyle factors. According to the South African Heart and Stroke Foundation, one in four adults in South Africa has high total cholesterol, while 30% have a high LDL level and 50% have low HDL levels. To find out more about the different types of cholesterol and what lifestyle choices you can make to lower high cholesterol levels.

Click here

DID YOU KNOW?

YOU CAN BROWSE OUR WEBSITE FOR FREE!! If you use a device with a SIM card, you can view the articles included in this PH Page for free. If you use a device without a SIM card, you will incur normal data costs.

PLATINUM HEALTH