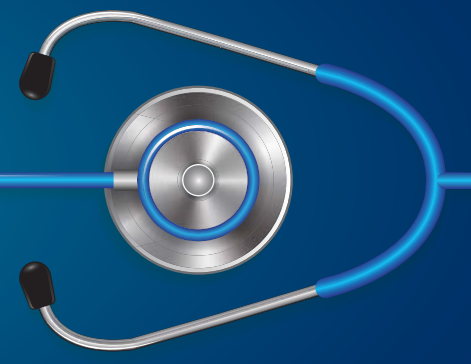


Platinum Health Page



Will you be travelling over the EASTER PERIOD?

If you are planning to travel over the Easter Period, it's important to take note of a few key points before travelling. This includes always carrying your membership card with you and to save important emergency numbers on your mobile. It's also important to know what you should do if you need to consult a doctor or get a prescription filled whilst on holiday

To find out more about these key topics and more

[Click here](#)

CONFLICT MANAGEMENT in the workplace

In every workplace, conflicts are quite common and resolving them effectively can help every company to benefit, as it will improve employee's performance.

To learn more about conflict resolution techniques

[Click here](#)



Is salt bad for your health?

Salt has the amazing ability to enhance the taste of food and truly deserves a place on the kitchen shelf. Unfortunately, this tempts many people to overdo it, leading to dangerously high salt intakes, which could eventually cause serious diseases.

For guidance on how to reduce your daily salt intake,

[Click here](#)

Platinum Health attentive to FRAUDULENT ACTS

Fraud is escalating in the medical scheme environment and Platinum Health (PH) would like you to be vigilant in identifying potential fraud. Members who receive SMS notifications from PH regarding claims paid, and have not received treatment or services, are advised to contact PH Client Liaison 014 590 1700 or 080 000 6942.

To find out how you can report fraud anonymously,

[Click here](#)



GLAUCOMA The Silent Blinder

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of your eye called the optic nerve. The symptoms can start so slowly that you may not notice them unless regular testing is done. This is why glaucoma is often called the "silent blinder".

To find out more about the risk factors, symptoms and treatment

[Click here](#)

