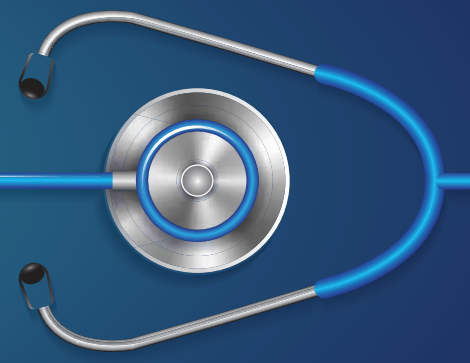


Platinum Health Page



STAY SAFE over the EASTER PERIOD

Many Platinum Health members may be travelling over the coming Easter Period. To ensure that our members stay safe during this time, we offer a few guidelines to follow.

[Click here](#)

To view them.



THE WEIGHT OF THE MIND: The link between obesity and mental disorders

At present, obesity is a highly prevalent disease worldwide and affects more than 670 million people. Being obese significantly increases the chances of also developing mental disorders. This applies to all age groups, with women at higher risk than men for most diseases.

[Click here](#)

For suggestions on how to take action against obesity.

HOW TO REQUEST REFUNDS

Members who pay for services/supplies up-front and require a refund from Platinum Health, should ensure they submit the correct refund documentation, within four months from treatment date to the Scheme.

[Click here](#)

To view a step-by-step guide on how to request refunds.

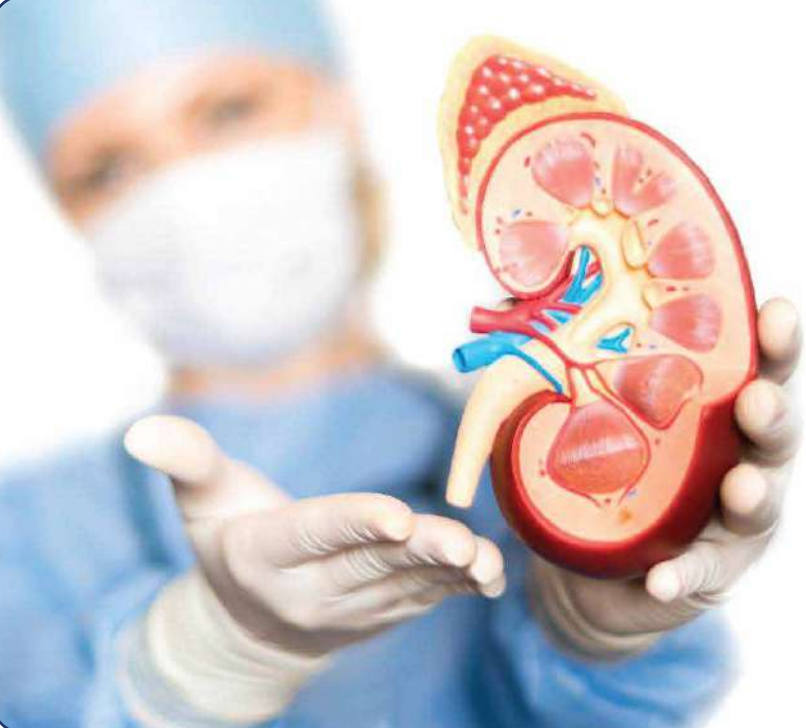


Kidney Disease

In South Africa, the two most common conditions that cause kidney damage are high blood pressure and uncontrolled diabetes. It's important to realise that many of the dangerous kidney disorders can be "silent". In other words, it may be too late to prevent serious kidney dysfunction with the onset of symptoms and signs of kidney disease.

[Click here](#)

To view the symptoms of kidney disease and the steps you can follow to prevent it.

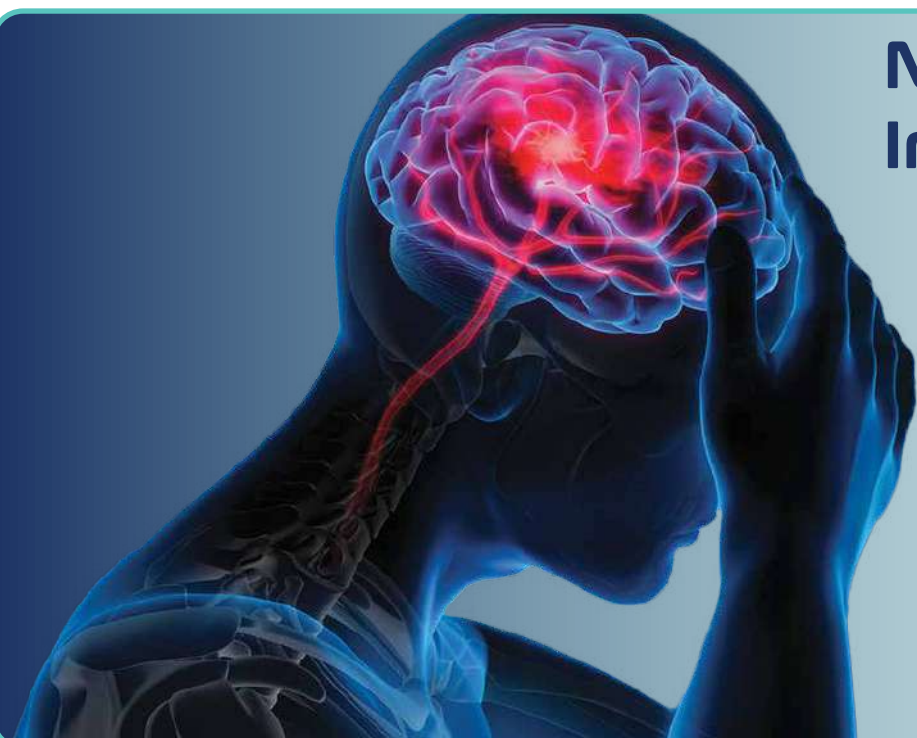


March 20th is World Head Injury Awareness Day

The purpose of this day is to remind us how we could reduce accidents and brain injuries if we are mindful. It is a day to advocate for the correct use of safety devices such as helmets and seat belts, which can event head injuries as a result of accidents and trauma.

To learn more about the symptoms of head injuries, how to prevent it and recommendations to avoid it

[Click here](#)



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PLATINUM HEALTH