# Platinum Health Page

## Reduce the SPREAD OF FLU

There are a number of ways you can protect yourself and those around you from getting or spreading the flu.

**Click here** to find out how

#### Do you need assistance from PLATINUM HEALTH but you're not sure who to contact? Click here to view important contact details

## Boost your IMMUNE SYSTEM

Your immune system is your body's natural defense system. It protects you against bacteria and viruses, and when you're ill, it fights infection and helps you to get better. As cold temperatures set in, runny noses and sniffles are everywhere.

for tips on how to boost your immune strength.



### FRAUD

Fraud presents a significant risk to Platinum Health and members. The dishonesty of a few individuals may negatively impact the scheme and distort the principles and trust that exists between the scheme and its stakeholders.

Fraud, for practical purposes, is defined as a dishonest, unethical, irregular, or illegal act or practice which is characterised by a deliberate intent at concealment of a matter of fact, whether by words, conduct, or false representation, which may result in a financial or non-financial loss to the scheme.

For examples of fraud and how to report it, CLICK HERE

#### Is it a MEDICAL EMERGENCY or not?

In a medical emergency, calling for an ambulance could mean the difference between life and death. However, members are sometimes not sure if the situation qualifies as an emergency.

To find out what constitutes a medical emergency or not,

**Click here** 

