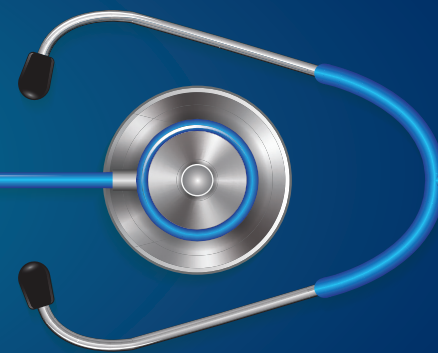
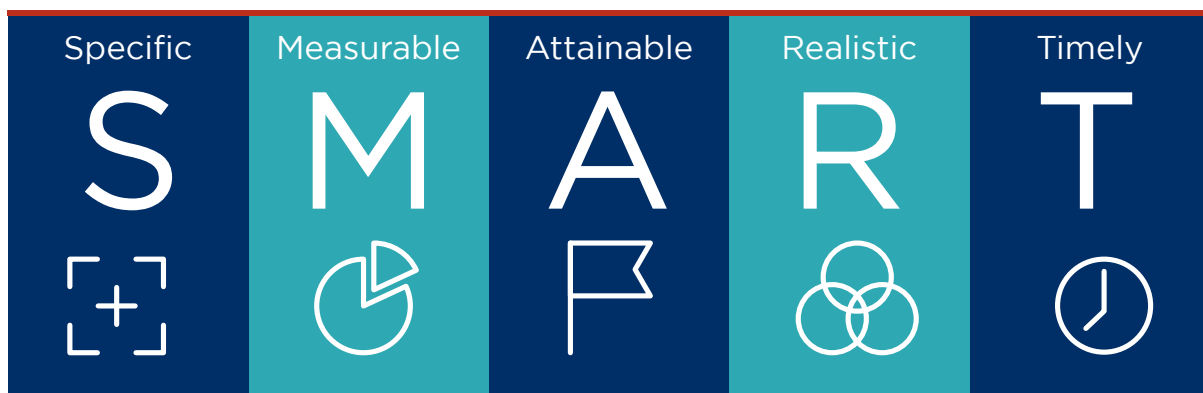


# Platinum Health Page



## Kick off 2023 by Creating S.M.A.R.T. goals for work, family, and finances



Goals can help you become who you want to be, provide stability and drive you. You can create S.M.A.R.T. goals for work, family and finances by following specific guidelines.

[Click here](#)

to find out what they are.

## Skin Cancer Awareness

Sunburn can occur within fifteen minutes, and the damage caused is permanent, irreversible and adds up with each exposure to the sun, creating the risk of skin cancer.

[Click here](#)

to find out more about the types of skin cancer as well as ways how you can prevent it.



## IS YOUR CHILD DEPENDANT STUDYING AWAY FROM HOME?

If your child dependant is studying away from home, you need to notify Platinum Health (PH) of your child's new residential address.

[Click here](#)

to find out why and who to contact for assistance.



## SNAKE SEASON IS HERE

October to April is snakebite season, and as temperatures increase, snakes become more active. Snakebites can be serious and sometimes life-threatening and require swift and appropriate treatment. The majority of victims do, however, experience a full recovery without the administration of antivenom.

To find out more about how to avoid getting bitten, snakebite symptoms and first aid measures for snake bite,

[Click here](#)

## PLATINUM HEALTH Important Contact Details



Do you need assistance from Platinum Health but you're not sure who to contact?

[Click here](#)

to view important contact details.



PLATINUM HEALTH