

# Platinum Health Page



## TRAVEL SAFETY TIPS over the school holidays



If you're planning to travel over the coming school holidays,

[Click here](#)

for travel safety tips to reach your destination safely.

## GOOD NEWS!



Platinum Health will be opening a NEW Primary Healthcare Clinic in Steelpoort soon!

**Watch this space for more info**

## ADDICTIONS

Addiction can be either physical or behavioural, and often they go hand in hand. Though alcohol and tobacco are commonly recognised types of addiction, there are actually hundreds of types of medically and scientifically recognised addictions. To read more on the subject, [Click here](#)

One such example is addiction to the Internet. Excessive use of the internet is known to negatively impact a person's mental health. To find out if you are addicted to the Internet, [Click here](#)



## Need to consult a GP or get a prescription filled whilst on holiday?

With many members going away over the coming school holidays for some well-deserved rest, it is important to know which GPs to consult or Pharmacies to utilise if you or any of your dependants unexpectedly get sick.

[Click here](#)

to read this article for guidance

## Who to call in case of an EMERGENCY?



Many Platinum Health members may be going away over the coming school holidays and it's important to know who to call should you need emergency medical assistance.

[Click here](#)

for more information.



**PLATINUM HEALTH**