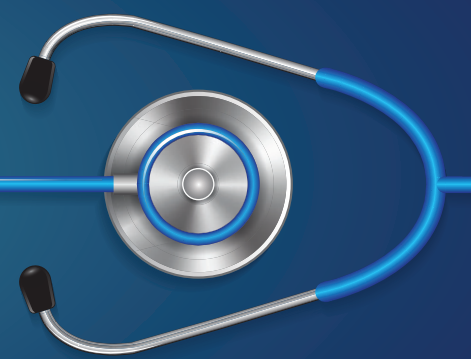


Platinum Health Page



ARE YOU RETIRING SOON?

Here's what you need to do to continue membership with Platinum Health.

If you are at retirement age as per your employer agreement, you and your dependants can stay on Platinum Health as continuation members.

Once you have taken the decision to go on retirement, you need to notify the scheme whether you want to continue membership with Platinum Health or terminate membership, by completing the Confirmation of medical form. This can be obtained from any of our Client Liaison offices, or you can download it from our website.

To find out the process to follow and who to contact

[Click here](#)

EYE HEALTH AND MAINTAINING GOOD EYESIGHT

September is Eye Care Awareness Month to raise awareness about the importance of eye health, specifically around the prevention and treatment of avoidable blindness.

To learn more about the different types of eye conditions and how it can be prevented

[Click here](#)



September is Oral Health Month and EVERYBODY DESERVES a GREAT SMILE



[CLICK HERE](#) to download a tooth fairy chart



[CLICK HERE](#) to download a tooth mouse chart

To find out how to become an Oral Hygiene Champion

[Click here](#)



SUBSTANCE USE DISORDER AND ADDICTION

Substance use disorder (SUD) and addictions are complex and challenging conditions, but recovery is possible with the right treatment plan. SUD and addiction affect all people, independent of their age, gender, or economic or social status.

To learn more about its causes, symptoms and treatment

[Click here](#)

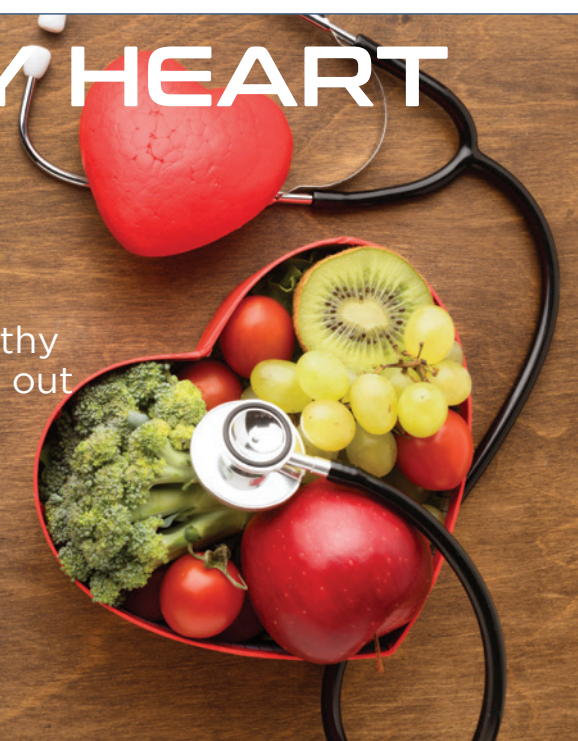


How to maintain a HEALTHY HEART

A healthy lifestyle is the key to maintaining a healthy heart. The heart is a vital muscle that delivers blood, which is rich in oxygen and nutrients throughout the body, and—just like any muscle—it needs to be well maintained and kept as healthy as possible. Therefore, recognise that maintaining a healthy heart means cutting out as many of the high-risk habits in your life as possible.

To find out how you can maintain a healthy heart

[Click here](#)



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PLATINUM HEALTH