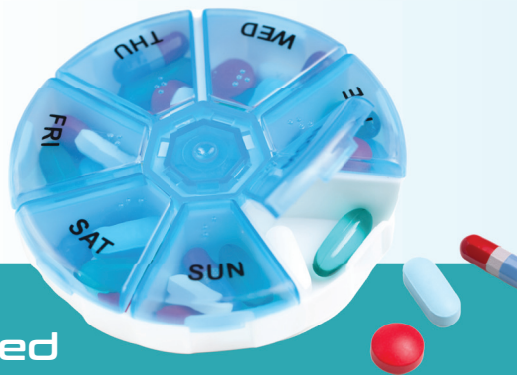


Control your **CHRONIC DISEASE**

by taking your
medication as prescribed



Why is it so important?

Members with existing chronic conditions (e.g., hypertension, diabetes, asthma, HIV, TB, and heart disease, etc.) who are exposed to Covid-19 are at a higher risk of developing complications.

Simply put, not taking medication as prescribed by a doctor or instructed by a pharmacist, could lead to the disease getting worse, hospitalisation, even death.

Therefore, it is imperative for members to stick to their medication routine, which means taking the right dose, at the right time, in the right way and frequency.

Helpful tips:



Take your medication at the same time every day.



Try taking your medication with a daily routine like brushing your teeth or getting ready for bed.



Use a pill container.



When travelling, make sure you have an adequate supply of medicine, in case your return is delayed.

Members can contact the Chronic Medicine Department on 014 590 1700 / 080 000 6942 or their closest Platinum Health Pharmacy if they find themselves without medication.

Fax chronic prescriptions to 086 577 0274

Email orders, applications, and general enquiries to zzgplatinumhealthchronicmedication@platinumhealth.co.za