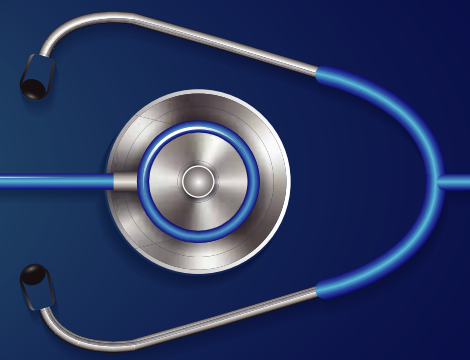


Platinum Health Page



Remember to register your newborn baby as a dependant

Having a newborn baby is a wonderful time in one's life. Although it may feel as if your world is turned upside down, there is one very important thing you need to do once your baby is born and that is to register your baby as a dependant with us.

[Click here](#)

To find out how you can register your newborn baby as dependant



Join our Vulindlela Wellness Campaign

Your health and wellness are important to us and that's why we've been having Vulindlela Wellness Campaigns over the past months.

[Click here](#)

To find out more about this popular campaign and what it offers



July is Mental Illness Awareness Month

As the theme suggests, the month is about creating awareness around mental wellness to help save lives and break the stigma around mental illness.

[Click here](#)

To learn more about mental illness

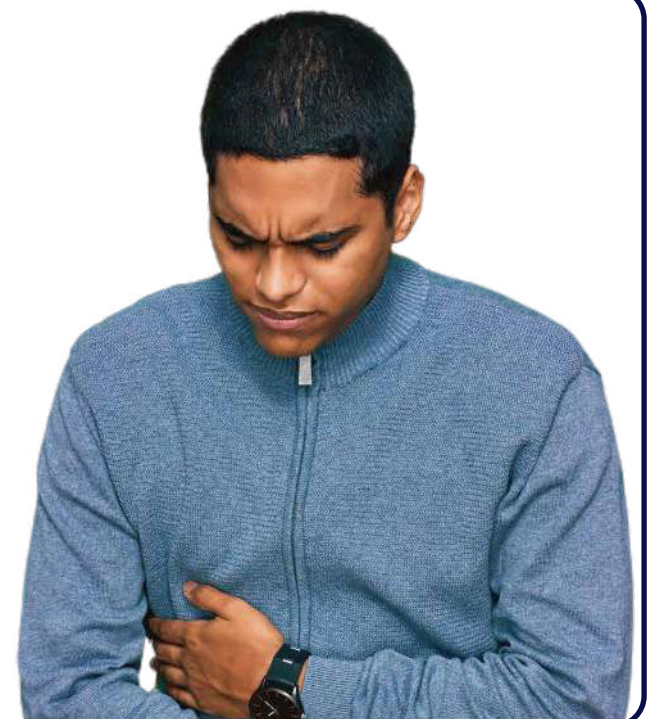


Are you having a Panic attack or a Heart attack?

If you experience rapid breathing, a racing heart, and an unfamiliar feeling in your chest, you may be wondering if you're having a heart attack or a panic attack. Since they share some symptoms, it can be difficult to distinguish between the two. Understanding the differences between these two conditions can help you better manage your symptoms and get appropriate treatment.

[Click here](#)

To learn more about how to differentiate between the two



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PLATINUM HEALTH