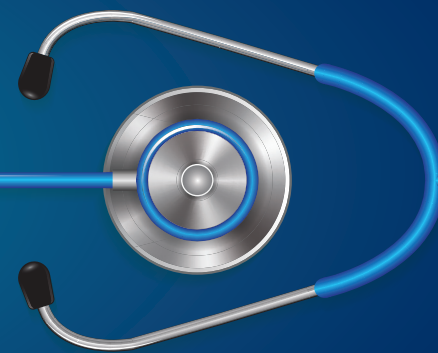


# Platinum Health Page



## SPRING CLEANING for good MENTAL HEALTH



Mental health is an important element of overall health which is often overlooked. As our modern world becomes more demanding and we continue to feel the effects of recent year's global events, people are reporting record levels of anxiety and depression. A 2017 study on clutter and overconsumption found that cleaning helps our minds feel more in control and elevates feel-good hormones in the body - which means cleaning is good for the mind and the body!

To learn more about how cleaning can promote your mental health,

[Click here](#)

## YOUR PREGNANCY JOURNEY

Platinum Health shares in the excitement of all our pregnant beneficiaries. We're here to support and guide you on your journey of motherhood.

To learn more about how to register on the Maternity Programme and how to take care of yourself during pregnancy,

[Click here](#)



## Can a CHILD DEPENDANT remain on Platinum Health upon reaching the age of 21?



Reaching the age of 21 years is an exciting time for both parents and children alike, however; the question arises as to whether the child can remain as a dependant on Platinum Health (PH). The answer is "Yes" however there are certain conditions that must be met.

To find out what the Platinum Health Rules stipulate,

[Click here](#)

## Looking after your SPINE AT WORK

Back strain or pain is one of the most common niggles for office workers, because we spend so much time sitting and few of us maintain good posture. The good news is that there are simple ways to sort out that stiff lower back.

to find out how.

[Click here](#)



## BEE STING ALLERGY



Generally, insects such as bees and wasps aren't aggressive and only sting in self-defense. In most cases, this results in one or perhaps a few stings. Usually, bee stings don't cause a serious reaction. However, if you're allergic to bee stings or have had several bee stings, you may experience a severe reaction such as anaphylaxis.

To find out more about bee sting symptoms and what you should do if you have an allergic reaction,

[Click here](#)



PLATINUM HEALTH