

Platinum Health Page



10 Characteristics of MENTALLY HEALTHY PEOPLE

People keep asking what it means to be mentally healthy. People want to know what it looks like when they get there. While this looks a little different for everyone, there are some common characteristics of people who are able to maintain good mental health and build resilience.

[Click here](#)

to find out what mental health looks like in everyday life.

Tips to

BOOST your IMMUNE SYSTEM NATURALLY this winter

Just the way flowers need water to flourish and a car needs an oil change to run well, going into the winter months, your body might need a boost of goodness and support.

[Click here](#)

to find out how you can boost your immune system naturally this winter.



How to REQUEST REFUNDS

Did you pay upfront for medical services or supplies and now require a refund from Platinum Health?

[Click here](#)

for a step-by-step guide on how to request refunds.

Income-based contributions help make healthcare affordable

Do you know that members who are on the same Scheme Option, enjoy the exact same benefits ALTHOUGH some members' monthly contribution is LESS!



[Click here](#)

to find out how Platinum Health is able to provide affordable, quality healthcare to members.



PLATINUM HEALTH