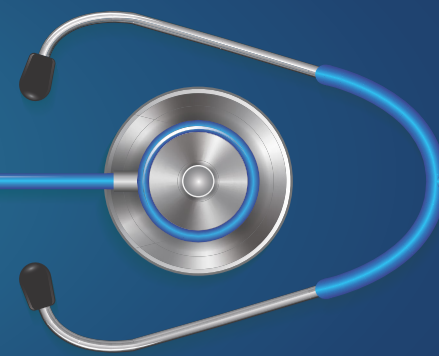


Platinum Health Page



PROTECT YOURSELF AGAINST FLU

Flu season is around the corner and therefore Platinum Health recommends that members get vaccinated against flu as a precautionary measure. Flu vaccines will be available at Platinum Health Pharmacies by mid-March 2023.

To find out more

[Click here](#)



How to deal with CONFLICT

Have you ever been in a conflict or been angry at someone and not known how to solve it? Healthy and creative conflict resolution is an essential skill that many adults don't know how to master. Whether it's defusing potentially damaging fights with a spouse or tackling tough problems in the workplace or at school, a couple of key pointers will go a long way in equipping you with the right tools to resolve conflicts.

[Click here](#) for more info

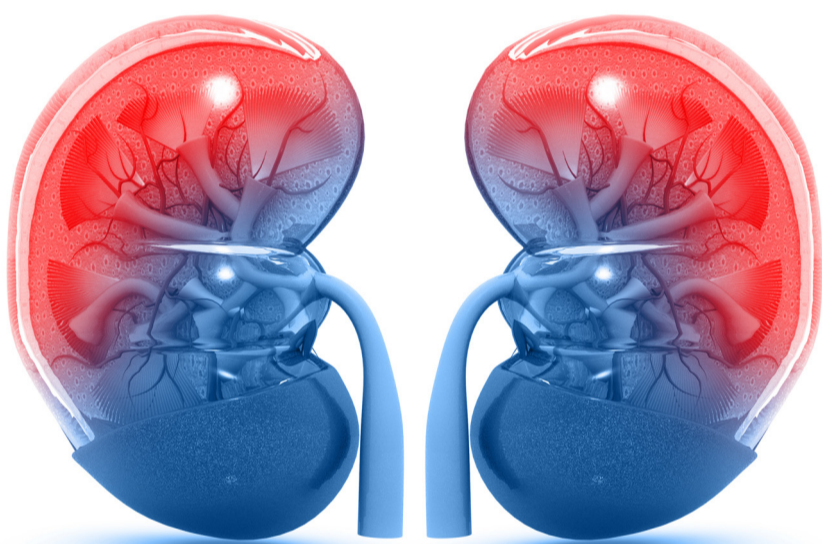


KIDNEYS

Kidneys are fist sized vital organs responsible for performing some of the most important functions in our body. They are sophisticated processing machines that keep our blood clean and chemically balanced.

[Click here](#)

to learn more about chronic kidney disease and discover some interesting facts about kidneys.



OBESITY

According to the World Health Organisation (WHO), worldwide obesity has more than doubled since 1980. Obesity is defined by the WHO as having abnormal or excessive fat accumulation that presents a risk to health. The important thing to know is that obesity can be treated and help is available.

[Click here](#)



WORLD HEARING DAY

World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world. Worldwide, about half a billion people (almost 8% of the world's population) have hearing loss. More than 10% of people have some degree of hearing loss that compromises their daily communication, making it the most common sensory disorder.

To find out more, [Click here](#)



PLATINUM HEALTH