

Platinum Health Page



Viva **VULINDLELA** Viva

Hundreds of Platinum Health (PH) members participated in recent Vulindlela Wellness Campaigns held at Royal Bafokeng Platinum and Northam Eland Platinum respectively.

Vulindlela, in essence, means “opening the way” and PH is confident that the Vulindlela campaigns serve as an efficient tool towards opening the way towards a healthier lifestyle for its members.



To view photos of the campaigns

[Click here](#)

Change your mind... Change your life!

Everyone has irrational and negative thoughts once in a while. But what happens when they become frequent and intense?

To find out how you can change negative thinking,

[Click here](#)



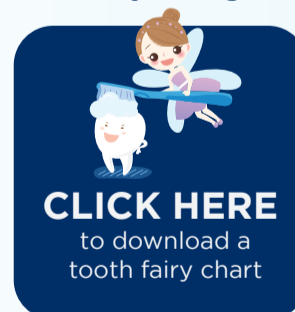
September is Oral health Month And EVERYBODY DESERVES a GREAT SMILE



To find out how to become an Oral Hygiene Champion

[Click here](#)

Encourage your children to brush their teeth by using our fun brushing charts.



Ex Gratia assistance

Ex Gratia is defined by the Council for Medical Schemes (CMS) as a “discretionary benefit which a medical scheme may consider funding, in addition to the benefits as per the registered Rules of a medical scheme”. The CMS also states that “schemes are not obliged to make provision therefore in the rules and members have no statutory rights thereto”.

For more information on the matter and the process to follow should you wish to apply for Ex Gratia assistance

[Click here](#)

