



# Platinum Health Page

August 2024

## Celebrating our phenomenal PH women!

As we celebrate Women's Month, we focus on a few of our remarkable Platinum Health women.

[Click here](#)

To view their stories...



## Why are health checks so important for women?

By getting regular health check-ups, you can detect and treat health issues early, prevent health issues from developing in the first place, and have peace of mind knowing that you are in good health.

[Click here](#)

To learn more about the health checks we recommend for you.



## Breastfeeding benefits for mom and baby

Getting ready for the birth of your baby is an exciting and busy time and one of the most important decisions you will make is how to feed your baby. It's a personal decision only you can make, but the benefits for both you and your baby are seemingly endless.

[Click here](#)

To find out more about the benefits for both you and your baby



## If mindfulness were a pill, we should all be taking it!

It's easy to get caught up in feeling worried about things spinning out of your control. That could be something happening in your life in the near future, or maybe you're regretting something you said last week. Practicing mindfulness is one way to address this anxiety and stay focused on the present.

[Click here](#)

To learn how to practice mindfulness and what the benefits are.



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