



Will you be travelling over the EASTER PERIOD?

If you are planning to travel over the Easter Period, please be sure to take note of the following:

Always carry your membership card with you

Your membership card is your gateway to appropriate care so make sure you always have it with you. In the unfortunate event of a car accident, emergency personnel are trained to look for a membership card or check for an "In case of emergency" (ICE) number on your mobile. We therefore recommend that you and your family members save Platinum Health's medical emergency number, 082 800 8727, under ICE as well as the Europ Assistance (ambulance) number (0861 746 548) on your mobile phone. If emergency personnel find proof of membership or an ICE number on your mobile, you'll be transported to a private hospital. If they do not find proof, you'll most likely be transported to a public medical facility.

If you need to consult a GP or get a prescription filled whilst on holiday

- PlatComprehensive and PlatCap members may make use of any GP whilst on holiday, unless there is a Platinum Health facility or DSP GP nearby, in which case members are obliged to use such GP. PlatFreedom members may make use of any GP whilst on holiday.
- To find a DSP closest to you, visit the Platinum Health website (www.platinumhealth.co.za). Click on "Find a DSP" and the DSP search tool will find DSPs closest to you.
- PlatComprehensive and PlatCap members who are on holiday and not close to a DSP pharmacy, can have their acute medicine script filled at Clicks or Dischem or any other pharmacy. PlatFreedom members may utilise any pharmacy of choice. Ask your pharmacist about generic equivalents on the PHMS formulary to avoid co-payments.

Remember to take your chronic medication with whilst on holiday

Members who have been diagnosed with a chronic medical condition and are taking chronic medication, are reminded to take their chronic medication with whilst on holiday. When travelling, be certain to bring enough of your medication plus a few days extra in case your return is delayed. If you do not have enough chronic medicine, visit a Platinum Health Pharmacy or call the Chronic Medication Department on 014 590 1700 for assistance.

Travel safety tips to reach your destination safely:

- Have your vehicle inspected or serviced before you leave and keep an emergency kit in it.
- Plan the drive ahead of time and know alternative routes.
- Avoid distractions – NEVER TEXT AND DRIVE!
- Stick to the speed limit and always wear a seat belt.
- Babies and small children should always be secured in a child car seat.
- NEVER drive under the influence of alcohol and drugs.
- Make frequent rest stops to stay fresh and alert.

