

YOUR PREGNANCY JOURNEY



Platinum Health shares in the excitement of all our pregnant beneficiaries. We're here to support and guide you on your journey of motherhood.

Once you've confirmed your pregnancy, it is very important that you register on the Maternity Programme so that you and your baby can enjoy the benefits you deserve. You also have the benefit of consulting with any primary healthcare nurse at a Platinum Health medical facility closest to you, who will assist you with making the right choices during your pregnancy.



Register on the Maternity Programme

You can obtain the Maternity Programme form from Case Management or download it from the Platinum Health website (www.platinumhealth.co.za), Maternity Programme Page.



Once you've completed the form, submit it to Case Management via any of the following channels:

- Email: plathealth@platinumhealth.co.za
- Fax: 086 247 9497 or 086 233 2406
- Hand in the form in at any Platinum Health medical facility

Taking care of yourself and your baby during pregnancy



Keep your pre-natal appointments to monitor your pregnancy and identify any complications that may occur, for example preeclampsia (high blood pressure).



Take your blood pressure medication as prescribed. Your healthcare provider will prescribe the safest medication at the most appropriate dose.



Learn. Get as much information as you can on birthing options and the risks associated with each. You want to know what is the safest and best option for you and your baby.



Stay active. Follow your healthcare provider's recommendations for physical activity.



Eat a healthy diet. Choose foods low in sodium.



Know what's off-limits. Avoid smoking, alcohol, and illicit drugs. Talk to your healthcare provider before taking any over-the-counter medications.

VERY IMPORTANT: Once your baby is born, please make sure you register your baby as a dependant. This will give you peace of mind that your baby will receive appropriate medical care if needed.



For more information visit our website (www.platinumhealth.co.za) or contact Case Management on 014 590 1700 or 080 000 6942.



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