

# 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.



PH offers a comprehensive ante-natal service to pregnant beneficiaries, which includes visits to general practitioners (GPs) and gynaecologists, ultrasound scans, and child vaccinations. Please note that if you are on the PlatComprehensive or PlatCap Options, you have to request authorisation from Case Management prior to visiting a gynaecologist or having an ultrasound scan done.

You also have the benefit of consulting with a primary healthcare nurse (PHCN) at any PH medical facility who will assist you with making the right choices during your pregnancy. The PHCN will support, educate and advice you throughout all stages of your pregnancy and this relationship continues once your baby is born to ensure that all your child's vaccinations take place.

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.

## How to register on the Maternity Programme

You can obtain the Maternity Programme form from Case Management (014 590 1700 or 080 000 6942) or download it from the Platinum Health website ([www.platinumhealth.co.za](http://www.platinumhealth.co.za))



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

- **Email:** [plathealth@platinumhealth.co.za](mailto:plathealth@platinumhealth.co.za)
- **Fax:** 086 247 9497 or 086 233 2406
- **Hand in the form** 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.



**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.



**Learn.** Get as much information as you can and plan your birthing option carefully based on your health and the wellbeing of your baby at birth and thereafter.

**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.**



Visit the Maternity Programme Page on our website ([www.platinumhealth.co.za](http://www.platinumhealth.co.za)) to learn more about the programme and the benefits you enjoy. If you have any questions or need advice, you are welcome to contact Case Management (014 590 1700 or 080 000 6942).



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