

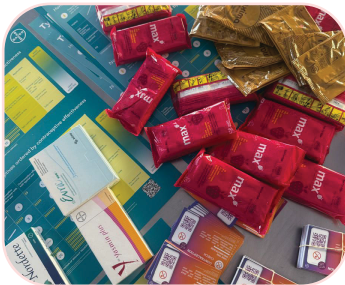


Contraceptive Week: My body my rules!

Platinum Health Medical Scheme ran a 6-day campaign focused on educating women about various contraceptive methods, their benefits and how we support family planning and reproductive health.

Our target audience included women of reproductive age, mine workers and school learner's. The goal was to ensure they know they are not alone in this journey. We are here to support them.

We provide all the necessary resources to help prevent unplanned pregnancies and empower them to make informed decisions about their health. Remember "My body my rules!" To find out more about the contraceptive campaign, please contact Sr Cokiswa Qomfo at **014 590 1700 / 060 564 3242**



Non-hormonal contraceptives ordered by contraceptive effectiveness

Contraceptive	Contraceptive effectiveness with typical use	How to make your method more effective	Applications
1. Condom (male)	98%	Using them correctly and consistently	On-demand
2. Condom (female)	97%	Using them correctly and consistently	On-demand
3. Lactation amenorrhea (LAM)	98%	Exclusive breastfeeding for 6 months	On-demand
4. Withdrawal	96%	Withdrawing before reaching the point of no return	On-demand
5. Cervical cap	91%	Using it correctly and consistently	On-demand
6. Diaphragm	91%	Using it correctly and consistently	On-demand
7. Copper IUD	99%	Inserting it correctly and consistently	Substantively 3, 5 or 10 years
8. Copper IUD	99%	Inserting it correctly and consistently	Daily