

# WOMEN'S MONTH

## FEATURED PROFESSIONALS



### Platinum Health | Our Exceptional Women

At Platinum Health, we are proud to celebrate the women who inspire, lead, and make a meaningful difference in the lives of our members and colleagues every day. In honour of Women's Month, we're shining a spotlight on some of the exceptional women across our organisation - those who embody compassion, commitment, and clinical excellence.

#### Meet Reinette Lotz

As Clinical Services Manager, Reinette oversees the operational efficiency and clinical standards of our Allied Services.

A Clinical Psychologist by profession, she has embraced a broader leadership role where her passion for team development, evidence-based care, and holistic wellness shines through.

Her story reflects a deep commitment to improving lives and a personal belief in leaving every space - and every person - better than she found them.



#### Reinette Lotz

**Our Mental Health,  
Optometry,  
Physiotherapy and  
Occupational therapy  
champion!**

## Q&A

Our Q&A session with Reinette Lotz, Platinum Health's Clinical Services Manager reveals more:

### **Q: Describe what you do at Platinum Health in one sentence?**

A: I manage the clinical standards and operational efficiencies of the Allied Services, which include Mental Health, Optometry, Physiotherapy, and Occupational Therapy.

### **Q: What's your personal mission for your role?**

A: My personal mission is to ensure that all our members receive the best possible care, grounded in sound, evidence-based practices that support optimal mental and physical wellness.

### **Q: What do you hope to achieve for the organisation?**

A: I aim to deliver exceptional care that supports our members throughout their lifetime, enhancing their overall quality of life through our service offerings.

### **Q: What are some of your career highlights whilst being with Platinum Health?**

A: As a Clinical Psychologist by profession, I've had the opportunity to expand into a broader managerial role that encompasses multiple disciplines. Collaborating with diverse professionals and building cohesive, goal-driven teams has been incredibly rewarding. Witnessing the growth of individuals and teams while contributing to Platinum Health's mission reflects my personal belief: wherever you go - no matter how big or small your contribution - you should leave it better than you found it.

### **Q: What are some of your favourite things in life?**

A: I find peace in gardening, which helps me mentally recharge, and enjoy long walks in nature for physical rejuvenation. Travelling and exploring new environments excites me but my true joy lies in visiting the beach and of course, I never say no to a good cup of coffee and cake!

### **Q: What words of inspiration can you give to our younger generation?**

A: Invest equally in self-development and education. As Zig Ziglar wisely said, "Your attitude, not your aptitude, will determine your altitude." Focus on personal growth - your mindset can open doors that qualifications alone cannot.

## Q&A

### **Q: How do you balance your personal life and your work?**

A: In today's world, achieving work-life balance is challenging - especially with the constant accessibility that technology brings. But, I believe in setting healthy boundaries and prioritising time to recharge both physically and mentally, which ultimately makes me more effective in all areas of life.

### **Q: Can you share a moment when you felt empowered or proud of being an employee of Platinum Health?**

A: I can confidently say that no other medical scheme compares to Platinum Health in terms of its rich benefits and clinical expertise. I feel genuinely proud to be part of an organisation that puts patient care at the heart of everything it does.