

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 Dr. Janamari du Plessis

As a GP at Thabazimbi Consulting Rooms and the Business Unit Manager (BUM) of Thabazimbi Medical Centre, Dr. Janamari du Plessis brings heartfelt care and clinical excellence to every patient encounter. Guided by her mission to make a positive impact in every interaction, she plays a key role in delivering high-quality, cost-effective healthcare that strengthens the bond between Platinum Health and its members.

With 17 years of service, her career has been shaped by meaningful relationships, diverse clinical experience, and a supportive work environment that encourages continuous growth. Whether managing emergencies or sharing quiet moments with her family, Dr. Du Plessis lives with purpose, humility, and gratitude, always striving to make a difference, one life at a time.



**Dr. Janamari
du Plessis**

**One of our dedicated
and inspiring GPs.**

Q&A

Our Q&A session with Dr. Janamari du Plessis reveals more:

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

A: I am a GP at Thabazimbi Consulting rooms and the BUM of Thabazimbi Medical Centre.

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

A: Use every encounter as an opportunity to make a positive impact on a person's life.

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

A: Continuing to provide a high-quality service to our patients in a cost-effective way, that is to the benefit of all stakeholders and in doing so, ensure that a good relationship is maintained between Platinum Health and our members.

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

A: Building quality relationships with colleagues, co-workers and patients.

- The privilege to be part of two excellent teams with great colleagues in the two different Medical Centers where I was employed.
- The opportunity to be exposed to a broad range of scenarios as a GP ranging from consulting room work to trauma, theatre, emergency situations and treating patients admitted in the hospital.
- The fact that Platinum Health always provides me with the opportunity to grow in a safe environment with the support of superiors and colleagues.

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

A: Spending quality time with my family and friends, spending time in nature exploring deeper insights into the world.

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

A: The most important relationship that you can ever have is an intimate love relationship with Our Heavenly Father and His Word. There is only one person like you. Always be the best version of "you" that you can be! Strive every day to make a positive difference for at least one person. Live a thankful life, a humble, simple life.

Q&A

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

A: Most of my day is spent at work. It is important for me to ensure that I have a positive attitude and enjoy my work. It's a privilege for me to work with people. Because we don't always have a large amount of time, we enjoy spending quality time together as a family.

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

A: Being part of the Platinum Health team for 17 years, there were multiple incidents where I wasn't only proud, but grateful to be an employee of Platinum Health Medical Scheme. During those instances, due to the excellent benefits that PHMS provides to our members, I could initially stabilise and treat the patient and then I was empowered with the means to transfer the patient to the care of a multi-disciplinary team, who treated our patients to full recovery and gave them a second chance in life. Our patients are privileged to have Platinum Health as their medical scheme, and I am proud to be part of the Platinum Health team.