




Nothing Matters More Than Your Health

Private, dignified care tailored to your schedule - from reproductive health and chronic support to personal coaching.

Book Appointment





Dylan Mangani

2 Reviews

★★★★★

One of the best health and wellness provider in Pretoria. The service is professional and ethical

About Triple Y Health and Wellness Services



Dignified Care for Every Stage of Life

At Triple Y Health and Wellness, we believe healthcare should be personal, accessible, and grounded in dignity. Founded by Dr. Linda Peter, a certified occupational health specialist, author, and transformational coach — our mission is to serve individuals who want quality private care without the stress and wait of public clinics.

From reproductive health and chronic care to life coaching and wellness support, we offer a holistic, affordable alternative tailored for your schedule because your healing journey should work with your life, not against it.

Whether you need a pap smear, want help managing a chronic condition, or are ready to step into your best self through transformational coaching - we're here to walk with you.

Our Services - Care That Meets You Where You Are

From reproductive health to chronic care and coaching, Triple Y offers trusted support built around your time, your needs, and your dignity.

Reproductive Health Check



Pap smears, family planning, and antenatal care private and respectful support built around your needs.

Book Now

Chronic Care Support



For diabetes, hypertension, and more — manage your condition in comfort without long public queues.

Book Now

Personal Wellness Coaching



Book a 1-on-1 coaching session to help you heal, grow, and live with clarity and renewed purpose.

Book Now