

Health Newsletter -Generali China GBD

July 2015



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Health Risk Appraisal (HRA)

is going
live now!

Generali has collaborated with the professional HRA pioneers in the industry to carry out the Health Risk Appraisal (HRA) tool which is dedicated to Generali group clients, the tool is accessed via GCL we-chat portal, and composed by several health questionnaires include lifestyle and biometric data collection.

Upon the assessment, individual client will know the 8 major health risks such as hypertension, diabetes, heart attack, stroke, cancer, etc. We believe this tool will greatly help employees to understand the health status, and take highly importance to improve health condition.



**Only Chinese version is available currently.*



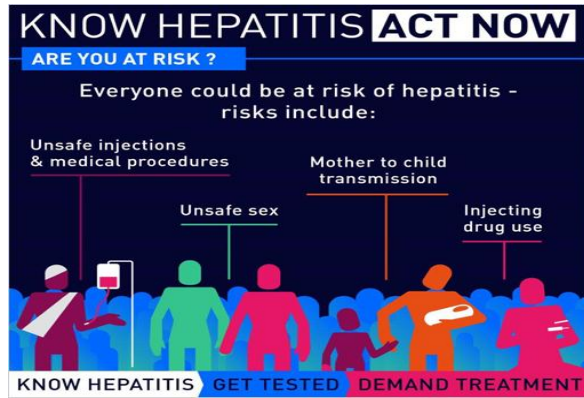
**World Hepatitis Day,
28 July 2016**

**Know hepatitis –
Act now**

Viral hepatitis infection is widely spread, affecting 400 million people worldwide – over 10 times the number of people infected with HIV. Globally, about 1.4 million people die each year from hepatitis.

It is estimated that only 5% of people with chronic hepatitis know of their infection, and less than 1% have access to treatment.

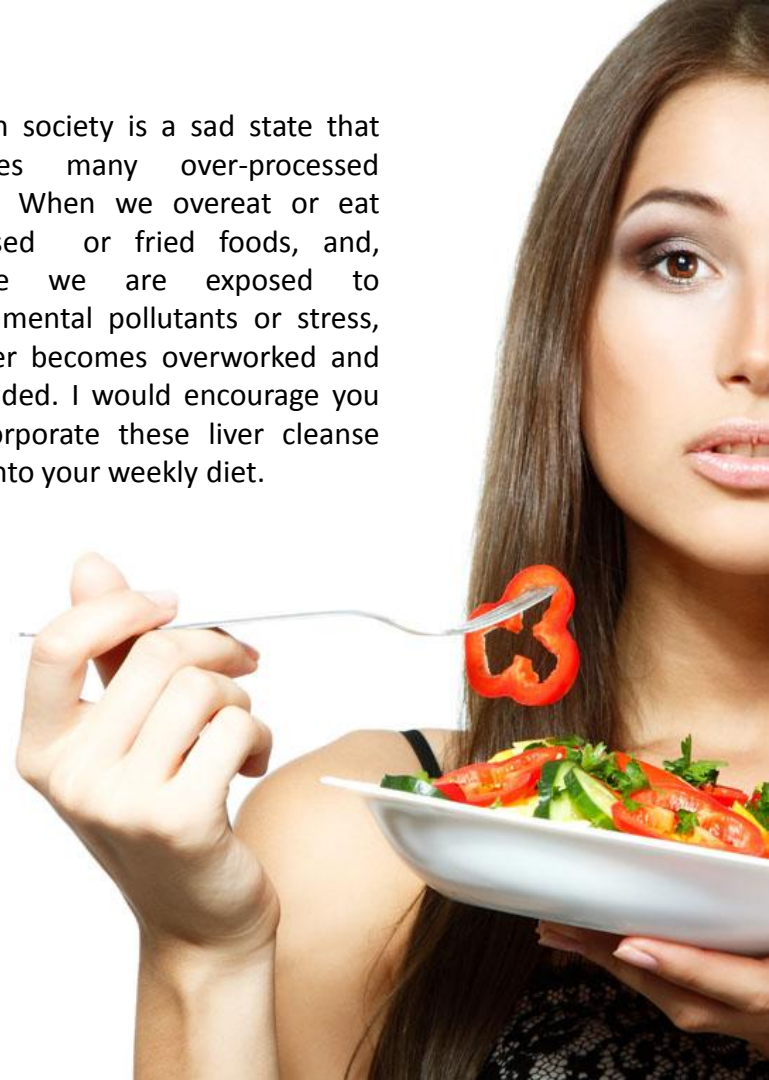
Yet, hepatitis is fully preventable and treatable: there are effective vaccines and treatments for hepatitis B, and over 90% of people with hepatitis C can be cured with treatment. The vision of eliminating hepatitis as a public health threat by 2030 can be achieved, if people and countries affected by this disease were better equipped and enabled to "know hepatitis" and "act now".



A collage of fresh ingredients including tomatoes, onions, basil, and olive oil.

Nutrition Center – **10 Foods That Cleanse the Liver**

Modern society is a sad state that produces many over-processed livers. When we overeat or eat processed or fried foods, and, anytime we are exposed to environmental pollutants or stress, the liver becomes overworked and overloaded. I would encourage you to incorporate these liver cleanse foods into your weekly diet.



1. **Garlic:** Just a small amount of this pungent white bulb has the ability to activate liver enzymes that help your body flush out toxins.
2. **Grapefruit:** A small glass of freshly-squeezed grapefruit juice will help boost production of the liver detoxification enzymes that help flush out carcinogens and other toxins.
3. **Beets and Carrots:** Helps stimulate and improve overall liver function.
4. **Green Tea:** This liver-loving beverage is full of plant antioxidants known as catechins, a compound known to assist liver function.
5. **Leafy Green Vegetables :** Extremely high in plant chlorophylls, greens suck up environmental toxins from the blood stream.
6. **Avocados:** Helps the body produce glutathione.
7. **Apples:** Holds the chemical constituents necessary for the body to cleanse and release toxins from the digestive tract.
8. **Olive Oil:** Helps the body by providing a lipid base that can suck up harmful toxins in the body.
9. **Alternative Grains:** You could Try millet and quinoa as alternative grains.
10. **Cruciferous Vegetables:** Increases the amount of glucosinolate in your system.



**Fitness Center -
Correct way
to do
the most common
gym exercises**





1. Stomach crunches

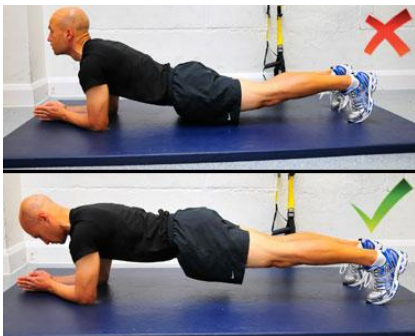
Target: abdominals

- Don't tuck your neck into your chest as you rise – imagine a chin and chest.
- Contract your abs throughout the exercise.
- Don't jerk your head off the floor.

2. The plank

Target: stomach and back muscles

- Keep your legs straight and hips raised to create a straight and rigid line from head to toe.
- Your shoulders should be directly above your elbows.
- Keep your abs contracted during the exercise.
- Don't allow your lower back to sink.





3. Leg lifts

Target: abs, hip flexors

- Don't flatten your lower back against the surface – maintain its natural curve.
- Keep your head and shoulders pressed against the floor.
- Your neck should be relaxed.
- Keep your abs contracted throughout the exercise.



4. Lunges

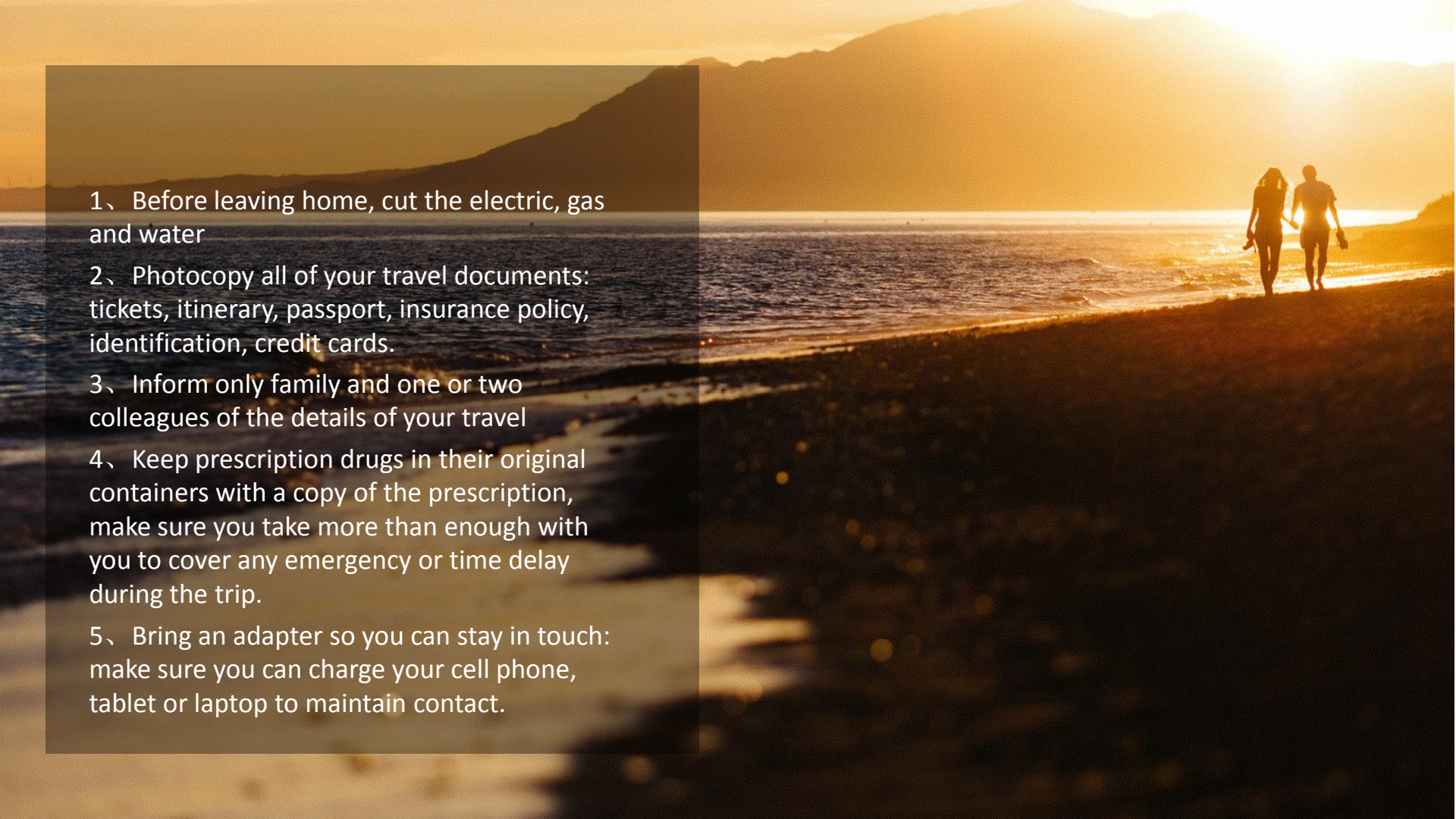
Target: thighs and buttocks

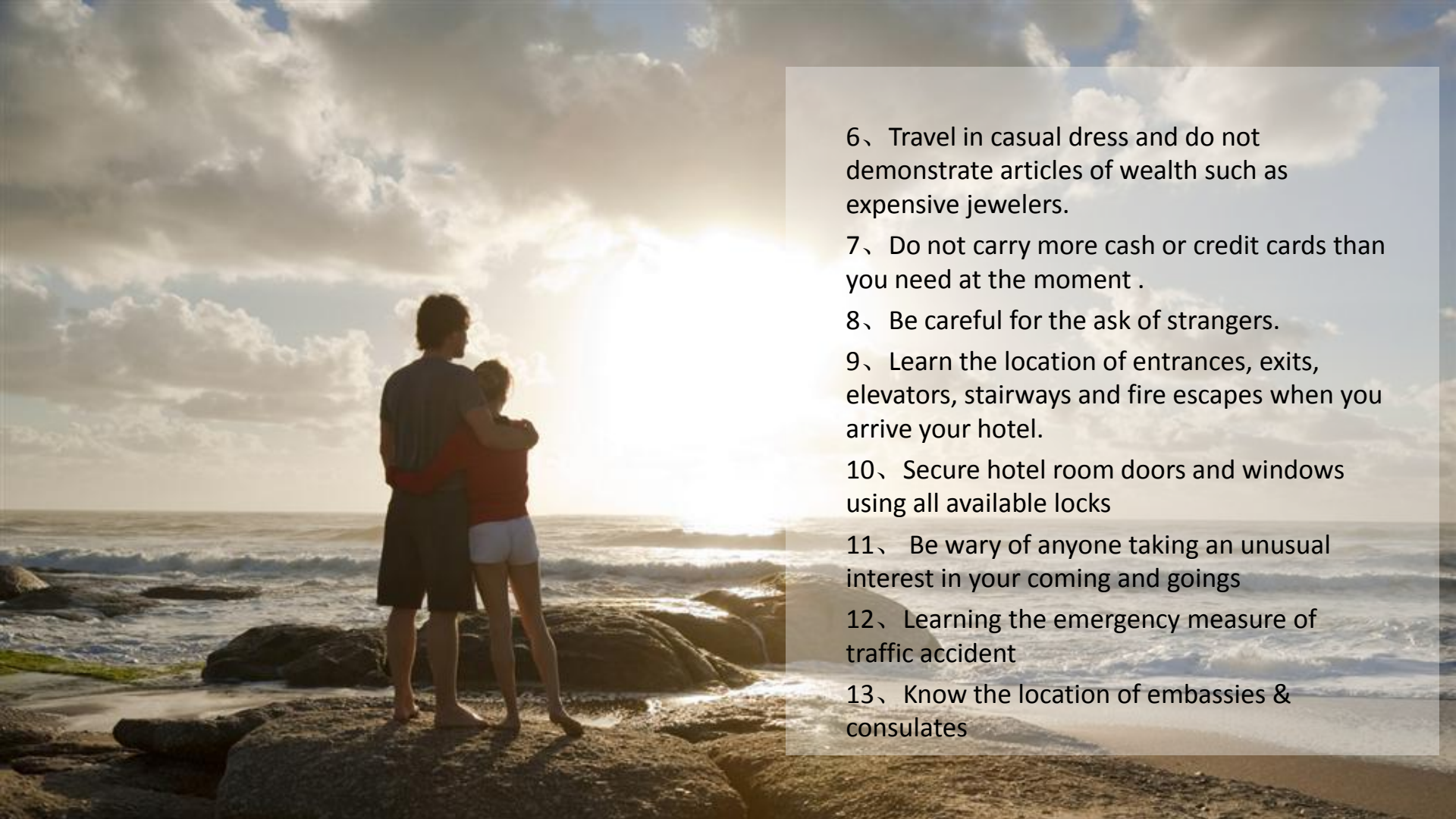
- Step forward with one leg, lowering your hips until both knees are bent at a bout 90 degrees.
- Don't let your front knee lean over the toes as you lunge.
- Keep your upper body upright at all times and look straight ahead.



Travel Health – Safety Travel Tips For Traveling Abroad



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- A romantic scene of a couple walking away from the viewer on a dark, pebbly beach. The sun is low on the horizon, creating a strong orange and yellow glow that silhouettes the couple and the distant mountains. The ocean waves are visible in the background.
- 1、 Before leaving home, cut the electric, gas and water
 - 2、 Photocopy all of your travel documents: tickets, itinerary, passport, insurance policy, identification, credit cards.
 - 3、 Inform only family and one or two colleagues of the details of your travel
 - 4、 Keep prescription drugs in their original containers with a copy of the prescription, make sure you take more than enough with you to cover any emergency or time delay during the trip.
 - 5、 Bring an adapter so you can stay in touch: make sure you can charge your cell phone, tablet or laptop to maintain contact.



6、 Travel in casual dress and do not demonstrate articles of wealth such as expensive jewelers.

7、 Do not carry more cash or credit cards than you need at the moment .

8、 Be careful for the ask of strangers.

9、 Learn the location of entrances, exits, elevators, stairways and fire escapes when you arrive your hotel.

10、 Secure hotel room doors and windows using all available locks

11、 Be wary of anyone taking an unusual interest in your coming and goings

12、 Learning the emergency measure of traffic accident

13、 Know the location of embassies & consulates

A close-up photograph of a woman's face, showing her eyes looking upwards and her mouth open in a smile, revealing her teeth. Her hair is dark and slightly messy. The background is a clear blue sky.

Generali Care – Staying active in the summer months

Summer means the days at the pool, family picnics, baseball and other outdoor activities. Here are some tips to keep your family physically active in the warmer months:



- **Hydrate!** Drink plenty of water before, during and after physical activity to avoid dehydration. For low-calorie flavor, add slices of your favorite fruits such as melon, oranges, berries or even cucumber or mint to a pitcher of water and refrigerate for two hours.
- **Protect your family from the sun:** wear wide-brimmed hats, always apply water-resistant sunscreen with at least SPF 15 and reapply sunscreen every 2 hours.
- **Heat safety:** avoid intense activities between noon and 3 p.m. when the sun is at its strongest.
- **Dress for the heat:** wear lightweight, light colored clothing, choose light, breathable fabrics such as cotton, and wear sunglasses to protect your eyes.
- **Head indoors:** when the heat gets unbearable, try indoor activities like basketball, swimming, yoga or racquetball.