

Health Newsletter

-Generali China GBD

March 2017



Top 10

Highlights Review for
GCL Group Business

in 2016

The Easy Way to
Eat Healthy

**Emergency
Preparedness
and You**

**Protect Your Hearing
Promote Hearing Health**

9 facts
about physical activity
that you need to know



Top 10

Highlights Review for GCL Group Business

in 2016

- Since early 2016, Generali China proposed to build up ***GCL Health Ecosystem***, it has been achieved Online to Offline (OTO) service mode, which combined more than 20 health management programs.

- Generali China Group Business (GBD) has successfully launched ***Online Customer Service*** via We-Chat in January 2016. More than 10,000 clients had got support from this new tool in 2016, the communication become even more convenient.

- Generali China has introduced ***Private Health Advisory*** to high-end clients in 2016, the service is provided by a well-known international medical facility, which is specialized on second medical opinion and overall case management procedure.

•Generali China has integrated one-stop ***Medication Delivery*** service to high-end clients in 2016, the service is greatly saved the time and simplified the refill process for people with chronic disease.

•In October 2016, Generali China has been approved to conduct ***Tax Incentive Health Insurance***, this is the first one among foreign/joint insurance companies. This product provides a high cost effective plan for corporate employees to choose.

•Generali China has designed a serial of ***Dedicated Family Insurance Plan - 'Happiness'*** product in October 2016, the insurance plan covers accident, medical, and high-end medical insurance, contented basic family insurance need and various financial groups.

•GBD has opened ***Bilingual Service in we-chat*** platform in November 2016, clients can proceed claim and insurance plan check via we-chat, the service makes the claim more efficient, as well as optimize foreign customer's experience.

•Generali China has released the ***Spotlight of Employee Benefit in China*** in December 2016, which includes critical illness data analysis, the updated trend of employee welfare, and health management best practice sharing. The issue explored employee welfare development, brought valuable data analysis, we received positive comments from clients.

•In 2016, Generali China has ***established a vast medical network system*** of more than 600 medical facilities covers 37 cities in Greater China, globally we rely on international direct billing network which across 130 countries worldwide. The direct billing service to high-end clients has been even more convenient and efficient.

Generali China Health Ecosystem were recognized by GEB (Generali Employee Benefit), and were published on [***GEB News Wellness Special***](#) as the best local health



Protect Your Hearing Promote Hearing Health

Loud noises can cause permanent hearing loss. And once it's gone, you can't get it back. Hearing loss is costly.

Sound is measured in decibels (dB). A whisper is about 30 dB, normal conversation is about 60 dB, and a motorcycle engine is about 95 dB. Loud noise over a prolonged period of time may damage your hearing. Loud noise above 120 dB, even for a short period of time, can cause immediate harm.

Hearing loss is the third most common chronic health condition in the United States. Almost twice as many people report hearing loss as report diabetes or cancer. In the United States, about 40 million adults aged 20–69 years have noise-induced hearing loss, and about 1 in 4 adults who report "excellent to good" hearing already have hearing damage.





Am I at Risk?

Occupational hearing loss occurs as a result of workers' exposure to loud noise. Noise levels over 85 decibels can be hazardous to hearing. If you have to raise your voice to speak to someone an arm's length away, the noise levels may be loud enough to damage your hearing. You could also use a smartphone sound level meter app to get a rough estimate of noise levels. If any of these quick screening methods indicate that noise levels may be hazardous, companies should conduct a complete noise survey.

Your level of risk is influenced by several factors:

Noise level – as noise level increases, the risk also increases

Duration of exposure – the longer the noise lasts, the more hazardous it becomes

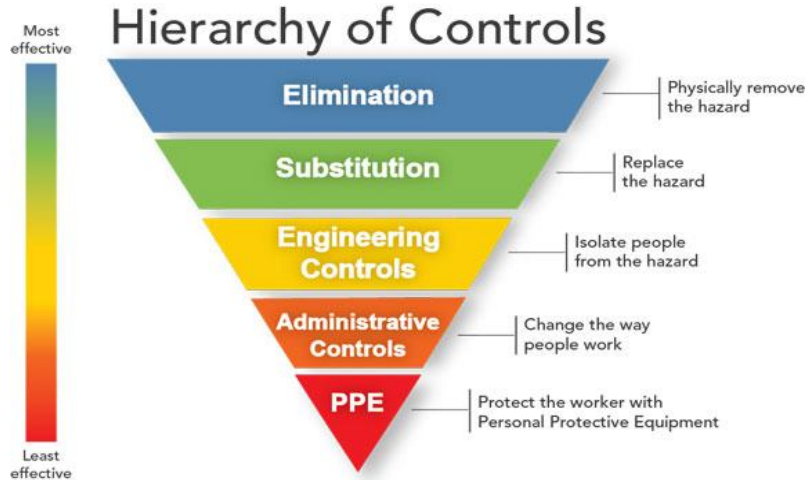
Impulsiveness – noises that have very abrupt starts and stops (such as hammering, gunfire, or fireworks) are more dangerous than constant noise of the same overall level

Intermittency – periods of relative quiet between exposures allow the ear to "rest" and reduce the risk

The ear does not experience pain in the same way the rest of the body does. If your ears feel stuffy or full, your ears are telling you that you have potentially harmed them. Ringing or roaring in your ears indicate a serious noise exposure, which if continued could lead to permanent damage and hearing loss.

How Can I Protect Myself?

The National Institute for Occupational Safety and Health (NIOSH) recommends preventing hazardous noise exposure through Hierarchy of Controls and encourages employers to create Buy Quiet programs as a first step.



Although removal or control of hazardous noise from the workplace is the best solution, use hearing protectors in situations where dangerous noise exposures have not yet been eliminated. Several tools have been developed that provide valuable information about hearing protection devices:

Personal protective equipment (PPE), such as ear plugs or other hearing protection devices, is the last option in the hierarchy of control. PPE is generally less effective than elimination, substitution, and engineering controls because they rely on human actions to reduce noise. Used in combination with other levels of control, such as administrative controls, PPE may provide worker protection when engineering controls do not adequately remove the noise hazard.

Think that hearing damage is usually workplace-related?

Actually, activities away from work can damage hearing just as much as a noisy job. Over half of all adults with hearing damage do not have noisy jobs.





What should I do during my daily life?

•**Turn down the music:** Listening to loud music through earphones has been identified as one of the major causes of hearing loss in young people.

- 1.The volume on your MP3 player is too high if it completely drowns out all background noise, or if it feels uncomfortable to listen to. Switch to headphones instead of earphones, as these provide better sound quality at a lower volume.
- 2.Try to follow the 60/60 rule when listening to music on an MP3 player. This means you should listen to music at no more than 60% of your music player's maximum volume, for no more than 60 minutes at a time.
- 3.You also need to be careful when listening to music in enclosed spaces, such as in a car. Turning the volume dial down just a couple of notches can make a huge difference to your hearing.

•**Be careful at live concerts and shows:** Attending concerts or shows where you're exposed to loud, live music can be damaging to your hearing. For example, many people experience a ringing sound in their ears after leaving a concert, which should be taken as a warning sign.

1.To protect your ears while listening to live music, strategically position yourself away from any amplifiers, speakers or stage monitors. The further away you are from the source of the sound, the better.

2.Take "quiet breaks." If you're spending the night at a music bar or club, try to go outside for five minutes every hour. Just giving your ears a break from the constant noise exposure will do them some good.

3.Another alternative is to wear earplugs while you listen to live music. This can reduce the sound levels by 15 to 35 decibels, but shouldn't muffle your hearing or affect your enjoyment of the concert.

If you are a musician yourself, try to avoid practicing at full performance volume and wear earplugs while playing, if possible.



•**Protect your baby or child's hearing.** If you are pregnant, it's important to avoid loud noises because a fetus's hearing can be damaged in utero. Similarly, young babies and children have thin skulls and developing ears, and are very sensitive to loud noises.

1. If you are pregnant, avoid loud concerts or workplace noise that exceeds 85 dB (about the level of a motorcycle engine), which has been linked to hearing loss in children. Loud noises during pregnancy have also been linked to a low birth weight and preterm delivery.

2. Newborns should never be exposed to sudden loud noises. Noise above 80 dB has been linked to hearing loss and infant anxiety.

3. Young children have more sensitive hearing than adults, so if an environment seems loud to you, it is even louder to your child. Buy protective headphones or earplugs or avoid loud environments like rock concerts or front row seats at the fireworks display.





The Easy Way to Eat Healthy

A healthy eating pattern is about making smart choices. The American Heart Association recommends:

ENJOY a variety of vegetables, fruits, whole grains, non-tropical vegetable oils, low-fat & fat-free dairy products, fish, skinless poultry, lean & extra lean meat, nuts, seeds, beans, and legumes.

LIMIT sugary drinks, sweets, fatty or processed meats, solid fats, and salty or highly processed foods.

AVOID partially hydrogenated oils.

DAILY AMOUNTS



Vegetables

fresh, frozen, canned and dried

5 servings

or 1.5 to 2.5 cups



Fruits

fresh, frozen, canned and dried

4 servings

or 1 to 2 cups



Whole Grains

6 servings of grains recommended;
at least half should be whole grains

3 to 6 servings

or 3 to 6 oz



Dairy

low-fat (1%) and fat-free

3 servings

or 3 cups



Proteins

poultry, fish, lean meat, eggs,
nuts, seeds, beans and legumes

2 servings

or 5.5 oz



Oils

polyunsaturated and
monounsaturated

3 Tbsp



Compare nutrition labels. Choose products with the lowest amounts of sodium, saturated fat and added sugars.

Servings are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories/day. Your calorie needs may be different. Cup/oz equivalent may vary depending on form of food.

Find out more about serving sizes at heart.org/servings.



Be physically active. Balance the calories you eat with the calories you burn.

heart.org/HealthyForGood

What's a serving?

Don't worry, you don't have to measure everything you eat. We've provided a few examples of what represents one serving of common foods. Be sure to check the Nutrition Facts label on packaged foods to understand the serving size and number of servings per package. And be aware of "portion distortion." The recommended serving size is often less than the amount you're used to eating or the portion you are served, especially at restaurants.

Vegetables

- Fresh, frozen, canned and dried 1
- 5 servings per day
- Examples:
 - 1 cup raw leafy greens
 - ½ cup cut-up vegetables
 - ½ cup cooked beans or peas
 - ½ cup 100% vegetable juice

Fruits

- Fresh, frozen, canned and dried 1
- 4 servings per day
- Examples:

- 1 medium whole fruit
- ½ cup cut-up fruit
- ½ cup 100% fruit juice
- ¼ cup dried fruit



Grains

- At least half should be whole grain/high in dietary fiber
- 6 servings per day

• Examples:

- 1 slice bread
- 1 small tortilla
- 1 cup ready-to-eat cereal flakes
- 1 oz ($\frac{1}{8}$ cup) uncooked pasta or rice
- $\frac{1}{2}$ cup cooked rice, pasta, or cereal
- $\frac{1}{2}$ cup popped popcorn

Dairy

- Low-fat and fat-free
- 3 servings per day

• Examples:

- 1 cup milk
- 1 cup yogurt
- 1.5 oz cheese

Poultry, meat and eggs

- Lean and extra-lean; skin and visible fat removed
- 8-9 servings per week

• Examples:

- 3 oz cooked meat or poultry
- 1 egg or 2 egg whites





Fish and other seafood

- Preferably oily fish that provide omega-3 fatty acids
- 2-3 servings per week
- **Example:**
 - 3 oz cooked fish or seafood

Nuts, seeds, beans and legumes

- 5 servings per week
- Examples:
 - Tbsp peanut butter
 - 2 Tbsp or 1/2 oz nuts or seeds
 - 1/4 cup cooked beans or peas

Fats and oils

- Preferably unsaturated
- 3 servings per day
- Examples:
 - 1 Tbsp vegetable oil (canola, corn, olive, soybean, safflower)
 - 1 Tbsp soft margarine
 - 1 Tbsp low-fat mayonnaise
 - 1 Tbsp light salad dressing

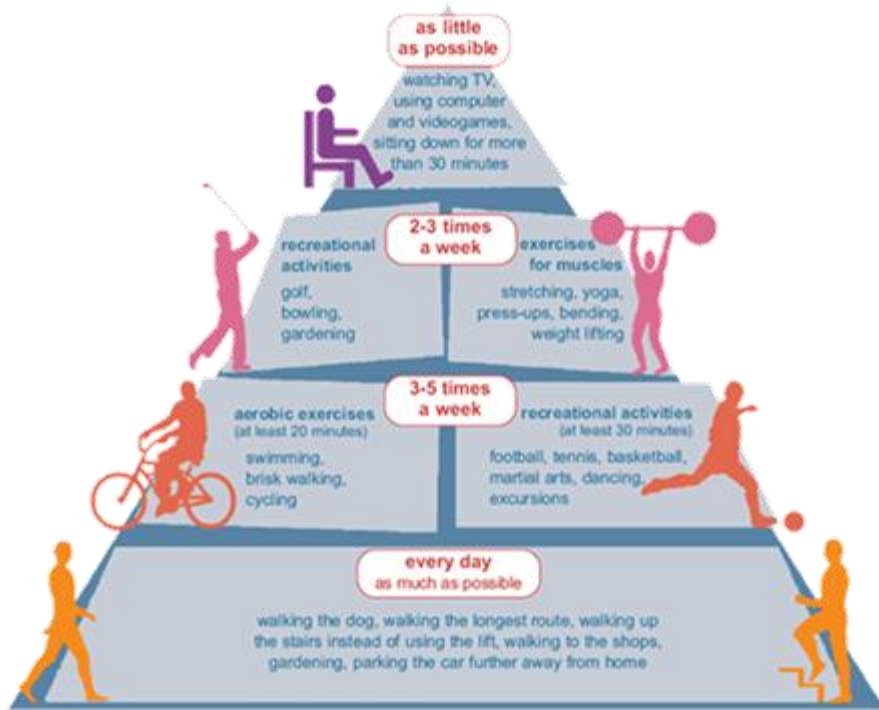


9 facts about physical activity that you need to know

Physical inactivity is a major independent modifiable risk factor for noncommunicable diseases (NCDs) such as cardiovascular disease, ischemic stroke, type 2 diabetes, colon cancer, and breast cancer.



It is also associated with other important health outcomes including mental health, injuries, falls, and obesity. Below is some physical activity facts that you need to know:



1、 Use 15 minutes of exercise a day can boost life expectancy by three years and cut death risk by 14%, research from Taiwan suggests. Experts in The Lancet say this is the least amount of activity an adult can do to gain any health benefit.

2、 Meanwhile, work in the British Journal of Sports Medicine suggests a couch potato lifestyle with six hours of TV a day cuts lifespan by five years.

3、 The UK government recently updated its exercise advice to have more flexible approach, recommending adults get 150 minutes of activity a week.

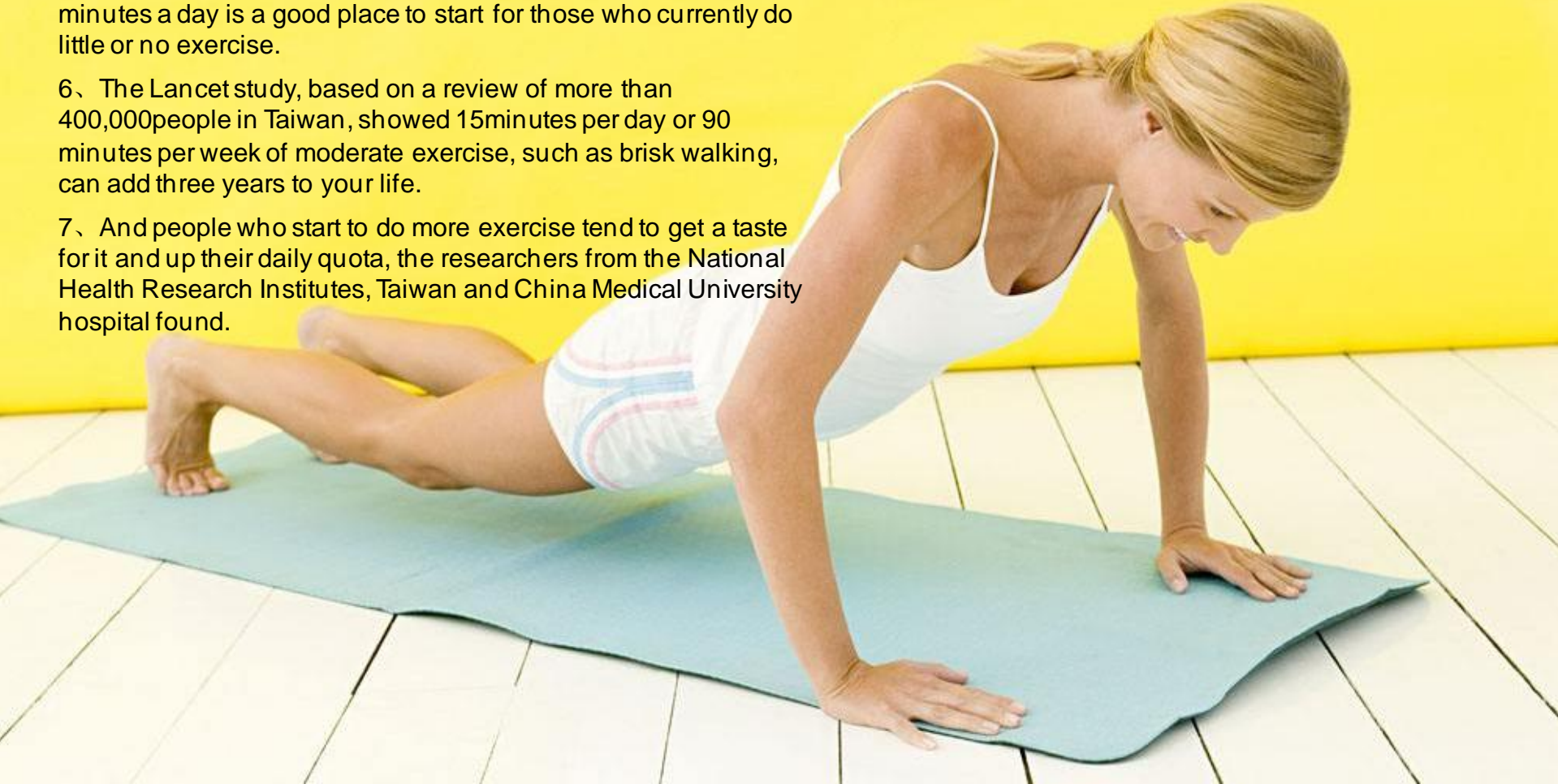
4、 This could be couple of 10-minute bouts of activity every day or 30-minute exercise sessions, five times a week, for example.



5、 Experts say this advice still stands, but that a minimum of 15 minutes a day is a good place to start for those who currently do little or no exercise.

6、 The Lancet study, based on a review of more than 400,000 people in Taiwan, showed 15 minutes per day or 90 minutes per week of moderate exercise, such as brisk walking, can add three years to your life.

7、 And people who start to do more exercise tend to get a taste for it and up their daily quota, the researchers from the National Health Research Institutes, Taiwan and China Medical University hospital found.



8、 More exercise led to further life gains. Every additional 15 minutes of daily exercise further reduced all-cause death rates by 4%.

9、 30 minutes of exercise a day on pretty much every day of the week might seem too challenging for some, but starting low and building up could be achievable. You can get good gains with relatively small amounts of physical activity. More is always better, but less is a good place to start.



Emergency Preparedness and You

Many people are concerned about the possibility of a public health emergency such as a natural disaster, act of terrorism, or disease outbreak. You can take steps now to help you prepare for an emergency and cope if an emergency happens. To help you prepare, we've provided step-by-step actions you can take beforehand to protect yourself and your loved ones.



Pack an emergency supply kit. Here's what you'll need:

At Least a 3-day Supply of Food and Water

- Water- one gallon per person, per day
- Food- foods that are easy to make and won't spoil, like canned soup, dry pasta, and powdered milk
- Manual can opener
- Basic utensils to prepare and serve meals

Health Supplies

- 3-day supply of all medicines, at a minimum
- Medical supplies like syringes, a walking cane, or hearing aids with extra batteries

Personal Care Items

- Soap
- Toothbrush and toothpaste
- Baby wipes
- Contact lenses or glasses

Safety Supplies

- First aid kit
- Emergency blanket
- Multipurpose tool (that can act as a knife, file, pliers, and screwdriver)
- Whistle

Electronics:

- Flashlight
- Radio (battery-powered, solar, or hand-

crank) for updates on the situation

- Cell phone with chargers
- Extra batteries

Documents

Keep copies of your important documents, cash, spare keys, and maps in your emergency supply kit.

You should also keep

- Extra cash
- Maps of the area
- Extra set of car keys and house keys

For Children

- Baby supplies like bottles, formula, baby food, and diapers
- Games and activities for children

Prepare For Everywhere

Emergencies can happen anywhere. Remember to prepare supplies for home, work, and vehicles.



Make a Family Communication Plan

Phone lines in the emergency area may be busy. It may be easier to make phone calls into a different town than to connect by phone with someone in the same town.

Text messages may still go through, even when phone lines are very busy.

You and your loved ones may not be together when a disaster hits. Make a plan for how you will connect to each other.

Make a Family Disaster Plan

Before making your disaster plan, it's important to know what types of emergencies are likely in your area and the best way to respond.

Find the safe spots in your home for each type of disaster. For example, during an earthquake you will need to "drop, cover, and hold on" under a sturdy desk or table.

However, during a tornado, you would need to seek shelter in a lower level room without windows.

Get your kids ready

Teach children how and when to call 911 for help.

Quiz your kids on the plan to make sure they remember what to do. Include your kids in planning and drills.





Be Informed

Here are many ways that authorities share emergency warnings, updates, and safety instructions. Take steps now to make sure you'll get the information you need when an emergency happens.

Stay Informed

Check with your local emergency management agency to find out what kinds of emergencies could happen in your area.

Learn about your community's warning signals. Be able to recognize what the warning signals sound and look like and what you should do when you hear or see them.

Tune in. Listen to and watch reliable news sources. Keep a weather radio handy.

Watches and Warnings

In addition to understanding *HOW* you will be informed of potential threats, you need to understand the terms that are used for weather threats.

- A **watch** means that there is a high possibility that a weather emergency will occur. When a severe storm watch is issued for your area, continue to listen to the radio or television for updates and pay attention to visible weather changes around you.

- A **warning** means that a weather emergency is already happening, or will happen soon. When you hear a warning, take immediate action



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GCL Customer Service Hotline : 400 888 7555