

Health Newsletter

-Generali China GBD

June 2017



**The updates for innovative
High-end service**

**How to Eat More
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You're Making**

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The updates for innovative High-end service

Several brand new services and digital solutions launched in 2017 aimed at improving user experience and simplifying processes for high-end insurance subscribers.

200 new direct billing providers were added in 2017

Total 800 hospitals composed of our direct billing network, which include 500 hospitals in mainland (35 provinces), and 300 in Hong Kong Macao and Taiwan, compare with last year, 200 more hospitals are added, with more hospitals are involved, GCL has more ability to provide better direct billing services.



English We-chat services launched

Besides exclusive Bilingual hotline, GCL launched English We-chat customer services on We-chat platform. With the service, clients could input their inquiries for appointment reservation or checking claim status with their cell phone no. via short message, and online customer service coordinator will provide support whenever they need.

One-stop Medication Delivery + Medication Reminder service

This service is greatly saved time and simplified the refill process for people with chronic disease. Client could set up the medication reminder on their We-chat after binding their policy and registered in We-chat. And client is able to ordering medication with valid prescription by simply upload their medical history and prescription to system. Our provider will deliver the medication to home in 1 working day.



If you are interesting in the above services, please scan the below QR code to join GCL we-chat service.



A close-up photograph of a person's hands holding a rustic, reddish-brown ceramic bowl filled with several ripe, red cherry tomatoes. The person's left hand is visible, wearing a light-colored, textured gardening glove with blue polka dots. The right hand is bare. The background is a soft-focus green, suggesting an outdoor garden setting. Overlaid on the bowl is a semi-transparent circular area containing the title and introductory text.

How to Eat More Fruit and Vegetables

Fruits and vegetables are high in vitamins, minerals and fiber and they're low in calories. Eating a variety of fruits and vegetables may help you control your weight and blood pressure.

So how can you eat more?

Which fruits and vegetables are best?

That's easy: They're all good! If you eat many different types of fruits and veggies, you're sure to get all the different types of nutrients you need. The American Heart Association **recommends filling at least half your plate with fruits and veggies** in order to make it to the recommended 4 ½ cups of each per day. The good news is that all produce counts, which means canned, fresh and frozen varieties can help you reach your goal.

When buying canned, dried or frozen vegetables and fruit, be sure to compare food labels and **choose the products with the lowest amount of sodium and added sugars.**

Breakfast

- Eat melon, grapefruit or other fruit.
 - Add bananas, raisins or berries to your cereal.
 - Drink a small (6-ounce) glass of juice. Be sure it's 100% fruit or vegetable juice without excess sodium or sugar – not “fruit drink,” “cocktail” or “punch.”
- Add chopped up vegetables to your eggs or potatoes. Try onions, celery, green or red bell peppers, or spinach.

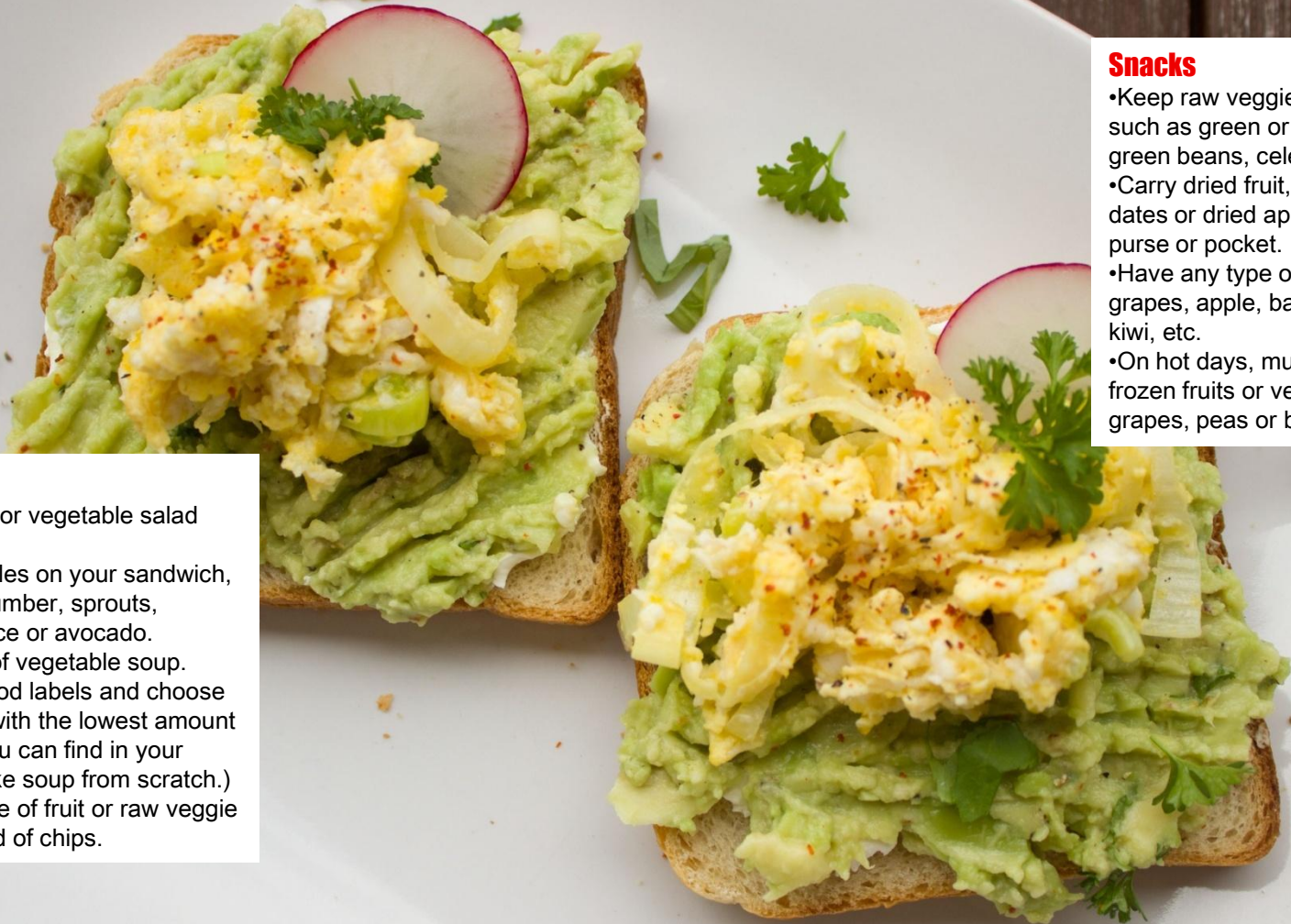


Lunch

- Have a fruit or vegetable salad with lunch.
- Put vegetables on your sandwich, such as cucumber, sprouts, tomato, lettuce or avocado.
- Eat a bowl of vegetable soup. (Compare food labels and choose the product with the lowest amount of sodium you can find in your store, or make soup from scratch.)
- Have a piece of fruit or raw veggie sticks instead of chips.

Snacks

- Keep raw veggie sticks handy, such as green or red bell peppers, green beans, celery or carrots.
- Carry dried fruit, such as raisins, dates or dried apricots, in your purse or pocket.
- Have any type of fresh fruit: grapes, apple, banana, orange, kiwi, etc.
- On hot days, munch on a bowl of frozen fruits or vegetables, such as grapes, peas or bananas.



Dinner

- Have a fruit or vegetable salad with dinner.
- Add a side of steamed or microwaved vegetables – frozen veggies are fine!
- When you use the oven to cook your meal, put in a whole potato, sweet potato or yam at the same time.
- Add chopped vegetables like onions, garlic and celery when cooking soup, stew, beans, rice, spaghetti sauce and other sauces.
- When making rice, add some frozen peas for the last three minutes of cooking.

Take the Next Step

- If you're already eating plenty of fruits and veggies every day, you may be ready for the next step: include more color. All fruits and vegetables contain vitamins, minerals and other nutrients that may help prevent heart disease, cancer and other illnesses. Some of these nutrients are fiber, potassium, folate, and vitamin A and C. The best way to get all the various nutrients is to eat fruits and vegetables of many different colors. The five main color groups and examples in each group are listed below. Eat from as many color groups as you can each day.





Skin Cancer

Skin cancer is the most common cancer in the United States. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) light.

What Are the Symptoms of Skin Cancer?

A change in your skin is the most common sign of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole.

Not all skin cancers look the same. A simple way to remember the signs of melanoma is to remember the A-B-C-D-Es of melanoma—

- “A” stands for asymmetrical. Does the mole or spot have an irregular shape with two parts that look very different?

- “B” stands for border. Is the border irregular or jagged?

- “C” is for color. Is the color uneven?

- “D” is for diameter. Is the mole or spot larger than the size of a pea?

- “E” is for evolving. Has the mole or spot changed during the past few weeks or months?

Talk to your doctor if you notice changes in your skin such as a new growth, a sore that doesn't heal, a change in an old growth, or any of the A-B-C-D-Es of melanoma.



What Are the Risk Factors for Skin Cancer?

People with certain risk factors are more likely than others to develop skin cancer.

Risk factors vary for different types of skin cancer, but some general risk factors are having—

- A lighter natural skin color.
- Family history of skin cancer.
- A personal history of skin cancer.
- Exposure to the sun through work and play.
- A history of sunburns, especially early in life.
- A history of indoor tanning.
- Skin that burns, freckles, reddens easily, or becomes painful in the sun.
- Blue or green eyes.
- Blond or red hair.
- Certain types and a large number of moles.



What Can I Do to Reduce My Risk of Skin Cancer?

- Protection from ultraviolet (UV) radiation is important all year round, not just during the summer or at the beach.
- UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days.
- UV rays also reflect off of surfaces like water, cement, sand, and snow.
- Indoor tanning (using a tanning bed, booth, or sunlamp to get tan) exposes users to UV radiation.
- The hours between 10 a.m. and 4 p.m. Daylight Saving Time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure outdoors in the continental United States.
- UV rays from sunlight are the greatest during the late spring and early summer in North America.

CDC recommends easy options for protection from UV radiation—

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use sunscreen with a sun protection factor (SPF) of 15 or higher, and both UVA and UVB (broad spectrum) protection.
- Avoid indoor tanning.

A close-up photograph of a woman's face, focusing on her eyes. She has brown hair and is looking directly at the camera with a wide-eyed, surprised expression. The background is a plain, light color.

9 Worst Eye Care Mistakes You're Making

**Keep your
vision healthy**

You rely on them from the moment you wake up to when you turn off the lights at night. But are you really giving your eyes the care they deserve? Here's what not to do to make sure your vision stays healthy well into your golden years.



Sleeping in contact lenses

An American Academy of Ophthalmology study revealed that the risk of developing a corneal ulcer is 10 to 15 times greater in extended-wear contact lens users than those who only wear their contacts during the day.

It's fine to take a 20-minute nap in your contacts, but it's safer to take them out beforehand—just in case you oversleep! If you do wake up to realize you're still sporting your lenses, don't try to take them out right away; if your eyes are dried out, you could actually pull the top layer of your cornea away with them. Instead, wait 20 to 30 minutes and lubricate with artificial tears before you remove the contacts. Then stick to glasses for the rest of the day.



Touching and rubbing your eyes

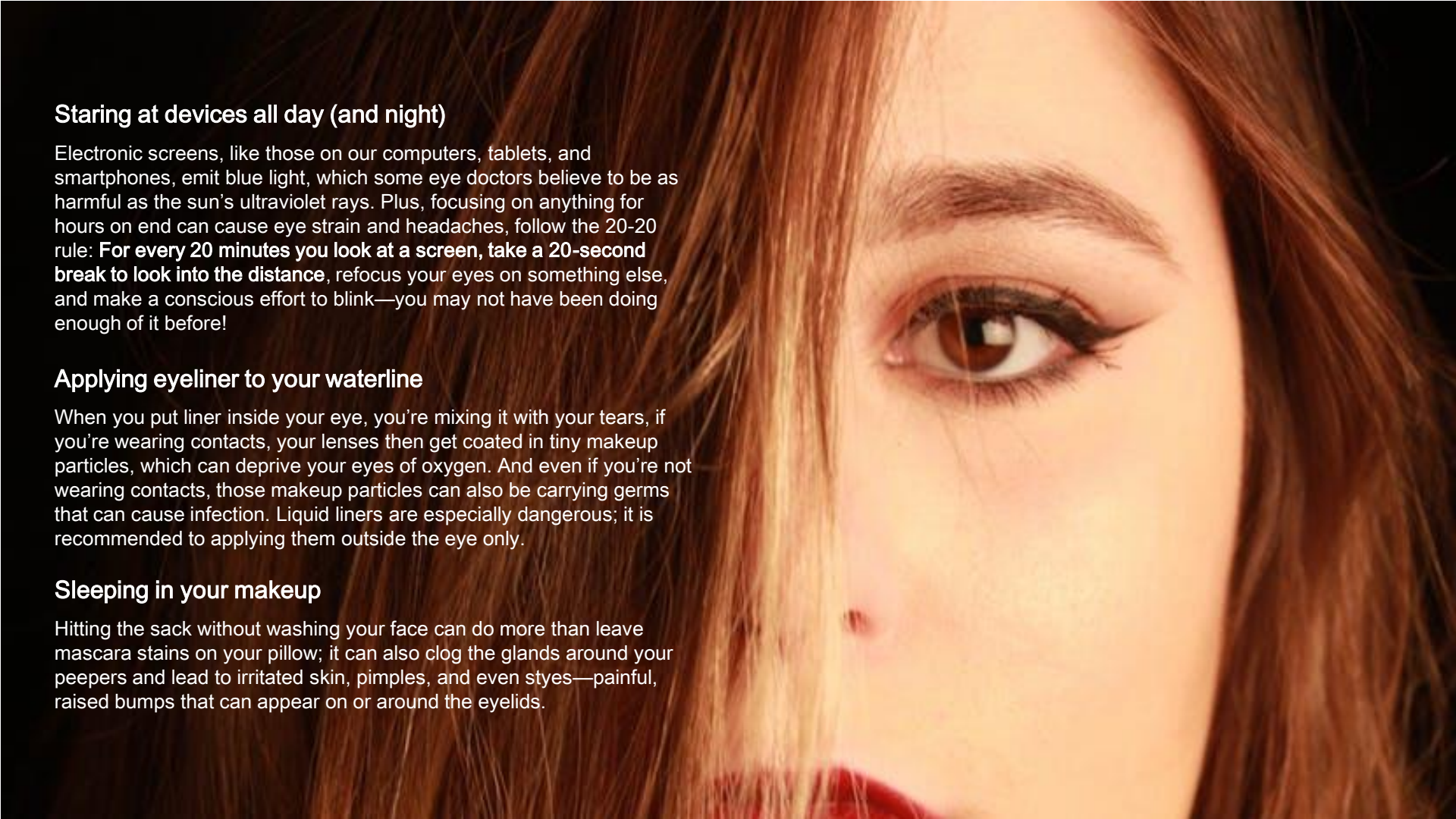
Sometimes your eyes itch and you have to rub, but it's best to keep the lid closed and only touch the outside of the eye, Rubbing too hard can also lead to broken blood vessels and inflammation.

Your eyes are protected by mucous membranes—moist tissue that can easily collect dirt and germs—so they're a great place for bacteria to grow, If you shake someone's hand and then you rub your eyes, you're transmitting those germs and there's a good chance you can catch whatever cold he's got."

Not getting annual eye exams

A lot of patients don't have an eye exam more than 10 years because they thought that their vision is still good by 20/20, but vision changes aren't even the most important reason you should still see an eye doc every year, It's about getting your overall eye health checked out; There are no pain receptors behind the eye, so if you have a broken blood vessel or a tumor back there, you would otherwise not know it until it starts to interfere with your vision, or worse.



A close-up, high-angle shot of a woman's face, focusing on her eyes and hair. She has long, wavy, reddish-brown hair. Her eyes are brown and heavily lined with dark eyeliner. She is looking directly at the camera with a neutral expression. The lighting is soft and warm, highlighting the texture of her hair and skin.

Staring at devices all day (and night)

Electronic screens, like those on our computers, tablets, and smartphones, emit blue light, which some eye doctors believe to be as harmful as the sun's ultraviolet rays. Plus, focusing on anything for hours on end can cause eye strain and headaches, follow the 20-20 rule: **For every 20 minutes you look at a screen, take a 20-second break to look into the distance**, refocus your eyes on something else, and make a conscious effort to blink—you may not have been doing enough of it before!

Applying eyeliner to your waterline

When you put liner inside your eye, you're mixing it with your tears, if you're wearing contacts, your lenses then get coated in tiny makeup particles, which can deprive your eyes of oxygen. And even if you're not wearing contacts, those makeup particles can also be carrying germs that can cause infection. Liquid liners are especially dangerous; it is recommended to applying them outside the eye only.

Sleeping in your makeup

Hitting the sack without washing your face can do more than leave mascara stains on your pillow; it can also clog the glands around your peepers and lead to irritated skin, pimples, and even styes—painful, raised bumps that can appear on or around the eyelids.



Not wearing sunglasses year-round

“A lot of people think sunglasses are only for the summer, or that they’re only for fashion purposes, but wearing them in the winter can be even more important because the sun reflects off the snow.”

Failing to wear proper UV protection can result in corneal burns, skin cancer on the eyelids, and visible spots on the whites of the eyes. Make sure your glasses provide protection against UVA and UVB rays, and wear them whenever you’re out in the sun.

Using expired solution, lenses, or drops

Artificial tears , prescription eye drops and contact lens solution have expiration dates that you should pay close attention to. And definitely don’t rinse your contact case or store contacts in any liquid that’s not sterile, like tap or distilled water; both have been associated with *Acanthamoeba keratitis*, a drug-resistant corneal infection.

Relying on redness-reducing drops

Redness-reducing eye drops contain vasoconstrictors, which shrink blood vessels and temporarily make your eyes appear less red. But they also contain preservatives and other chemicals that can make your problem even worse in the long run, and it’s only a matter of time before you experience a rebound effect.”

If your eyes are constantly red or irritated, it’s important to see an eye doctor who can get to the root of your problem, he or she can recommend an over-the-counter product (like a moisturizing “artificial tears” drop) or suggest other forms of treatment.

Getting started

tips for long-term exercise success

All kinds of activities such as walking, swimming, cycling, jogging, skating, and dancing, among many others, can help your heart and overall health. This amount of physical activity (moderate-intensity) should make you feel like you are using energy without it being overwhelmingly difficult. Physical activity can be a structured program or part of your daily routine and it will still add up to a healthier heart and healthier you. The first step is walking, its free and easy to do.

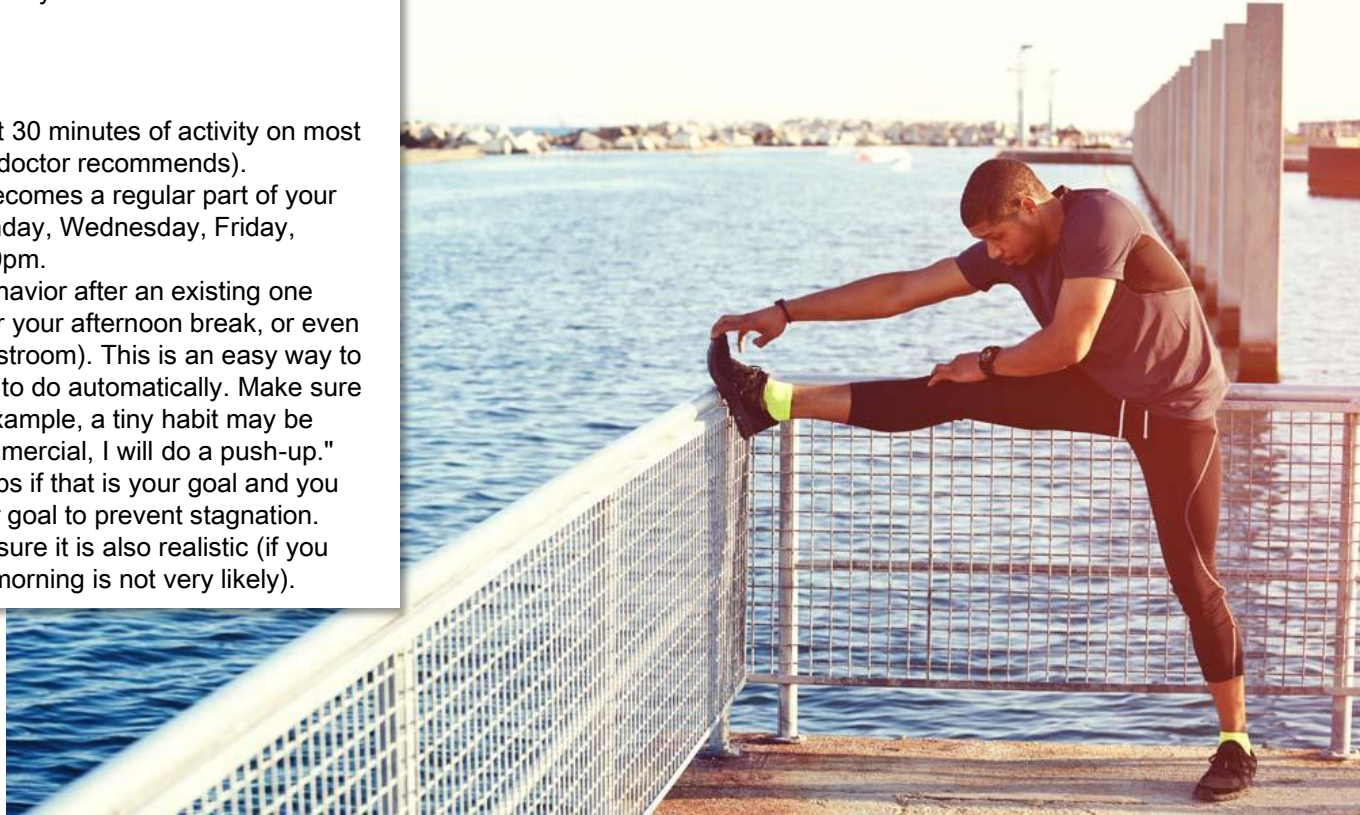


Dress for Success!

- Wear comfortable shoes. Make sure they are properly fitted.
- Clothing should be appropriate for the activity and the weather.

Make the Time!

- Start slowly--build up gradually to at least 30 minutes of activity on most or all days of the week (or whatever your doctor recommends).
- Stick to the same time of day so that it becomes a regular part of your routine. For example, you could walk Monday, Wednesday, Friday, Saturday, and Sunday from noon to 12:30pm.
- Incorporate tiny habits. Add your new behavior after an existing one (after lunch, right when you wake up, after your afternoon break, or even after you do a certain act like using the restroom). This is an easy way to make it into a new habit that you will start to do automatically. Make sure it is small, realistic, and easy to do. For example, a tiny habit may be "every time my favorite show goes to commercial, I will do a push-up." That is an easy way to start doing push-ups if that is your goal and you want to start small. Be sure to add to your goal to prevent stagnation.
- Find a convenient time and place. Make sure it is also realistic (if you dislike the gym, saying you will go every morning is not very likely).



Make it Fun!

- Choose activities that are fun, not just exhausting.
- Add variety! Have a plan of multiple activities that you enjoy. This will ensure you never get bored with the same routine while exercising. For example, you can include walking one day, biking the next, and swimming after that.
- Get your family and friends involved! You will be more likely to stick with it if you have others supporting you.
- Use audio books and music to keep yourself entertained.

Choose a Goal That Matters!

- Don't get caught-up in setting mindless goals.
- It is important to allow yourself time to really think about what you want in life and what is standing in the way. This will allow you to create a meaningful goal that will inspire you to change. One way to find your meaningful goal is to ask yourself why you want this--Three times in a row.

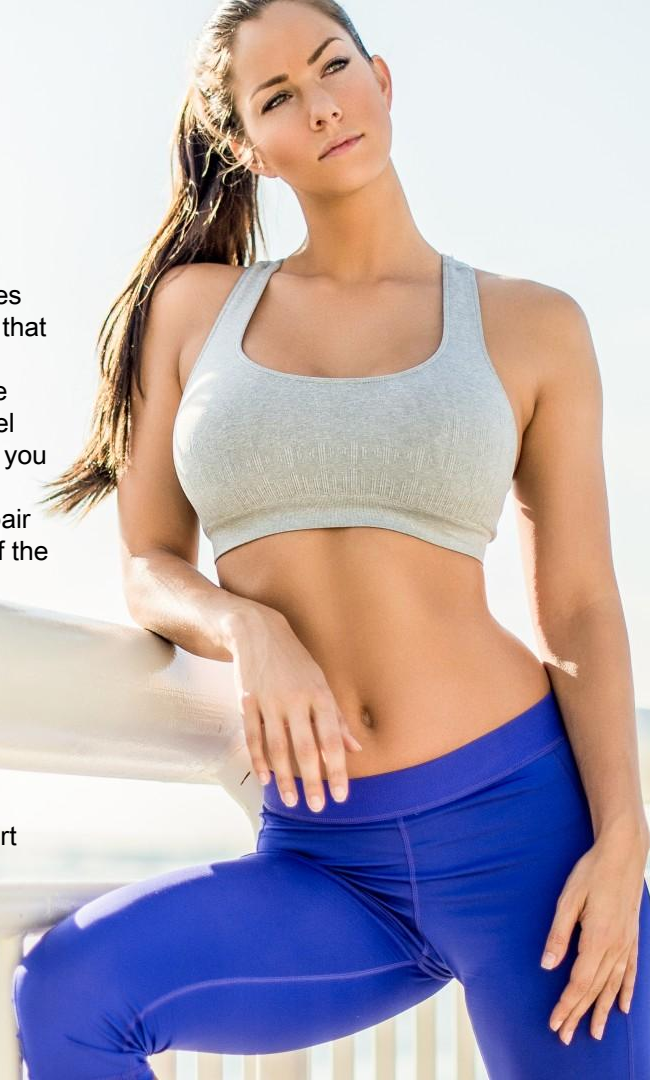


Track and Celebrate Your Success!

- Try not to become overwhelmed thinking that you must change everything all at once.
- Small choices and changes can create the path for the bigger changes you wish to see. Consider what the smallest thing you could do today that would bring you closer to your goal. (Remember tiny habits?)
- Be sure to note your activities in a calendar or activity log. Include the distance or length of time of your activity. Also write down how you feel after each activity. This can help motivate you to continue or motivate you to find a different activity that you would enjoy more.
- Reward yourself with non-food items! Get yourself a small gift, new pair of running shoes or go on a nice shopping trip. Success can be one of the most motivating factors.

Get Moving, Get Active!

- Take the first step! It starts with walking? It's easy and it works.
- Walking is the simplest FREE way to start and sustain an active life.
- Walking is safe and easy.
- Walking just 30 minutes a day provides benefits to heart health.
- Walking is one of the most effective forms of exercise to achieve heart health.





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