# **Health Newsletter**

-Generali China GBD



March 2018



-- A Perfect Gift for Women

The We-chat self-paymode is opened!

**Healthy Snacking** 

The Full-Body Circuit
That Will Get
You in Shape for spring

You have somemessages from your kidneys

8 Things

to Do When You Can't Sleep





GCL Customer Service Hotline: 400 888 7555



#### **HPV Vaccine**

Туре	Age	Effect	Available in China mainland
Cervarix	9-25years	Protect against both HPV 16 and 18, which are known to cause at least 70% of cervical cancers	Yes
Gardasil 4	20-45years	Except HPV 16 and 18, Gardasil 4 also protect against HPV 6 and 11 which cause anogenital warts	Yes
Gardasil 9	≥9years	HPV 6,11,18,31,33,45,52 and 58, prevent 90% of cervical cancers	No

	Peking Union Medical College Hospital International	
	Beijing Amcare Women's & Children's Hospital	
Beijing	OASIS International Hospital	
	Hong Kong International Medical Clinic, Beijing	
	Hua Dong Hospital affiliated to Fudan University	
Shanghai	Parkway Health	
	Ever Better Obstetrics and Gynecology Hospital	
Guangzhou &Shenzhen	Distinct HealthCare	

WHO recommends vaccination for girls aged 9-13 years as this is the most cost-effective public health measure against cervical cancer.

There are HPV vaccines available in some of GCL network clinics now, if you want to have injection, please contact with the clinics directly or have a call to 400-888-7555.





Generali China Life (GCL) supplies a new way of paying copayment for high-end medical members by scanning a claim QR code. Its apparent superiorities are listed as follows:

- Convenient and efficient
- •No online language barrier
- Real-time interbank transfer

#### Three steps, Go Go Go

- 1. Receive a copayment email from GCL;
- 2.Scan QR Code and complete the payment by following instructions





P.S.: The receivable expense is shown after you scan the code and it will be expired after you settle the payment.

3.A reminder for successful payment



Let's be real, we all snack, we all have long days at work where we start craving something sweet or need something salty to help us snap out of the workday lull. And actually, snacking isn't "bad" for you if you do it in moderation and make healthy choices. Try these tips to do both!

# Healthy Snacking





### First: Munchies that crunch. So we're talking about:

- ◆ Apples and pears
- ◆ Carrot and celery sticks
- ◆ Bell pepper slices
- ◆ Zucchini or cucumber circles (Sounds fancy, huh?)
- ◆ Roasted chickpeas
- ◆ Broccoli and cauliflower florets
- ◆ Popcorn (It's a whole grain! Who knew?)
- ◆ Rice cakes and whole-grain crackers
- ◆ Nuts and seeds (Hit those good fats!)

#### Second: Rethink your drink.

#### Ditch your high-sugar go-to and try:

- ◆ Plain or sparkling water (Not glam enough? Add some fruit and herbs to it!)
- ◆ Fat-free milk or plain soymilk
- Unsweetened tea or coffee
- ◆ 100% fruit juice (Stick to a small glass)
- ◆ Low-sodium tomato or mixed vegetable juice







◆ Canned fruit (in natural juice or light syrup)

◆ Thin slice of angel food cake or homemade banana-nut

◆ Raisins, dates, figs and other unsweetened dried

• Frozen banana

◆ Frozen grapes

◆ Fresh fruit salad (Use your imagination and get creative when choosing fruits)

We'd be slacking if we didn't remind you to check out the nutrition label and choose wisely when shopping. Watch for added sugars and salt, and try making healthier versions of packaged snacks at home so you can choose the ingredients.

# You have some messages from your kidneys

March 12 is World Kidney Day, it intended to raise awareness of kidney disease and the importance of prevention and early detection.

Your kidneys, each just the size of a computer mouse, filter all the blood in your body every 30 minutes. They work hard to remove wastes, toxins, and excess fluid. They also help control blood pressure, stimulate production of red blood cells, keep your bones healthy, and regulate blood chemicals that are essential to life. Kidneys that function properly are critical for maintaining good health, however, more than one in seven American adults are estimated to have chronic kidney disease (CKD)



#### **CKD by the Numbers**

- •More than **30 million** US adults are estimated to have CKD and most are undiagnosed.
- •Kidney diseases are the **ninth leading cause of death** in the United States.
- Every 24 hours, **more than 300 people** begin dialysis treatment for kidney failure.
- •Diabetes and high blood pressure are the leading cause of kidney failure

#### **About Chronic Kidney Disease**

CKD is a condition in which the kidneys are damaged and cannot filter blood as well as they should. Because of this, excess fluid and waste from blood remain in the body and may cause other health problems, such as heart disease and stroke.

Some other health consequences of CKD include:

- Anemia or low number of red blood cells
- •Increased occurrence of infections
- Hypertension
- Loss of appetite or eating less
- Depression or lower quality of life



#### **Risk Factors of CKD**

Talk to your doctor about getting tested if you have any of these risk factors:

- Diabetes
- High blood pressure
- Heart disease
- Family history of CKD
- Obesity

#### **Kidney-Friendly Tips**

- •Keep your blood pressure below 140/90 mm Hg (or the target your doctor establishes for you).
- •If you have diabetes, stay in your target blood sugar range as much as possible.
- Get active
- •Lose weight if you're overweight
- •If you smoke, quit
- •Get tested for CKD regularly if you're at risk





Chilly days spent on the couch binge may have been relaxing, but they probably didn't do your body any favors. With warmer weather (and swimsuits!) in sight, it's time to pay more attention to the areas you want to show off—like your abs and booty.

Do this entire circuit twice, or 2 or 3 times a week, or choose the area you want to target and complete the routine three times, 2 or three times a week. This circuit will help you get back into fighting shape.



#### **Kettlebell Swings:**

Stand in front of kettlebell with feet slightly wider than shoulderwidth apart, knees soft. Grasp bell with both hands. With flat back, "hike" bell between legs (A), thrusting hips forward explosively as you squeeze glutes, swinging bell to chest height (B); keep abs tight, arms straight, and shoulders down and back. Maintaining flat back, allow kettlebell to pull you back down to start; repeat. Do 20 reps.

#### Single-Leg Romanian Dead Lift:

With a 10-pound dumbbell in each hand, stand tall with core and glutes engaged (A). Soften right knee, lift left foot, hinge at hips, and reach the left heel back and up as you lower torso down (B). Reverse motion to come back to standing. Do 8 reps. This challenges balance, coordination, and core stability.









#### **Body Saw:**

Get into a forearm plank, with shoulders directly over elbows and shins on foam roller (A). With core tight, push body away from hands, extending plank 3 to 6 inches (B), and then return to start. Do 10 reps, working your way up to 15.



#### **Mountain Climbers:**

Begin in the "up" part of a push-up, with shoulders over hands, abs tight, and body in a straight line from head to ankles. Raise right knee, bringing it in toward chest (A). Return to start, and then repeat movement with left knee (B). Do 20 reps.



#### Single-Arm/Leg Jackknife:

Lie faceup with arms extended overhead (A). Crunch up, lifting torso and left leg, as you bring left leg and right arm to meet over body (B). Slowly, and with control, lower back to start. Repeat with right leg and left arm; continue alternating. Do 10 reps per side.

#### ide Plank With Rotation:

Start in a right-side side plank with shoulder directly above elbow, feet stacked, and left arm extended straight up (A). Rotate torso down, reaching left hand down and toward right knee (B); return to start. Do 10 reps, then switch sides.





## Things to Do When You Can't Sleep

#### Why can't I shut my brain off at night?

We've all had nights when we lie awake in bed, unable to quiet our racing thoughts. There are plenty of reasons why sleep may be evading you, it can be difficult to quiet those racing thoughts, but there are some tricks that may help your brain override rumination so you can drift off to sleep. Here are a few to try next time insomnia strikes.

#### Make a to-do list

Worries keep people awake, a recent study found that writing out a to-do list of future tasks helped people fall asleep nine minutes faster than people who wrote about tasks they'd already accomplished that day. (The longer and more detailed the participants' lists, the faster they fell asleep.)

#### Get out of bed

Staying in bed and trying to make yourself fall asleep is a bad idea, if you lie awake for more than 20 to 30 minutes, get out of bed and do something else. Staying up until you're truly tired can help you find a sleep pattern that works best for you.

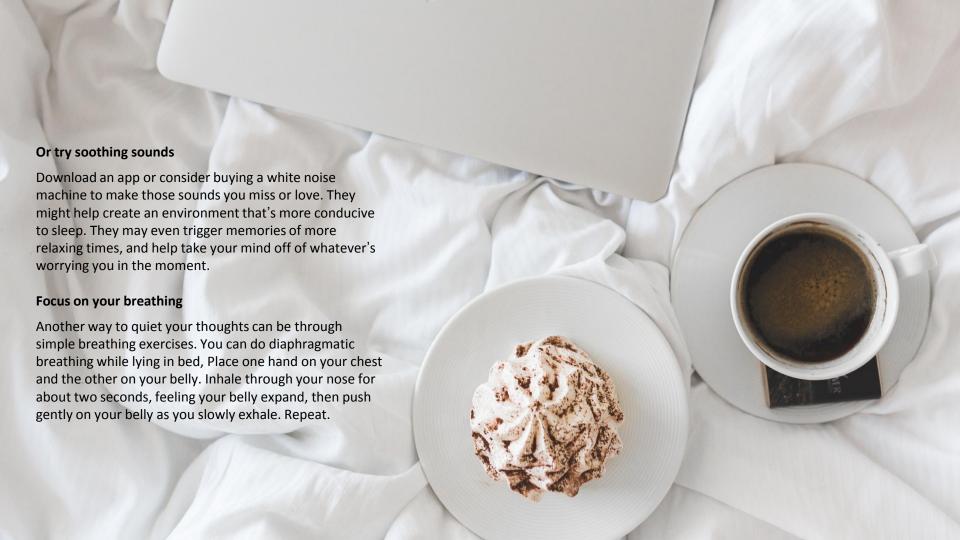
#### Read a book—but nothing too exciting

"You can't stop your brain from thinking, but you can distract it by focusing on something neutral—like reading a physical book.

#### Listen to a podcast

Podcasts or audio books can take your mind off your worries as well, and they can be good alternatives to reading if you don't want to turn on a light or strain your tired eyes.









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