

Health Newsletter

-Generali China GBD



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Medication Delivery Service for Chronic Diseases

Generali China has launched a value-added service for clients who are suffering from chronic diseases and need long-term prescription for medication management. It allows the prescription being refilled remotely and the medication being delivered to your door. We would like to take this opportunity and introduce this service to all of our clients in need.



The service is designed for:

- Diseases requiring long-term medication managements
- Length of prescription is no longer than 3 months
- Residents in mainland china

Advantage:

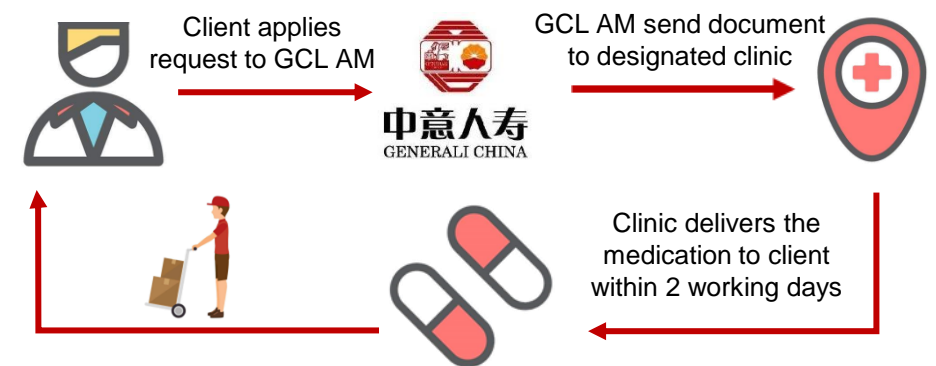
- Time efficient. Saving the trouble of visiting your doctor at hospital or clinic simply for prescription renew
- Dedicated doctor reviewing and auditing the prescription, and pharmacist who supervise the quality of medications
- Direct billing is combined making sure the medication expenses are settled just between the provider and your insurer.

How to access:

Please call your customer service manager to know more information about how to access this service. You may be required to provide supportive

documents as following:

- Latest medical report, prescription with the name and dosage of medication
- A side of signed claim form
- Copy of insurance card, both sides
- Copy of identification paper – passport, ID card
- Preferred delivery address



Reminder: The service does not cover items that violate the exclusion terms in your insurance contract. Please refer to your contract and schedule of benefit for full details should you have concerns about items that are not covered.



Common Summer-related Health Risks & What You Can Do About It

Summer is just around the corner. Celebrating great weather with friends and family can come with health issues that you may not be even aware of.

Here are some things you can take note of:

Dehydration and Heat Stroke

With the temperatures rising, your body's core temperature also increases. This can result in a serious life-threatening condition called heat stroke. Key features include Headache, Dizziness, Confusion and may lead to unconsciousness, Organ failure and in extreme cases, even death.

Heat stroke is often worsened by not drinking enough water. This can also happen when children are left in hot cars during summer.

The best approach is prevention by keeping yourself in the shade and staying well-hydrated with adequate amounts of water. Be careful as excessive amount of coffee and tea actually dehydrates you. If symptoms of heat stroke occur, immediately cool the body with water, cold air, and ice packs. Call for a doctor immediately if there is a concern.

Eye Damage

UV rays from sunlight can damage your eyes. Even though sunglasses are often worn, make sure that they have the lenses that filter out 100% of UV light.



Hay Fever

With the changing weather and growing pollution, it is not surprising that allergies are a growing issue in people, particularly those with a history of allergies and asthma. Running itchy eyes, repeated sneezing, and runny noses are all but common symptoms. Different people will experience it at different times of the season. While there is nothing that we do, taking antihistamines and eye drops will help alleviate the symptoms.

Food poisoning

A lazy day in the beach or park calls for a fun-filled picnic with friends and family. However, this runs a risk of food being out in the open for extended periods of time. Be careful about food safety and food handling.

Driving Accidents

With increased daylight hours, we are more likely to be out for longer periods of time resulting in exhaustion. Driving accidents are the number one killer for young people. We can avoid this by not drinking then driving and also not driving after midnight.



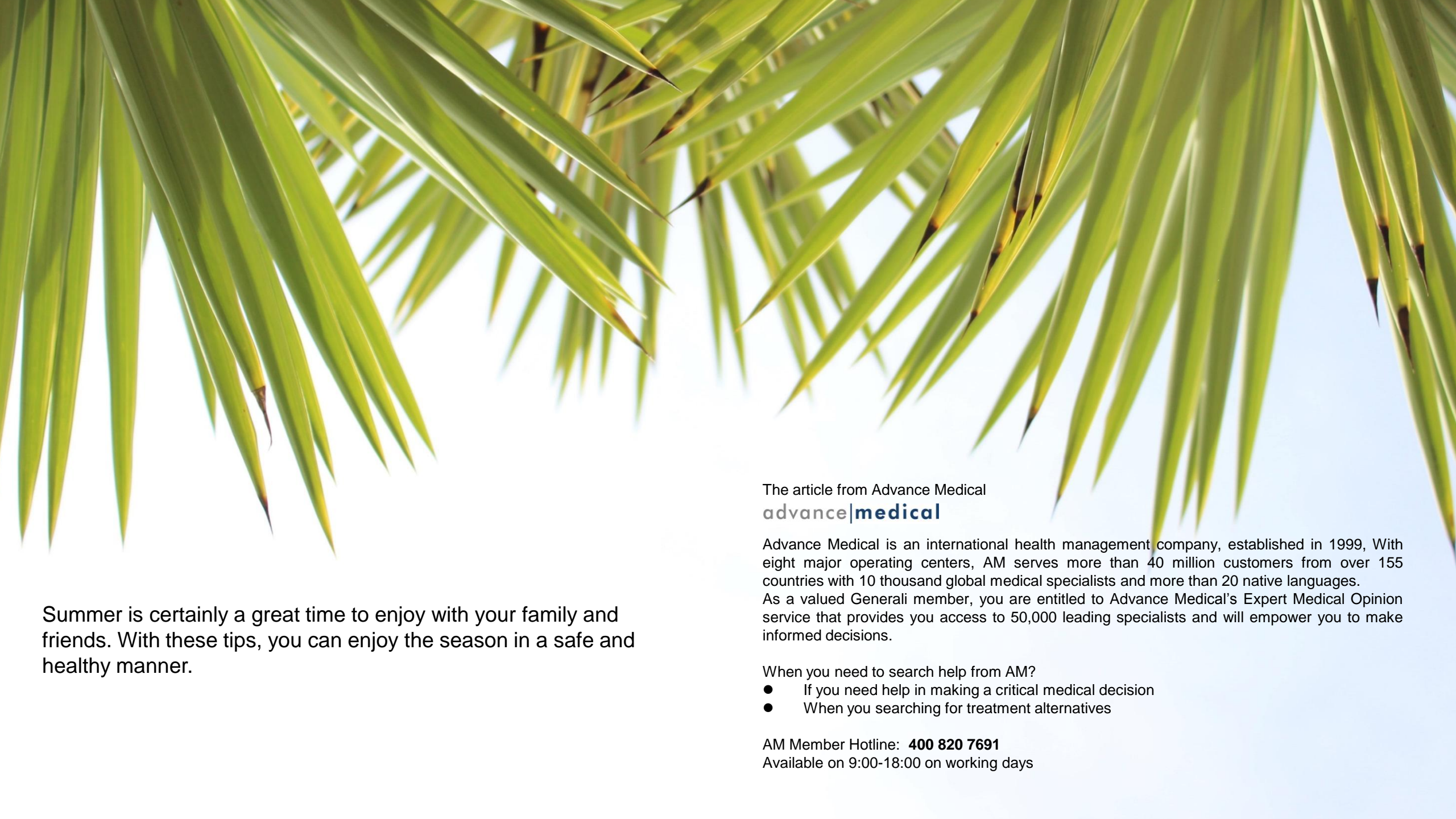


Drowning

A beautiful sunny day calls for a day at the beach or pool. Unfortunately, more than 160 people drown in China each day and is the leading cause of death for children between 5-14 years old (1). For each child under 14 that drowns, another 5 will suffer from near drowning. Prevention is the key with learning basic swimming skills for adults and children as well as proper supervision of children in the pool and at the beach.

Sunburn and Skin Cancer

Sunburn is caused by ultraviolet (UV) rays from the sun that damages your skin cells. This risk depends on the time of the day, the amount of time spent in the sun, and if you use a sunscreen or not. This can ultimately lead to long-term skin damage and even skin cancer. The best prevention is to stay out of the sun particularly between 11am to 2 pm when the sun's rays are the strongest. Stay in the shade, use a good sunscreen (SPF of at least 30), and wear a hat and protective clothing.



Summer is certainly a great time to enjoy with your family and friends. With these tips, you can enjoy the season in a safe and healthy manner.

The article from Advance Medical

advance|medical

Advance Medical is an international health management company, established in 1999, With eight major operating centers, AM serves more than 40 million customers from over 155 countries with 10 thousand global medical specialists and more than 20 native languages. As a valued Generali member, you are entitled to Advance Medical's Expert Medical Opinion service that provides you access to 50,000 leading specialists and will empower you to make informed decisions.

When you need to search help from AM?

- If you need help in making a critical medical decision
- When you searching for treatment alternatives

AM Member Hotline: **400 820 7691**

Available on 9:00-18:00 on working days



5 Easy Exercises You Can Do at the Office

Ready to get to work—in more ways than one? With a little help from Tracy Anderson herself, we now know how to bring her method to the office. All you need is a chair and a few minutes to perform the workout routine she demonstrates in the video above. Want more detail about each of the five moves? Scroll down for a breakdown of each exercise.



Standing Back Kick

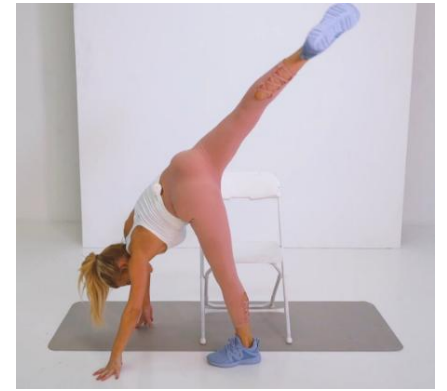
Start standing behind a chair with your hands resting on the back of it, and your right foot on the seat. Lift your right foot up and with knee bent, rotate your leg to the right, then extend the leg behind you as your chest comes down toward the back of the chair.



Deep Bend & Side Kick

With your hands still on the back of the chair, step to the right of it. With your feet together, squat as low as you can go and stand up. Then step your right foot across your body, and standing on your right leg, extend your left leg in a side kick.





Side & Upside Down Kick

Lie across the seat of the chair on your right side, with your right hip and thigh resting on the seat, your right hand on the floor, and your left hand holding onto the back of the chair. Both knees should be bent. Lift your left leg into the air and extend it. Then place your left foot on the floor and bring your left hand down to the floor as well, so it's shoulder distance from your right hand, and extend your right leg into the air.



Standing Knee Pull

To start, stand to the left side of the chair, rest your right forearm arm on its back, and place the fingertips of your left hand on the seat. With a flat back, lift your left knee to 90 degrees, keeping your knee bent. Now extend your left leg behind you and return it to the starting position—that's one rep.



Ballet Stretch & Plié

Rest your right ankle on the back of the chair and lean forward to touch your toes with your right hand. Then bring your right leg down into a plié squat, with toes pointed out and both hands resting on the back of the chair.



An elderly couple is walking away from the camera on a gravel path. The woman on the left is wearing a white short-sleeved shirt, blue jeans, and a white hat with a blue ribbon. The man on the right is wearing a blue and green plaid shirt, blue jeans, and a grey baseball cap. They are holding hands. In the background, there is a white wooden fence and some trees. A semi-transparent green box with white text is overlaid on the middle of the image.

Keep Older Adults Safe from Injury

Every minute of every day someone 65 years or older falls

We can all help keep the older adults in our lives safe from injury and independent longer. Did you know that every minute of every day someone 65 years or older falls in the United States? That means one out of four older adults, will fall each year, and falling once doubles an older adult's chances of falling again. However, falls are not a normal part of aging and there are steps every older adults can take to stay safe.

Get a Checkup Every Year

To start, all older adults should talk to their healthcare provider about their fall risk

A good opportunity in which to have this discussion is during a **yearly physical exam**. Certain health issues can increase the risk of falling:

- Leg weakness
- Mobility problems
- Balance issues

Doctors or pharmacists can also review all the medicines an older adult takes

- Some medicines can have side effects that affect the ability to drive, walk, or get around safely.
- Unintentional prescription drug overdoses are a potential problem for adults of all ages. Older adults are often not aware of the serious dangers of some medicines, such as prescribed for pain relief and benzodiazepines to relieve anxiety or insomnia.
- Certain medicines, when taken together or with alcohol, can sometimes lead to serious side effects and even death.





Encourage the older adults you know to get an eye exam each year.

- Poor vision can increase the chances of falling or being in a car crash.
- Wearing multifocal glasses, such as bifocals, trifocals, or progressive lenses can increase the risk of falling when outdoors or when walking up or down steps.
- Blurred fields of vision can worsen balance and make it more difficult to avoid tripping.

Improve Strength and Balance to Reduce Fall Risk

- Following a regular physical activity program can reduce an older adult's chances of falling, even when done as little as three times per week.
- Simply walking is not enough, brisk walking is good cardio exercise
- Exercising specifically to improve strength and balance is important for reducing falls for older adults.

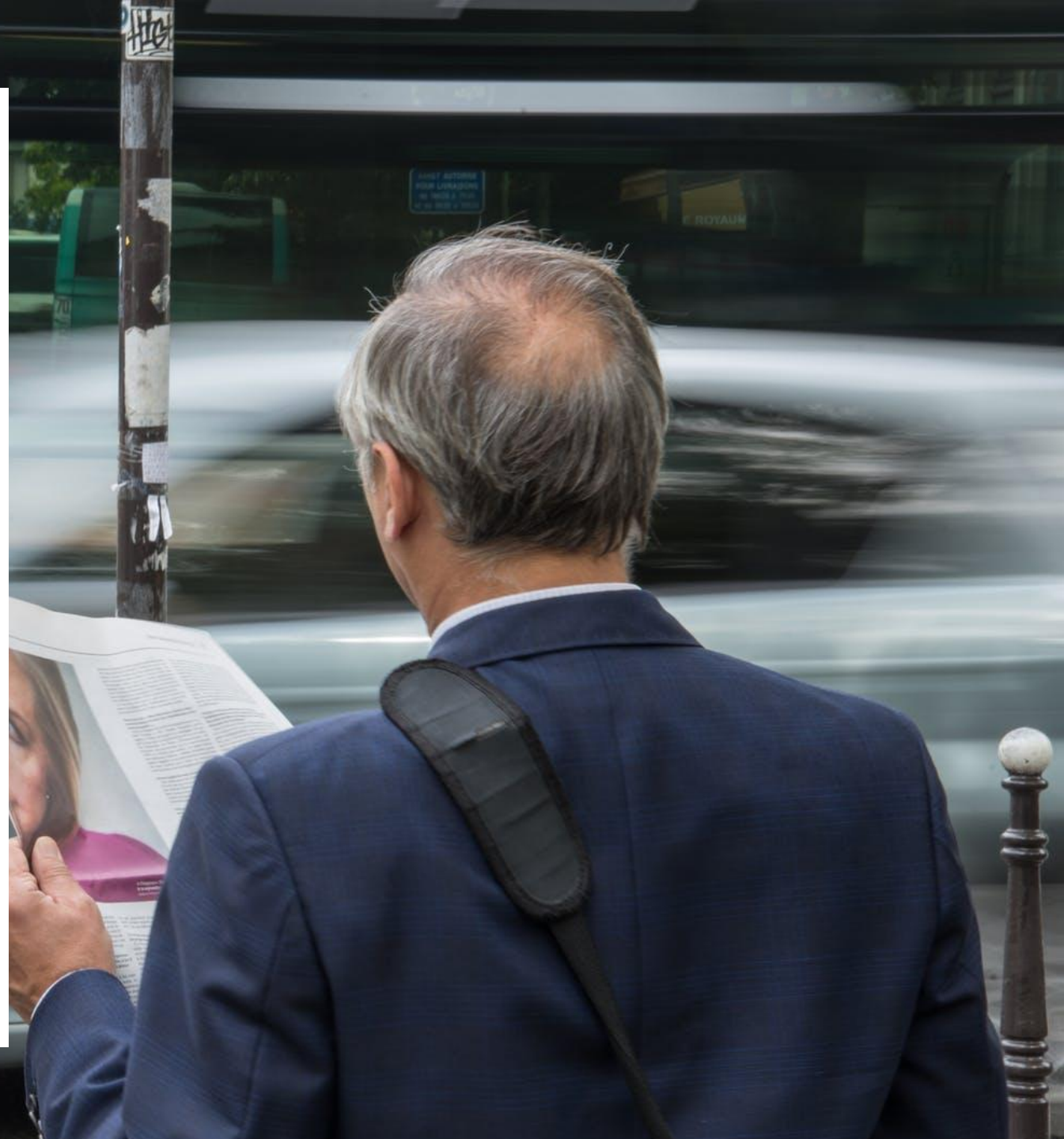
Check for Safety to Avoid Home Hazards

Consider helping an older adult complete a fall prevention checklist to find and fix hazards in their home, simple measures such as:

- **Removing clutter from walkways**
- **Removing throw rugs**
- **Ensuring there is plenty of light**

Preventing falls can also help prevent traumatic brain injuries (TBIs) among older adults

- A TBI is a bump, blow, or jolt to the head that disrupts normal brain function.
- Falls are the most common cause of TBIs among older Adults
- Severe TBIs contribute to falls being the leading cause of injury death among Adults 65 years and older.
- Falls also cause more than 95 percent of hip fractures among older Adults, after which many adults are no longer able to live on their own.
- This loss of independence often leads to a continual decline into poorer health and a much lower quality of life.





Jump-Start Your Weight Loss

The road to successful weight loss is long and bumpy. In order to maintain that loss over the long run, there are no shortcuts. There are, however, many people who've already braved that road successfully, and they have great advice on how to jump-start your weight loss.

Here's what they had to say

BE GOOD TO YOURSELF

- ✧ Don't beat yourself up when you break down and splurge one day
- ✧ Don't end up getting the exercise in you'd planned
- ✧ Don't lose the weight you wanted to in a week
- ✧ Don't getting frustrated by slower weight loss, weighed yourself once every 10-14 days

DEVELOP A MANTRA

Come up with some sort of daily saying/affirmation, write it down, and recite it when you're feeling like you might be getting off track.

- ✧ Give yourself credit. Stop putting yourself down, and give yourself credit for the things you succeed at.
- ✧ Find balance. You won't lose weight every week, and you will lose lots of weight some weeks. You have to find a balance in what you do and eat.
- ✧ Strive for progress, not perfection. Try just doing a little more than last week.



BE SELF-AWARE

- ✧ Know your limitations
- ✧ Your weaknesses
- ✧ Your pitfalls
- ✧ And the more important- make peace with them

KEEP A FOOD DIARY.

keeping a record of meals and exercise helps to visualize what you eat and do day-to-day so you have a better understanding of what works on your journey.





HAVE A SUPPORT GROUP IN PLACE

- ✧ Having support and encouragement from others to reach weight loss goals
- ✧ Having a wonderful group is a great 'diet.'
- ✧ Your family , Your colleague or your friends are all encouraged to be your group member

SLOW AND STEADY WINS THE GOALS

- ✧ Don't try to change everything all at once. ..
- ✧ By working on one better choice until it's a habit and then working [on] your next better choice, you will make sustainable changes
- ✧ Set small goals so you don't get overwhelmed by the bigger picture, and everything else will fall into place.

Summer Travel Abroad

Escaping to an overseas retreat this summer? From the bustling cities of Europe to the sunny, tropical beaches of the Caribbean, here's everything you need to know about staying healthy and safe before, during, and after your vacation.





Before You Go

- Learn about health concerns at your destination. Even if you're familiar with the place, there may be new and important health risks that could make or break your trip.
- Make an appointment with your healthcare provider to get needed vaccines and medicine at least 4 to 6 weeks before you leave.
- Pack a travel health kit with your prescription and over-the-counter medicines (enough to last your whole trip, plus a little extra), first aid supplies, and your health insurance card.
- Monitor travel warnings and alerts at your destination through the State Department website.
- Prepare for the unexpected.
 - Leave copies of your itinerary, contact information, credit cards, and passport with someone at home, in case you lose them during travel.
 - Find out if your health insurance covers medical care abroad, especially if you will be traveling to remote areas.

During Your Trip

- **Eat and drink safely. Contaminated food or drinks can cause [travelers' diarrhea](#) and other diseases.**
 - Eat only food that is cooked and served hot.
 - Eat fruits and vegetables you have washed in safe water or peeled yourself.
 - Drink water, sodas, or sports drinks that are bottled and sealed, or very hot coffee or tea.
 - Use ice made with bottled or disinfected water.
- **Protect yourself from hot temperatures and sun exposure.** Wear SPF 15 or higher sunscreen to protect yourself from the sun's harmful UV rays when enjoying outdoor activities, and reapply as directed.
- **Prevent insect bites.** Using insect repellent can protect you from serious diseases spread by mosquitoes, such as Zika, dengue, and malaria.
- **Always wear seat belts and choose safe transportation.**
 - Ride only in marked taxis or ride-sharing vehicles.
 - Be alert when crossing the street, especially in countries where people drive on the left.
 - Avoid overcrowded, overweight, or top-heavy buses or vans





After You Return

- Some travel-related illnesses may not cause symptoms until after you get home.
- If you are not feeling well after your trip, you may need to see a doctor.
- Be sure to tell your doctor about your travel, including where you went and what you did on your trip. This will help your doctor consider infections that are rarely found in the United States.



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