

Health Newsletter

-Generali China GBD



September 2018

**'Insight into the Health Benefits of Corporate Employees'
has been issued**

**Adults with Chronic Conditions
Get Vaccinated**

The Silent killer

High blood pressure is often called the "silent killer"



**Know Your Target
Heart Rates
for Exercise**

**Can Processed Foods
Be Part of
a Healthy Diet**

Insight into the Health Benefits of Corporate Employees has been issued

GCL has issued the 'Insight into the Health Benefits of Corporate Employees (2018)' in Aug, we are pleased to share with you the full version. The key points are:

- Part 1: GCL Corporate Clients Health Data Analysis
- Part 2: Research on Corporate Health Benefit Demand
- Part 3: Practices of Insurance Companies on Health Management
- Part 4: Experience Sharing on Health Management by GCL
- Part 5: Cases Sharing on Overseas Health Service Provider

To know more information, please click [here](#) to download the PDF.





Adults with Chronic Conditions

Get Vaccinated

Each year thousands of adults get sick from diseases that could be prevented by vaccines—some people are hospitalized and some even die. Adults can protect themselves and others from many diseases by getting vaccinated. If you have a chronic condition, you will probably need to get vaccinated.



CDC recommends that all adults get the following vaccines:

- **Influenza (flu) vaccine** every year to protect against seasonal flu.
- **Td vaccine** every 10 years to protect against tetanus.
- **Tdap vaccine** once instead of Td vaccine to protect against tetanus and diphtheria plus pertussis (whooping cough) and during each **pregnancy** for women.
- Other vaccines you need as an adult are determined by factors such as age, lifestyle, job, health condition, and vaccines you have had in the past. Vaccines you need may include those that protect against:
shingles, human papillomavirus, pneumococcal disease, meningococcal disease, hepatitis A and hepatitis B, chickenpox, measles, mumps, and rubella.

Adults with chronic conditions are more likely to develop complications from vaccine-preventable diseases. Complications can include long-term illness, hospitalization, and even death.



Do you know which adult vaccines you need?

Heart Disease

People with heart disease, or those who have had a stroke, have a higher risk of serious medical complications from flu. **CDC recommends people with heart disease get a yearly flu vaccine.** They should also get pneumococcal vaccines—once as an adult before 65 years of age and then two more doses at 65 years or older.

Lung Disease

Since people with asthma have sensitive airways, inflammation caused by flu can trigger asthma attacks. In general, the flu can make asthma and COPD symptoms worse. **CDC recommends people with asthma, COPD, or other conditions that affect the lungs get a yearly flu vaccine. If you have a lung condition, you should also get pneumococcal vaccines**—once as an adult before 65 years of age and then two more doses at 65 years or older.

Diabetes

People with type 1 or type 2 diabetes have a higher risk of hepatitis B virus infection, complications from the flu, increased risk for pneumonia, which can lead to hospitalization.

CDC recommends people with diabetes get pneumococcal vaccines (once as an adult before 65 years of age and then two more doses at 65 years or older), **a yearly flu vaccine, and a hepatitis B vaccine series** (for those between the ages of 19 and 59).

Vaccines are the safest way to protect your health. Talk with your doctor about getting your vaccinations up to date.



The Silent killer

High blood pressure is often called the “silent killer”

Most of the time, high blood pressure (HBP, or hypertension) has no obvious symptoms to indicate that something is wrong.

- ◆ Many people with high blood pressure don't even know they have it. Often the signs and symptoms are misunderstood.
- ◆ High blood pressure develops slowly over time and can be related to many causes.
- ◆ High blood pressure cannot be cured. But it can be managed effectively through lifestyle changes and, when needed, medication.

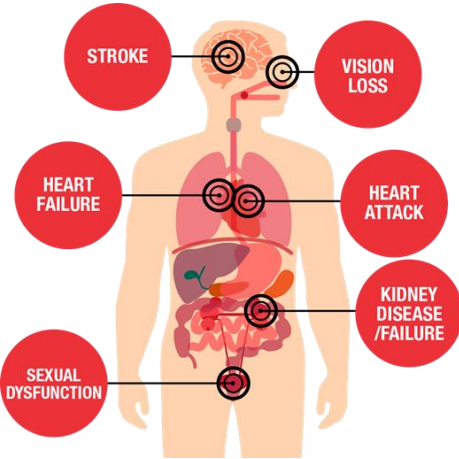
The best ways to protect yourself are being aware of your numbers, the risks and making changes that matter.

◆ Know your numbers

The best way to know if you have high blood pressure is to have your blood pressure checked.

The damage done by high blood pressure

In most cases, the damage done by high blood pressure (HBP, or hypertension) takes place over time. Left undetected (or uncontrolled), high blood pressure can lead to:



Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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Understand the risks

Learn what factors could make you more likely to develop high blood pressure and put you at risk for serious medical problems.

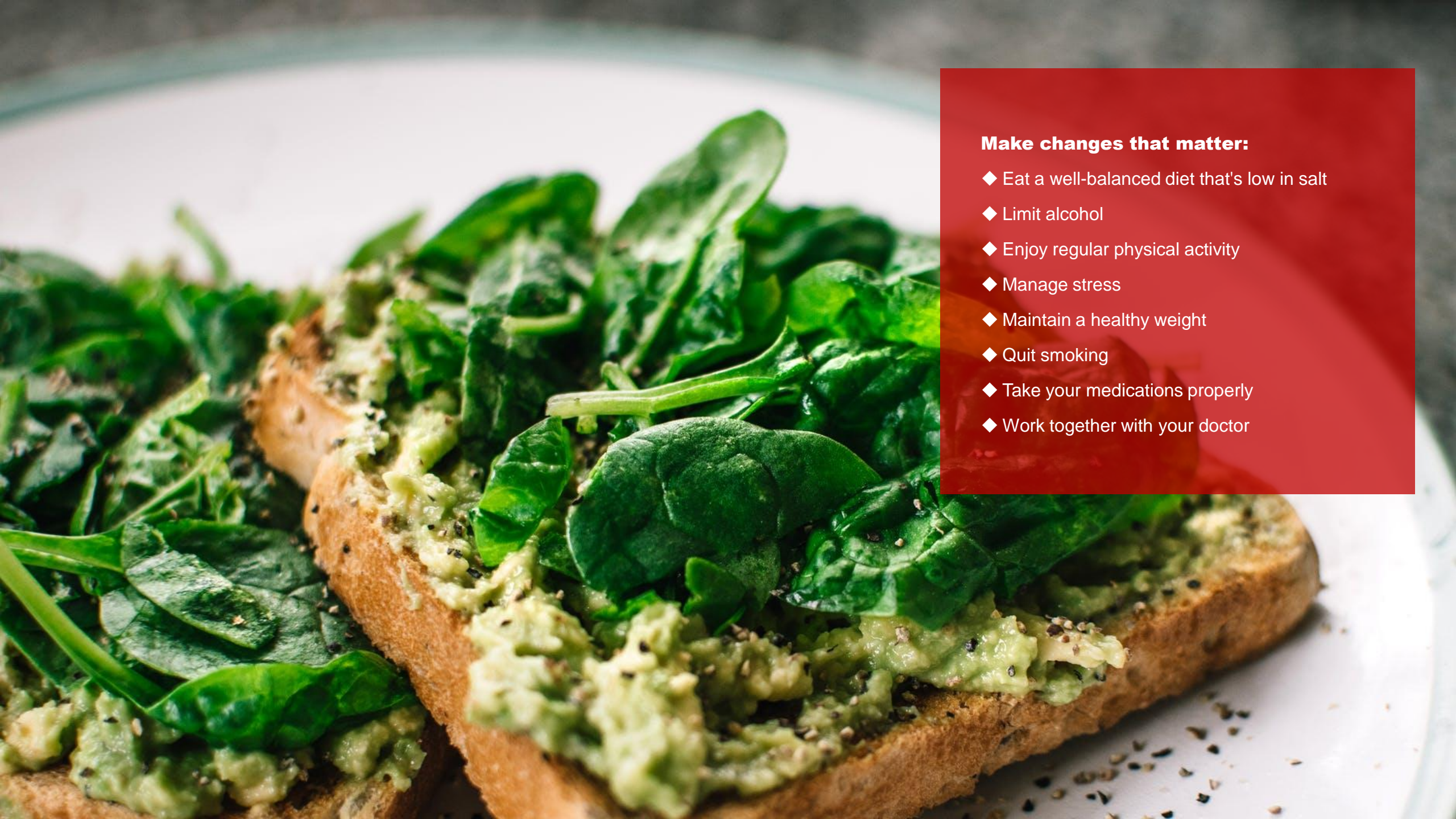
Modifiable risk factors:

- Lack of physical activity
- An unhealthy diet, especially one high in sodium
- Being overweight or obese
- Drinking too much alcohol
- Sleep apnea
- High cholesterol
- Diabetes
- Smoking and tobacco use
- Stress

Fighting back against the “silent killer”

Using medications as prescribed and making lifestyle changes can enhance your quality of life and reduce your risk of heart disease, stroke, kidney disease and more. Take steps to reduce your risk and manage your blood pressure. Make heart-healthy lifestyle changes, take any medication as prescribed and work in partnership with your doctor.





Make changes that matter:

- ◆ Eat a well-balanced diet that's low in salt
- ◆ Limit alcohol
- ◆ Enjoy regular physical activity
- ◆ Manage stress
- ◆ Maintain a healthy weight
- ◆ Quit smoking
- ◆ Take your medications properly
- ◆ Work together with your doctor

A person wearing a black long-sleeved athletic top and black leggings is running on a concrete staircase. They are wearing a black smartwatch on their left wrist and are looking down at it. A silver metal handrail is visible on the right side of the stairs. The background shows the concrete steps and a glass railing.

Know Your Target Heart Rates for Exercise

What should your heart rate be when working out, and how can you keep track of it? Our simple chart will help keep you in the target training zone, whether you want to lose weight or just maximize your workout. Find out what normal resting and maximum heart rates are for your age and how exercise intensity and other factors affect heart rate.



How do you get your heart rate in the target zone?

When you work out, are you doing too much or not enough? There's a simple way to know: Your target heart rate helps you hit the bullseye so you can get max benefit from every step, swing and squat.

Resting Heart Rate

- Your resting heart rate is the number of times your heart beats per minute when you're at rest.
- A good time to check it is in the morning after you've had a good night's sleep, before you get out of bed or grab that first cup of java!
- For most of us, between 60 and 100 beats per minute (bpm) is normal. When it comes to resting heart rate, lower is better.
- Studies have found that a higher resting heart rate is linked with lower physical fitness and higher blood pressure and body weight.

Know Your Numbers: Maximum and Target Heart Rate

This table shows target heart rate zones for different ages. In the age category closest to yours, read across to find your target heart rates. Target heart rate during **moderate intensity activities** is **about 50-70%** of maximum heart rate, while during **vigorous physical activity** it's **about 70-85%** of maximum.

The figures are averages, so use them as a general guide.

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm



Hit the Target: Find Your Heart Rate

Now that you have a target, you can monitor your heart rate to make sure you're in the zone. As you exercise, periodically check your heart rate. A wearable activity tracker makes it super easy.

Important Note: Some drugs and medications affect heart rate, meaning you may have a lower maximum heart rate and target zone. If you have a heart condition or take medication, ask your healthcare provider what your heart rate should be.

So what's in a number?

- ◆ If your heart rate is too high, you're straining. Slow your roll! If it's too low, and the intensity feels "light" to "moderate," you may want to push yourself to exercise a little harder, especially if you're trying to lose weight.
- ◆ If you're just starting out, aim for the lower range of your target zone (50 percent) and gradually build up. In time, you'll be able to exercise comfortably at up to 85 percent of your maximum heart rate. Woo hoo!



A photograph of a grocery store aisle. In the foreground, there are several wooden crates filled with green plastic baskets of apples. Some apples are in clear plastic bags. Price tags are visible, including one that says 'SAVE' and 'R23.99'. In the background, there are more shelves stocked with various products, including canned goods and packaged snacks. A large red sign with the word 'SAVE' is prominent. A yellow sign with a red circle and the word 'SALE' is also visible. The overall scene is a typical grocery store environment.

Can Processed Foods Be Part of a Healthy Diet





What is processed food?

Most foods are processed – changed, prepared or packaged – in some way before we eat them. They fall somewhere on a spectrum from minimally processed (like salad mix, bagged dry beans, roasted nuts or frozen fruits and vegetables)

If you eat a lot of highly processed foods, you risk getting too much sodium, added sugars and unhealthy fats. Highly processed foods contribute almost 60% of calories and 90% of added sugars, according to a 2016 research study.

So what can you do if want to eat healthier?

- ◆ While it's tempting to throw all “processed food” under the bus, the reality is you can't avoid it entirely... nor should you!
- ◆ The key is knowing how to identify healthier processed foods and make smart choices in the grocery store and restaurants.

Choose healthier processed foods

◆ **Read food labels**

This is the best way to know exactly what's in a processed food. Choose products without a lot of sodium, added sugars, and unhealthy fats. Learn what to look for in the Nutrition Facts label, ingredients list and other package claims.

◆ **Enjoy frozen and canned produce**

Frozen and canned fruits and vegetables are convenient and affordable options that can be just as nutritious as fresh. Look for varieties without salty sauces and sugary syrups.

◆ **Make smart choices when eating out**

- ✧ Choose restaurants where food is cooked to order or there are designated healthier menu options. Communication is key.
- ✧ Ask how food is prepared, which items are made to order in-house vs. prepackaged, and if you can make substitutions.
- ✧ Request sauces, dressings and condiments on the side so you can decide how much is added.





Limit highly processed foods

◆ **Cook more meals at home.**

Preparing food at home gives you the control over what's added to it. It can save you money and be a great family bonding time.

◆ **Swap out highly processed foods with less-processed options**

- ✧ Make your own simple vinaigrette instead of buying bottled salad dressing.
- ✧ Add fruit to plain oatmeal, cereal and yogurt instead of buying the sweetened or flavored kind.
- ✧ Choose canned and frozen produce without salty sauces and sugary syrups.
- ✧ Slice up leftover grilled chicken for sandwiches instead of always using packaged lunch meat.

◆ **Grow fruits and vegetables**

- ✧ You'll love the taste of ultra-fresh produce, and kids may be more likely to try fruits and veggies they've helped grow!
- ✧ If you don't have a green thumb, shop the local farmers' market for fresh seasonal produce.

◆ **Snack smarter**

- ✧ Think crunchy nuts and seeds, cut-up veggies for dipping, fruits that hit the sweet spot, and easy homemade popcorn.
- ✧ Package up these healthier snacks in small containers and they're just as convenient as that bag of chips!



Watch out for sneaky sodium

More than 70 percent of the sodium comes from commercially processed and restaurant foods. In other words, we often don't even know we're eating it! And most of us are eating too much of it, which can lead to serious health problems.

- ◆ Check how much sodium is in each serving. Compare brands and choose the product with the lowest amount of sodium.
- ◆ Processed foods that can contribute a lot of sodium to your diet include breads, pizza, sandwiches, cold cuts and cured meats, soups, burritos and tacos, savory snacks, chicken, and cheese.
- ◆ And don't rely on taste alone. Foods with excess sodium sometimes don't taste salty, like some breads, cereals and pastries.



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