



Health Newsletter

-Generali China Life

June 2024



Historical Newsletters

Contents

P3

GCL Telemedicine Service
High-end Medical Insurance

P4

Disease Prevention
Understanding of Cataract

P8

Sports and Health
Yoga Tips for Beginners

P13

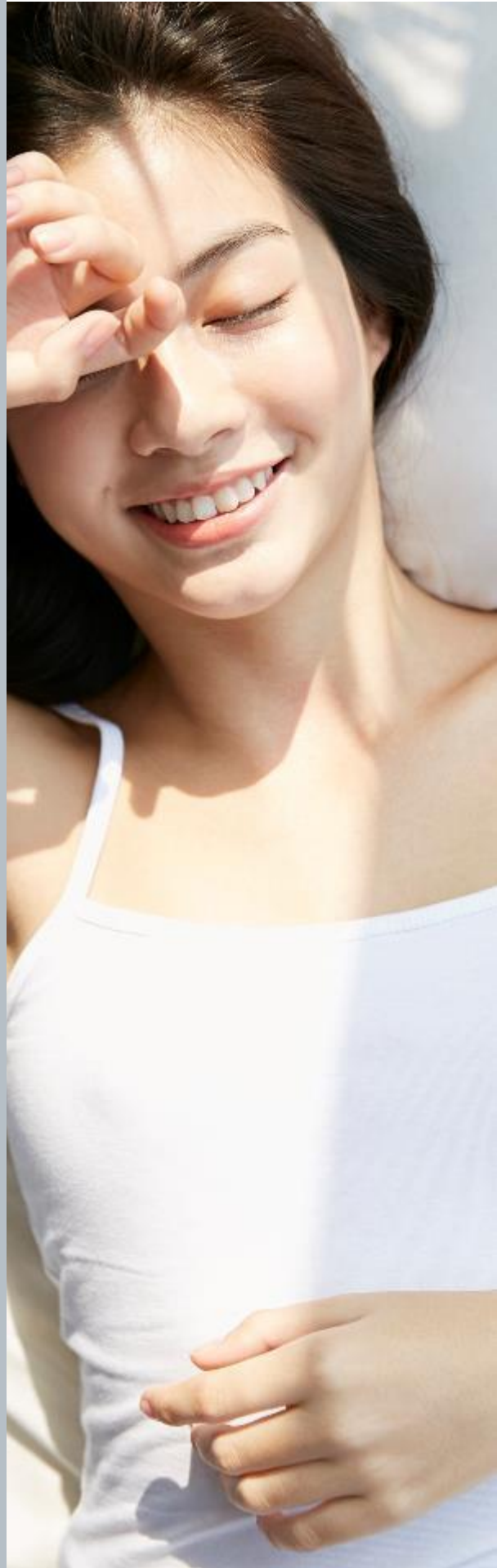
Bone Health
Protect Your Spine Health

P19

Healthy Life Style
Sleep Disorders & Healthy Heart

P23

Mental Health
Increase Your Emotional Value



GCL Telemedicine Service

Generali China has collaborated with Teladoc Health to provide High-End Medical Insurance Members with Telemedicine service, which includes "TALK TO A DOCTOR" and "EXPERT MEDICAL OPINION" service. The Teladoc Health is a globally renowned telemedicine service provider.

No matter where you are, you can communicate with a team of experienced physicians at the touch of a button from your phone or other mobile device. Locally licensed & clinically active senior doctors, with 10+ years of experience on average.

Teladoc Health will not disclose private information to any third party institution or individual without the permission or authorization of the member.

TALK TO A DOCTOR

Generali China has now collaborated with Teladoc Health to bring you an added benefit of your service pack – ‘Talk to a Doctor’ service, which includes both telephone/video consultation for General Practice and telephone consultation for Stress Management.



Clinically active physicians/
psychologists/counsellors
with 10+ years of experience
on average

Bilingual



General Practice

Consultation on daily health issues, interpreting health check reports, chronic disease management and general child health issues.

*Inapplicable Scenarios

Emergencies, unstable vital signs, adult issues other than the scope indicated in the applicable scenarios above, pediatric specialist consultations.



Stress Management

Provide professional guidance over the phone based on the member's emotional and stress issues.

*Inapplicable Scenarios

Long-term psychotherapy;
Diagnosed mental illness;
Urgent psychological intervention.



Download Generali China's
mobile App for service

9:00 – 21:00
Monday – Friday
9:00 – 18:00
on Weekends and
Public Holidays



Expert Medical Opinion

Expert medical opinion covers all members and their spouse and children under Generali's high-end medical group-insurance, which allows you to easily acquire medical opinions from global experts.

This service is provided by Teladoc Health, the global leader in virtual care consultation.

When to use EMO

- > Try to get alternative treatment plan
- > Confused with different diagnosis from different hospital
- > Seek support for major medical decision, e.g. surgery
- > Uncertain about diagnosis of severe illness, such as cancer (tumor)

How to request an EMO

- > Call Generali customer service center 400-888-7555
- > Contact your account manager to make appointment



1. Download Generali App by scanning the QR code, and log on your account

2. Click "Service-Equity Services -EMO Service Application" to make appointment



Scientific understanding of cataract

The hot summer has arrived now and what awareness do we need to pay attention to in addition to the sun protection measure? As the most common blinding eye disease induced blind, cataract is widely known. Data of WHO shows that cataract accounts for about 33% of all blind eye diseases. **According to the statistics of the Chinese Medical Association, the incidence of cataract in people aged among 60 to 89 in China is about 80%.** This June 6 is the National Eye Care Day, here we will talk about cataract.



What is cataract?

Cataract is the eye disease caused by the opacity of the lens of the eye. The normal lens is clear and transparent, and when the protein in the lens becomes denaturated and cloudy, it prevents the light from passing through the lens and light cannot focus on the retina. Thereby, cataract will occur and affect your vision. **In fact, many patients have cataract in both eyes.**

What are the types of cataract?

Senile cataract: It's the most common type of cataract which is associated with aging. **The prevalence of cataract will increase significantly in people over 50 years of age.**



Congenital cataract: Some babies are born with cataract, and some will develop the cataract in childhood, usually in both eyes.

Secondary cataract: It usually occur as the complication of the original disease, such as diabetes, and may also be associated with application of steroid medicine.

Traumatic cataract: Trauma to the eye can lead to traumatic cataracts, typically occurring years after an accident.

What are the risk factors of cataract?

Aging、Smoking、Alcoholism、Diabetes、Malnutrition、Excessive sunlight (ultraviolet) exposure、Use of steroid drugs.

What are the symptoms of cataract?

There is no significant change of vision in the early stage of cataract, and as the cataract gets worse, vision will gradually deteriorate. Some patients of cataract also experience temporary improvements in myopia, but eventually the vision loss gets worse.

Proteins in the lens begin to break down around age 40. **Generally you will not have apparent**

symptoms until reaching the age of 60 or later. Certain conditions, such as diabetes, may cause the cataract related symptoms earlier:

- Blurred, cloudy or foggy vision
- Glare or halos around lights
- Reduced night vision
- Double vision
- Visual discoloration
- Increased myopia
- Brighter light is needed for daily activities like reading

How do I know if I have cataracts?

If you have the cataract-related symptoms above, your eye doctor may order the following eye exams, including:

Vision test: Use an eye chart to measure your vision

Retinal examination: After the eyes are dilated with eye drops, the doctor will examine the retina afterwards.

Slit-lamp examination: The ophthalmologist uses a slit-lamp to inspect the structures of the front of the eyes.

Other test: such as eye pressure test and ultrasonography





Health advice for the patients of cataract unsuitable for surgery?

- Wear sunglasses to reduce glare when the sunlight is strong outdoors.
- Use a magnifying glass to help reading.
- Reading under the circumstance of stronger light.
- If headlights interfere with vision or cause glare, try to avoid driving at night.
- See your eye doctor regularly and adjust your glasses as needed.
- Actively control and treat diabetes.

How to treat cataracts?

Surgery is the only effective way to treat cataracts, especially when vision loss seriously interferes with the patient's daily life and work, surgery needs to be considered. Surgery is usually performed with a small incision to remove the cataract (also known as phacoemulsification) and intraocular lens replacement. **If both eyes have cataracts, the doctor will usually perform cataract surgery on both eyes separately.**



Can the cataract be prevented?

While aging is inevitable, there are still some positive steps you can take to protect your eye health and slow down the progression of cataract:

Quit smoking as soon as possible:

Smoking and exposure to secondhand smoke will increase the risk of developing cataract.

Healthy diet: The healthy diet rich in vitamins and minerals can reduce the risks of cataract, and some certain fruits and vegetables have many proven health benefits, such as citrus, tomatoes, peppers, kiwi, nuts

Limit alcohol consumption:

Drinking too much alcohol will increase the risks of cataract.

Avoid excessive UV exposure:

Wear the sunglasses or UV protective glasses during the outdoor activities.

Treatment for diabetes: Actively controlling blood sugar level can help slow down the development progress of cataract.

Regular eye examination: Regular eye exams can help detect the cataract and other eye problems at an early stage.

Finding A Different Yourself: Yoga Tips for Beginners

Yoga is one of the most popular exercises around the world that combines breathing, exercise and meditation. Since it was developed from India more than 100 years ago, yoga quickly spread around the world and has been revered for its numerous physical, mental and spiritual benefits to the human body.



Studies have shown that yoga can be helpful with stress management, alleviate depression and anxiety, improve the mood and sleep quality. In addition, yoga has been shown to increase the flexibility, improve balance and coordination of body as well as reduce pain, and increase strength. This June 21st is the International Yoga Day, today let's talk about yoga.

How to get started with Yoga?

Yoga is an inclusive pattern of fitness that allows you to find the suitable type of yoga for you, regardless of your physical condition, age, gender or physical capability. Here are some tips for you to get started well:

Understand Yoga: It is very important to understand the origins, philosophy, and different types of yoga before starting to practice. You can read yoga books or search for information on the Internet to get a preliminary understanding of yoga.

Find the right Yoga coach: It is very important to find an experienced yoga coach to guide your practice.

Yoga coach can help you understand yoga postures and breathing properly and avoid injury.

Start with Yoga Basics: As a beginner, it is recommended to start with basic yoga exercises such as yoga asanas, breathing exercises, and meditation. Gradually increase the difficulty and challenge, improve their practice level.

Be consistent: Yoga is a consistent practice instead of a quick reward. Keep a certain amount of practice duration every day, and gradually improve your yoga level.



Choose the right style of yoga:

There are many styles of yoga, such as Hatha yoga, Ashtanga Yoga, Viniassa Yoga, etc. Beginners can experiment with different styles and find a practice that works for them.

Hatha yoga: It tends to be suitable for beginners because of its slower movements.

Vinyasa, Ashtanga and Power Yoga: It may be more challenging, depending on the level of teaching.

Iyengar Yoga: Great attention is paid to proper alignment and props are often used to help students perfect their form.

Kundalini Yoga: It means "spiritual energy or life force located at the base of the spine". In Kundalini yoga, practitioners use breathing exercises, body postures, chanting, and meditation to release this energy.

Precautions in yoga practice:

Dress properly: When practicing yoga, it is recommended to choose comfortable and flexible sweatpants or shorts, as well as close-fitting tops or consider wearing comfortable and sweat-wicking yoga clothes. Shoes are not recommended when practicing yoga, as yoga is generally practiced barefoot. You can also wear yoga socks to prevent your feet from slipping.



Maintain an empty stomach when practicing yoga: it is recommended to practice on an empty stomach when practicing yoga, to make the body more comfortable and reduce gastrointestinal discomfort. Being Fasting can also lead to warm up to yoga, improve your concentration, ease your breathing and improve meditation. In addition, drinking water is not recommended during yoga practice. Because drinking too much water when practicing yoga can also cause physical discomfort. It is recommended to drink water about 20 minutes after you finish yoga practice.

Regulate breathing: Breathing is very important during yoga practice. **Pay attention to the depth and rhythm of the breath and match it with the postures of the asana to help relax and focus.**

Pay attention to your body: Yoga practice is a gradual progress, do not force yourself to complete the very challenging poses. **Taking care of your body and avoiding injury are the priorities.**



Meditation practice: Meditation is an important part of yoga practice. It helps to calm the mind and improve concentration. Beginners can try simple meditation exercises and, as they get deeper, try more advanced meditation techniques.

Keep practicing: Yoga is the exercise that requires long-term commitment. As long as you keep practicing for a long period, you will see the significant changes.

Pace yourself: Everyone's body and receptivity are different, so don't try too hard to be perfect. Instead, make it with your own pace and achieve the improving progress gradually.



Important tips for yoga beginners?

Generally, beginner yoga classes will start with basic practices of breathing and postures. These basic practices are very important for beginners as they are the foundation for achieving a higher level of yoga practice.

When you master the basic asanas and breathing methods of yoga, you will feel positive changes in your body and mind. The following tips are very important for beginners in yoga:

Mastering the correct breathing methods: Breathing is the soul of yoga, and mastering correct methods of deep breathing and meditation can help you better manage your emotions and relax your body and mind.

Master basic postures: Basic postures are the basis and prerequisite for reaching a higher level of yoga.

Try to establish the philosophical mindset of yoga: Yoga is not only one way of training your body, but also the philosophy of life and spiritual cultivation. Try to establish the philosophical mindset of yoga to help you reach the deeper understanding during yoga practice.



Protect Your Spine Health

This June 16th is the Father's Day. Therefore, the whole month of June is full of deep love for fathers, and Generali China want to give the most sincerely blessings and greetings to all fathers. Currently, cervical spondylosis, lumbar spondylosis and other spinal health problems are quite common and highly prevalent. In this issue, we talk to you about how to protect your spine health.

Importance of the spine

If we think the head is the first lifeline for the human body, then the spine is also known as the "second lifeline of the human body". The spine, as the central axis bone of the human body, has multiple functions such as support, protection and movement. It supports our head, internal organs and limbs, and protects important structures such as the spinal cord and nerve roots. At the same time, the spine is also involved in the movement of the body, allowing us to bend, twist, walk, etc.



Common spine problems and suggestion

Cervical spondylosis:

Looking downward at cell phones and computers for a long time can easily lead to excessive fatigue of the cervical spine and cause cervical spondylosis. It manifests itself as neck and shoulder pain, stiffness, hand numbness, and even affects head rotation.

How to choose the right pillow

One-third of life is spent in bed, **the height of the pillow has a direct impact on the cervical spine, the best pillow should be able to support the physiological curve of the cervical spine and keep the cervical spine straight.** Pillow should have elasticity and stability, pillow core to heat compression sponge pillow core is appropriate.

How to choose the correct posture

The main cause of cervical spondylosis is incorrect posture at work and study. The best working posture is to keep the neck straight, slightly leaning forward, do not twist, tilt; work more than 1 hour, should rest for a

few minutes, do some neck exercises or massage; should not head on the bed or sofa armrests to read books, watch TV.



Herniated lumbar discs

Long-term sedentary, stooping and other bad postures will easily damage the lumbar intervertebral discs, leading to lumbar intervertebral disc herniation. It manifests itself in symptoms such as lumbar pain and radiating pain in the lower limbs.

How to prevent lumbar disc herniation?

First, pay attention to sitting posture. Try to maintain an upright posture, because when you keep your back upright, the lumbar spine is loaded with the least force. For example, when driving or sitting in the car for a long time, stretch your spine, try to avoid bending, so as not to lead to the lumbar force increase. It is recommended that you get up about an hour to move around, stretch your waist and do stretching, which can relieve the fatigue caused by long hours of bending of the waist.

Secondly, try to avoid repeated bending, and avoid repeatedly bending to carry heavy things. Because in the process of bending, or bending to move heavy things, bending leads to lumbar spine further increase in force. Therefore, when lifting weight, you need to squat down and straighten your back to lift it and minimize the force on the lumbar spine.



Caring your spine and stretching your spine

Maintain the correct posture: When you are standing, walking or sitting, you should maintain the chest and abdomen, back straight posture. Avoiding prolonged bowing of the head, stooping and other unhealthy posture. At the same time, lying down is also helpful for your lumbar spine health.

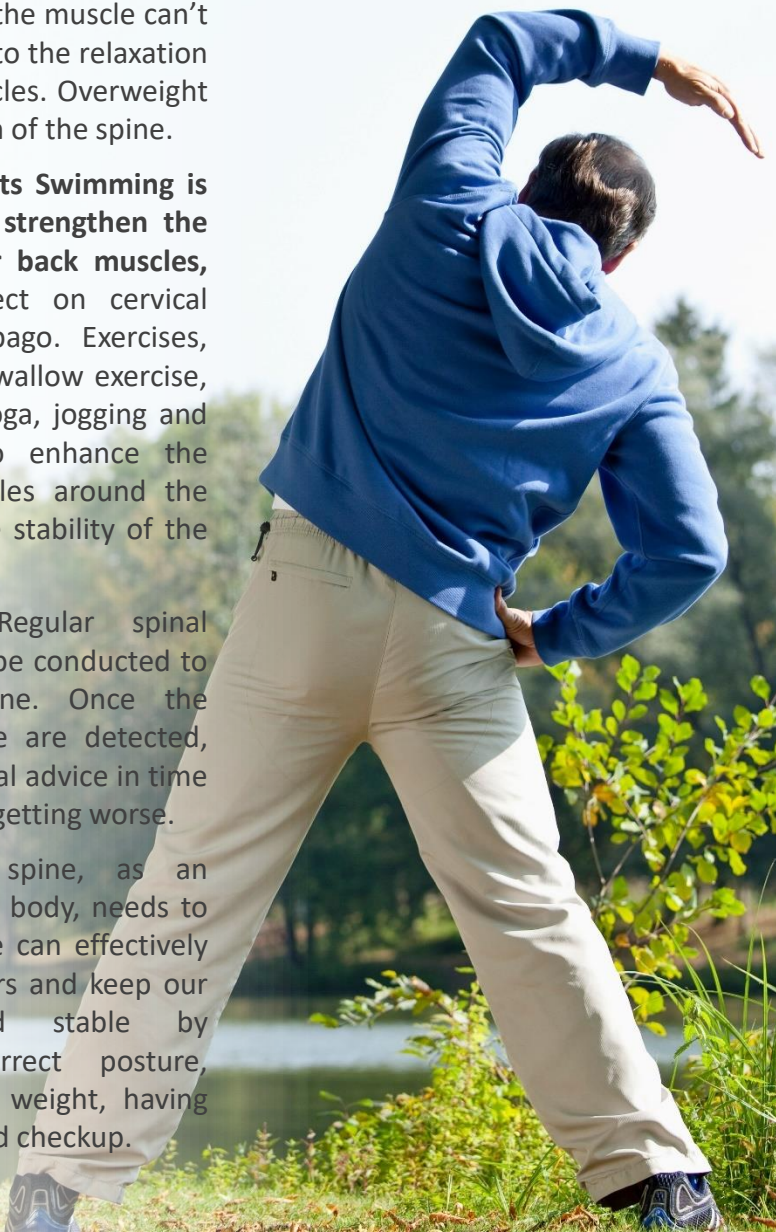
Keep the right weight Obesity will bring excessive load to the spine, and at the same time, and the muscle can't support the spine due to the relaxation of the abdominal muscles. Overweight may cause deformation of the spine.

Choose the right sports Swimming is an effective sport to strengthen the strength of the lower back muscles, which has good effect on cervical spondylosis and lumbago. Exercises, such as plank, flying swallow exercise, five-points exercise, yoga, jogging and so on, also help to enhance the strength of the muscles around the spine and improve the stability of the spine.

Regular Checkup: Regular spinal checkup is advised to be conducted to understand your spine. Once the abnormalities of spine are detected, you should seek medical advice in time to avoid the condition getting worse.

In conclusion, the spine, as an important pillar of our body, needs to be cared correctly. We can effectively prevent spinal disorders and keep our spine healthy and stable by maintaining the correct posture, keeping healthy body weight, having the regular exercise and checkup.

Generali China will also organize and provide customized spine care programs according to the needs of corporate customers, please contact your employee welfare account manager for details. Let's take care of our spine and stretch for the healthier life!





SLEEP DISORDERS VS HEALTHY HEART

Getting enough sleep (7-9 hours for adults), and restful sleep, is essential to good heart health. More than 80 different sleep disorders have been identified. The most common are insomnia, narcolepsy and sleep apnea. Research has shown they may increase the risk of cardiovascular disease (CVD) and hurt heart health.

How sleep disorders hurt heart health?

Poor sleep, often caused by sleep disorders, contributes to risk factors for CVD such as:

- Obesity, high blood pressure and diabetes
- Stress
- Inflammation
- Depression

Insomnia

Insomnia keeps people awake or sleeping fitfully, leading to daytime drowsiness and causing memory and cognitive problems.

About half of people in the U.S. experience shortterm insomnia. Chronic insomnia affects 6% to 10% of the population. People with insomnia may have:

- 45% higher risk of CVD
- 54% higher risk of stroke within 4 years

Narcolepsy

People with narcolepsy experience excessive daytime sleepiness and have trouble regulating their sleepwake cycles.

Narcolepsy may affect more than 200,000 people in the U.S. They are at greater risk for:

- High blood pressure
- Heart attack
- Heart failure
- Stroke

Sleep apnea

People with sleep apnea can't breathe normally during sleep. The stop-and-start breathing makes it hard to get enough oxygen and disturbs slumber. About 30 million people may have sleep apnea, though far fewer are diagnosed. Sleep apnea has been linked to higher rates of:

- High blood pressure
- Stroke
- Coronary artery disease
- Heart failure

What to do now

If you think you have a sleep disorder, consult with your doctor promptly. If you've been diagnosed with one, get with your doctor about how to address your risk of CVD.



Increase Your Emotional Value

As the value metrics become broader, emotional value has gained more attention and weight. In this article, **we are going to explore the concept of emotional value and how we can develop a deeper understanding of our own traits in order to increase our emotional value.**



Emotional Value

The Emotional Value in Relationships

When we talk about emotional value, we are speaking in the context of social interaction between people. **Emotional value means one's ability to influence or affect someone else's emotions in a positive way.** To put it simply, it is about an individual communicating positive feelings to another person and bring out positive emotion of that person through their interaction.

So what can we do to increase our emotional value? **The first step is to have a good understanding of ourselves and our dispositional affect, our strengths and weaknesses.** This will help us better manage and regulate our emotion. On this basis, we then are able to communicate positivity to the people around us without projecting our own emotion on to them.

Dispositional Affect

Dispositional affect refers to a personality trait or overall tendency to respond to situations in stable and predictable ways. It determines how we interpret and respond to different social situations. It plays a big part on the way we experience, regulate and communicate our emotion. Dispositional affect has different dimensions and characteristics, including but not limited to the following:

Emotional stability is about an individual's emotional response to stress and challenges. People with higher level of emotional stability tend to be able to stay calm and emotionally stable when experiencing stress whereas people with lower level of emotional stability experience emotional turmoil more often.



Emotional sensitivity is about an individual's sensitivity to emotion. People who are sensitive to emotion experience them more intensely than those who are not so sensitive. They are also good at expressing and communicating their feelings and emotion.

Emotional adaptivity is about an individual's ability to regulate and communicate their emotion according to the environment they are in. People with a higher level of emotional adaptivity are more capable of manage their own emotion regardless of the situations and challenges.

Emotional character traits could be inherent or develop later in life influenced by an individual's upbringing, experiences, and social environment, which means that emotional character traits can be adjusted and changed.

Once you have gained a good understanding of your own emotional character trait, you may start consciously cultivating a positive mentality within yourself. This will help you enhance your emotional stability and adaptivity, and increase your emotional sensitivity so you can bring emotional value to the people around you.



Cultivate Positive Mentality

Positive mentality is the mental state in which an individual is engaged and enjoys the present moment. In such a state, the individual experiences happiness, satisfaction, content, and comfort, and views the world through a positive lens. It is about staying in the present moment and experiencing the here and now.

Below is some of the practices that you may try to cultivate a positive mentality:

Mindfulness: practice mindfulness and meditation will help you stay in the moment and connect with your senses, and experience here and now.

Practice gratitude: spend a few minutes a day to be grateful for the lovely things, people, and experiences in your life. This will increase and reinforce the feeling of positivity and happiness.

Stay positive: try to look at things through a positive lens in your life. This will help you regulate the negative emotion.

Share with others: share your happy moments with others will enhance the feeling of happiness and joy and also help build a positive and closer connection with others.

Exercise: appropriate amount of exercise will help your body release endorphins and other hormones that increase the feeling of happiness.

Self-care: keep a healthy diet and routine, maintain quality sleep, and stay connected with people will all help regulate emotion and increase self-positivity.

Hobbies: develop hobbies that you enjoy and find interesting. This will help you feel engaged in life and have fun.

These practices may help you gradually develop a positive mindset and better regulate your emotion. You may then bring your positive presence to the people round you. This will help increase happiness in your relationships.





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