



2014年03月08日 | 第13期

欧乐旅行援助时刻在您身边

健康速递 Health Issues

三月养生之道 March Health Corner

惊蛰时节,乍暖还寒,气候比较干燥,容易使人口干舌燥、外感咳嗽。此时饮食宜清淡,少油腻和刺激食物。三月欧乐女性关爱月,随时为您提供贴心服务。

At the solar term of waking of insects, the weather is barely warm but still sometimes cold and dry, which may cause sore throat and cough. Food with light oil is recommended during the season, greasy and pungent food should be avoided. Special service and care at ERV women's health care Month.

● 动动手脚赶跑春困

做头皮操

方法: 双手十指自然屈指并拢,将指尖皮肤轻触于头皮上,自前向后、自中向两侧,对整个头部皮肤有力地划摩数次,直至自我感觉头部皮肤放松,微热即可;按照上述自前向后、自中向两侧的顺序,对整个头部皮肤进行较有力的一点一点按压10次,按压时宜用指腹,切忌用指甲按压;最好每天早晚各做一次。

伸拉运动

方法: 伸拉运动包括头屈伸颈式、屈颈耸摇双肩式。最简单的如站立,双脚平行打开与肩宽,双臂展开做扩胸动作,每次舒展扩胸3-5分钟,同时活动颈部、耸双肩、左右转体,并进行深长呼吸。还可以面对墙壁,站直身体,用双手尽量去摸天花板,深呼吸然后吸气,慢慢仰头,将身体微微后仰,尽量提起髋部,缓缓地将两臂向周围及背后伸展,同时慢慢呼气。

● Use your hands and feet off spring fever

Scalp Massage

Step 1: Put your fingers on the top of your scalp and gently scraping from front to the back and from the middle to the ear side, repeat the movement for few times until you feel relax on and little bit warm on the scalp.

Step 2: When you finish the step 1, you can use your fingers to press the skin of you head from front to the back and middle to the ear side, repeat this movement for 10 times.

Please use your finger pulp but not the nails which is very easy to hurt yourself. Do this massage in the morning to refresh yourself and night for a good sleep.

Stretch exercise

Step 1: Stand evenly on both feet, back straight, feet shoulder width apart. Clasp hands behind your back and squeeze shoulder blades together to open your chest. Take a deep breath and in the meantime move your neck and head from left to right. Keep it form 3-5 minites.

Step 2: Stand evenly on both feet, face to the wall, look up and leaning back, try to touch the ceiling as much as you can. Clasp hands on the back of your head and squeeze shoulder blades together, in the meantime take a deep breath.



三月关爱月 Special Promotions

● 3月美华女性体检ASOG Special Promotions

带上您的闺蜜来美华妇科体检, 妇科体检2000元套餐, 两人尊享, 一人免单, 3月1日~31日。

Gynecological check-up packages value of 2000 RMB. Bring your friend and get one Health check package for free

妇科体检2000元套餐包含项目:

Gynecological check-up packages (value of 2000 RMB)

*医生诊疗费500元(Consultation Fee 500RMB)

*B超费700元(Ultrasound 700RMB)

*宫颈涂片800元 (Pap Smear 800RMB)

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3月1日-3月31日

Women's Day

2 妇科体检

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>> 欧乐新服务介绍 ERV'S new services

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ERV, the travel insurance division of the ERGO Insurance Group, is represented in over 20 countries as one of Europe's leading providers. As an innovative service company, we are always close to our customers.

● 关爱家人，关注口腔保健 Care for your family Care for their teeth

口腔保健是大家越来越重视的问题，无论您是否享受口腔保健的保障，相信您仍希望有更加多样的选择。

欧乐通过评估各类客户的就医习惯与就医感受，首先在北京、上海、广州、深圳、杭州、厦门等6个城市甄选多家优质外资口腔诊所，比如瑞尔齿科、德真会齿科、佳美口腔等，以优惠的价格为客户提供一次性的口腔检查、全景牙片、洁牙及抛光等服务项目，且凭洗牙卡可以享受后续治疗的费用折扣。

了解更多信息请拨打010-84416610

Dental health is calling more and more attention nowadays, and no matter you have dental benefit or not, we think another option of dental care will always be a bonus.

After reviewing and grading the professional partners which are deeply cooperating with us, ERV selected several outstanding dental clinics for our clients in Beijing, Shanghai, Guangzhou, Shenzhen, Hangzhou and Xiamen in order to provide our new independent dental care service, including an annual teeth check, full mouth X-Ray, scaling and polishing with an amazing low price, and the following treatments are going to get discount as well. The dental clinics includes Arrail Dental, Tokushinkai Dental and Jiamei Dental.

For more detailed information please kindly dial 010-84416610



● 口腔诊所介绍 Dental Clinics' Link

瑞尔齿科：北京、上海、广州、深圳、杭州、厦门
Arrail Dental : Beijing, Shanghai, Guangzhou, Shenzhen, Hangzhou, Xiamen

德真会齿科：上海
Tokushinkai Dental: Shanghai

拜尔口腔：上海
Ibyer Dental: Shanghai

佳美口腔：北京
Jiamei Dental: Beijing



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To your advantage, please contact our **24 Hour Helpline** before you go to see a doctor. If you have any questions, please do not hesitate to contact us by phone. **email at china@ervchina.com**

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