



2014年04月03日 第14期

欧乐旅行援助时刻在您身边

健康速递 Health Issues

关注健康，舒缓压力

Boost Health & Pressure relief

五一小长假将至，谁都需要时不时休息一下。说不定此刻你就需要休息。或许你会说太忙没空休息，要么当下根本就无法脱身。倘若如此，说明你确实今天就得歇一歇。

The May day is nearly! We all need a break at one point or another, but perhaps you need one NOW. You may say that you are absolutely too busy to take a break or there is no way that you can let go right at the moment. These are both signs that you need a break TODAY.

如果你发现自己也有下面这些情况，说明你有必要关掉电脑、丢开报告、花一天时间好好休息一下了。

If you find yourself saying any of the following, it's time to take a day off and turn off the computer and all of your notifications and get away.

● 一天只有24小时 There is Only 24 Hours in a Day

你是不是总觉得一天的时间不够用、事情总也做不完？你是不是像没头苍蝇似的到处乱撞？若持续下去，你肯定会一直赶不上趟。你的日程排得太满、能完成的任务却寥寥无几！

Are you one who says that there is never enough time in the day to get everything done? Are you running around somewhat like a chicken with its head cut off? If you continue at this pace, you will always be behind. You are putting tons of items on your plate and only a few items are getting completed.

● 没有社交生活 Your Social Life is Non-Existent

若果真一语击中，那你绝对需要休息。据说很多人临死之前最后悔的就是没多花点时间陪陪亲友。你想成为那样的人吗？

If this phrase rings true, then you definitely need a break. It has been said that not spending enough time with friends and family is one of the top regrets of people on their deathbeds. Do you want that to be you?

如果你经常错过小孩的活动、好友的重要时刻，或你的家人常常不清楚你身在何处，那么休息绝对是迫切之需。

If you are missing your children's events, missing momentous occasions from your best friends, and your family has no idea where you are at, then a break is long overdue.

● 好几个月没去健身了 The Gym Hasn't Seen You in Months

你并未抱恙受伤。以前，你每周有五天会去健身；现在，你朝九晚五地忙碌，如果到了健身时间，你会挤出20分钟来运动，为睡眠和健身之间寻求平衡。

You have not had any injuries. You used to be at the gym five out of the seven days a week, and now you are so busy working from sunrise to sunset. If anytime fitness was closer, then you would try to squeeze in a twenty minute workout, but it is a balancing act between sleep and working out.

● 改变会让你措手不及 A Change Throws You for a Loop

你灵活变通吗？是否讨厌改变？改变带来机会并创造生活新视觉。但是，如果你总试图掌控生活的方方面面，根本不留任何变通余地，要是有人提出改变会面时间，你甚至会心生嫌恶，那么你对需要深呼吸、给自己放一天假！

Are you flexible? Do you hate change? Change is what should bring you opportunities and a chance to see life in a new perspective. However, if you are continually trying to be in charge of every single aspect of your life without allowing room for change and absolutely detest when someone asks to change a meeting time, then you definitely need to take a deep breathe and schedule a day off.

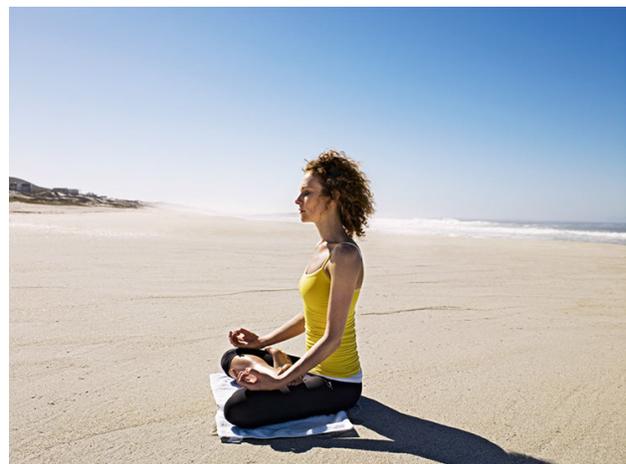
● 在办公室吃饭 You Have Dinner at the Office

你总是订快餐、然后在办公室解决吧？是不是还一边盯着电脑咀嚼、一边想着某个任务今晚必须搞定？如果你连30分钟都抽不出来、无法保证不接电话不干活、安静轻松地吃顿饭的话，那可得分找原因、暂时避开工作了。

Does ordering in for dinner and having it delivered to the office ring a bell? Or what about eating in front of your computer telling yourself that this last deck must get out tonight? If you cannot take 30 minutes to de-stress and eat in a peaceful (note: mobile and work free) environment, then you must start to ask why and make yourself distance away from work.

如果你发现自己也有以上情况，那么该休息一下了。接下来，请给自己安排一天假：不回邮件，不接电话，不想任何工作事情，好好放松自己。

It's time for a break if you can check off one of these items. Lastly, schedule a day to disconnect. No email. No calls. No thinking about the to-do lists. A day to yourself.



>> 欧乐新服务介绍 ERV'S new services

欧乐旅行援助(北京)有限公司(欧乐)是欧洲旅行保险集团全球专业救援平台的重要组成部分,专为中国保险公司的被保险人提供国内及全球的保险理赔和紧急援助服务。随着市场的变化,欧乐也在不断探索更多元化的服务以满足各类客户的需求。

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.

● 关注孩子们的口腔保健 - 窝沟封闭 Care for children's dental health

近年来,我国儿童口腔疾病的发病率呈不断上升趋势。儿童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,以优惠的价格为儿童客户提供一次性的口腔检查、窝沟封闭、洁牙等服务项目,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电话010-84416610
Incidences of dental diseases among children are a growing trend today in China. Children 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, dental sealant, scaling with an amazing low price, and the following treatments are going to get discount as well. For more detailed information please kindly dial 010-84416610

每个宝宝在生长过程中,都会面临着牙齿被蛀的风险,大部分的宝宝偏爱吃甜食,喜欢碳酸饮料,使得脱矿过程加剧,钙离子少了,牙齿不再坚固,细菌却附在牙齿上产生酸性物质,牙齿就易龋坏。

涂氟可以起到保护牙齿的作用,加上正确的刷牙护牙方法和定期的到医院检查,可以有效防止龋齿的发生,即使有些小问题,也可及时得到治疗。同时咀嚼齿(俗称大牙)的表面都是凹凸不平的,凹陷的部位就叫窝沟。如果发育不好,这些窝沟非常深,食物和细菌嵌塞进去,很容易发生龋齿。

“六龄齿”就是蛀牙的好发部位,它是萌出时间最早的恒磨牙,其咀嚼功能最强大,也最容易发生龋病,甚至造成过早脱落,所以保护儿童的第一恒磨牙很重要。

作为爸爸妈妈的你,要时刻关心宝宝的牙齿健康,窝沟封闭是预防恒磨牙窝沟龋的最有效方法。

Sweet food & sodas lead to early tooth decay. Fluoride treatment, together with the correct method of brushing teeth can protect your child's teeth effectively. Though regular dental checkups can timely find a problem and solve it.

Your child's six-year molars are prone to decay due to the deep grooves on the chewing surface, known as pits and fissures. These irregularities make them difficult to thoroughly clean, making them prone to early tooth decay.

Six-year molars are our first permanent teeth, and are the main teeth used for chewing through out life. They are also the most easy to decay. Our modern diet of starchy, sticky foods make it very necessary to protect these teeth. Dental sealants are the most effective way to prevent early tooth decay and a life time of dental treatments. As a parent, you can you're your child on a healthy path by sealing your child's teeth.



● 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

在您需要医疗服务时,可先拨打我们的**24小时服务热线**,以便充分保障您应有的权利。如需任何服务,请随时通过电话或邮件联系我们。

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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24小时服务热线

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