

WORLD ENVIRONMENT DAY 5th JUNE

Some easy tips to save the environment



FOOD SAFETY DAY 7th JUNE

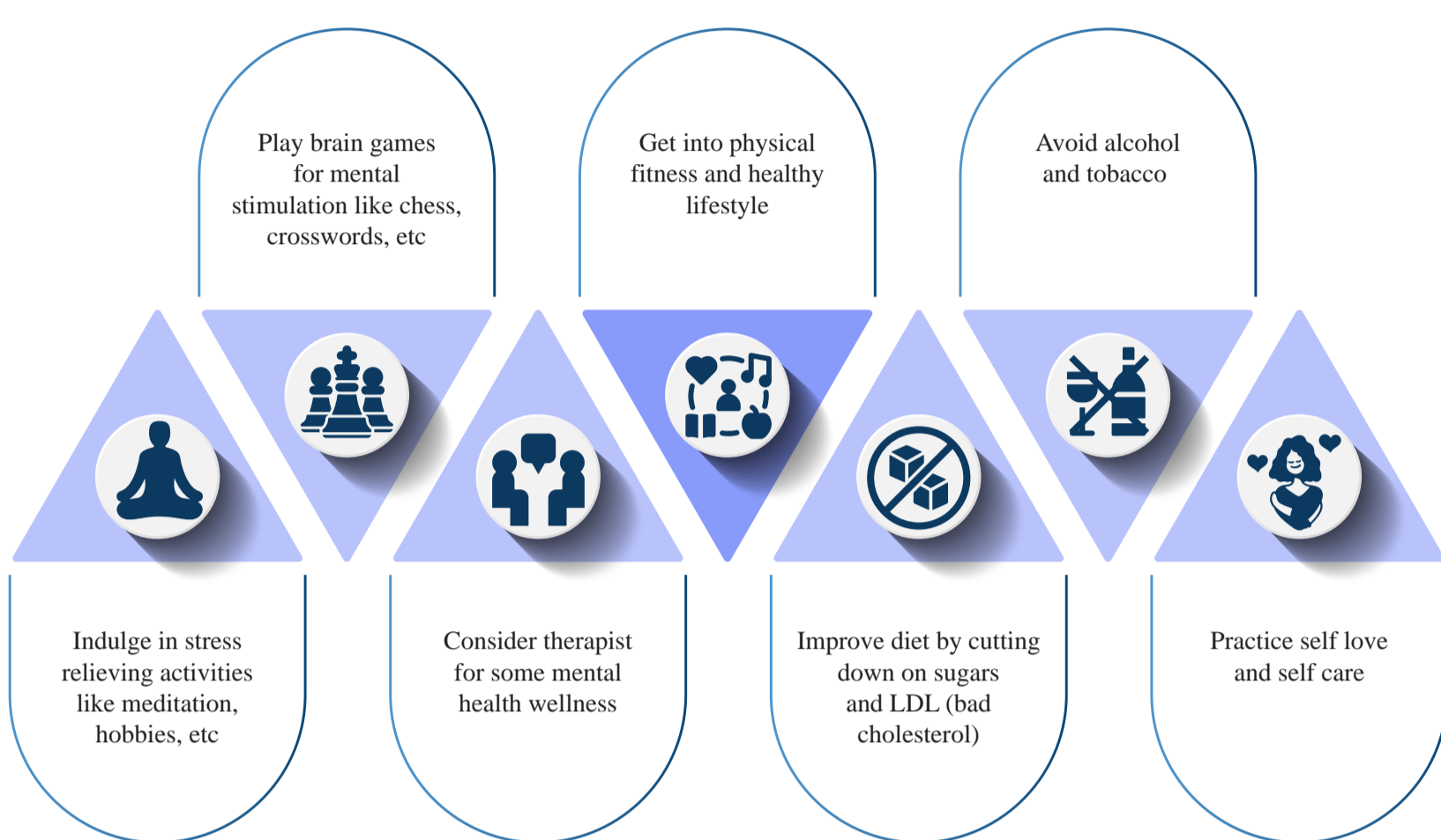
How to ensure the food you are buying is safe?

- 1 Check dates: both manufacturing and expiry dates
- 2 Do not buy stuff close to expiration
- 3 Choose reputable brands
- 4 Choose packaged foods over loosely sold food items
- 5 Check FSSAI and/or FDA approval
- 6 For meat, vegetables and fruits, try buying from vendors who sell only fresh produce and not frozen products



WORLD BRAIN TUMOR DAY 8th JUNE

Some easy tips to keep your brain young and healthy



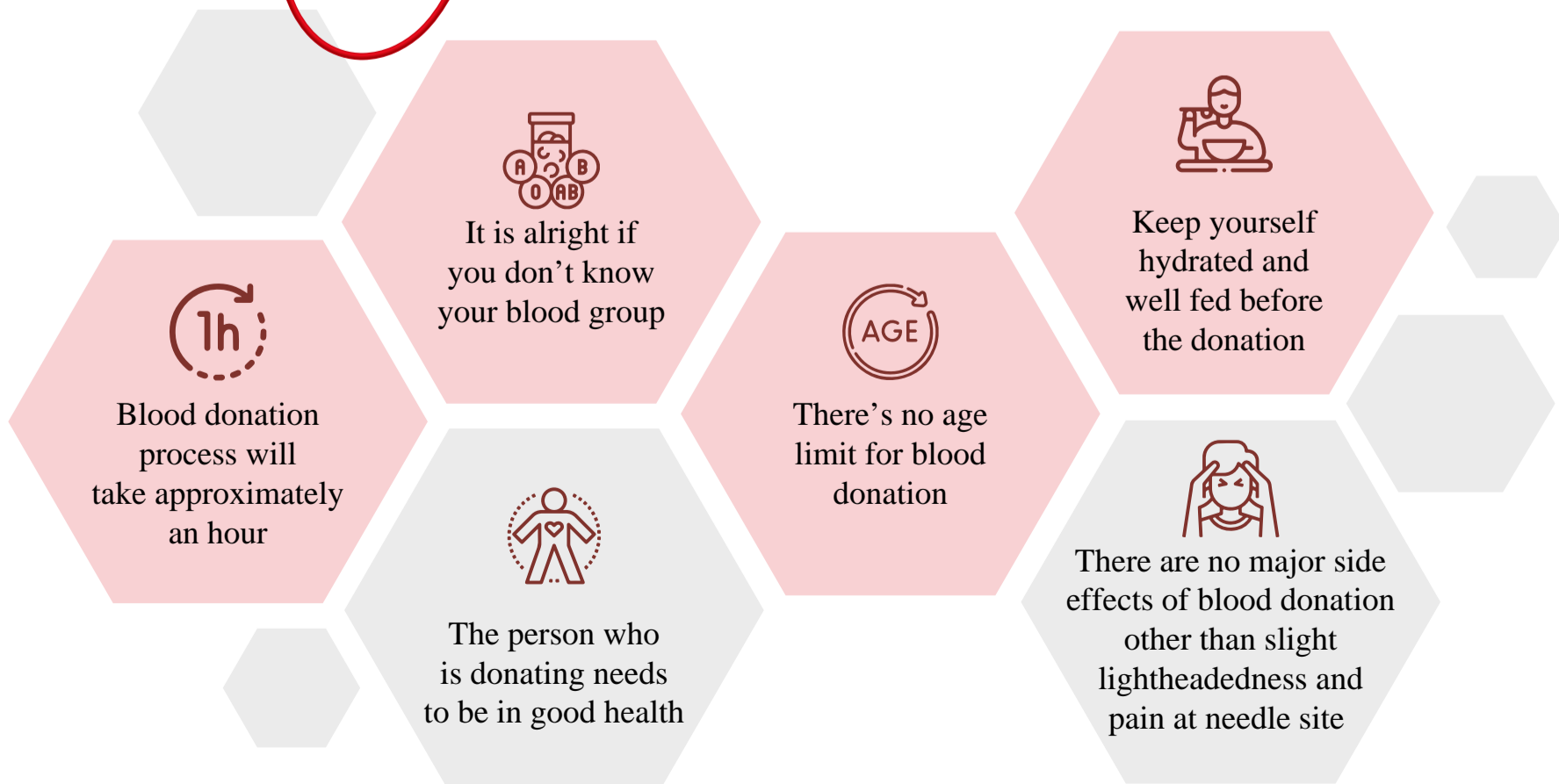
INTERNATIONAL DAY OF YOGA 8th JUNE

Some Yogasanas for wellness



WORLD BLOOD DONOR DAY 14th JUNE

Things you need to know before you donate your blood



How to Sleep Better?




Ideally a person should sleep for 7 to 8 hours every night




Avoid consuming caffeine in the form of coffee or tea; 2 hours prior of your sleep time



The signs you did not have a proper sleep are red eyes, tired body and frequent breakouts

Avoid exposure to screen at least an hour before you go to bed



Indulge in some sleep meditation or white noise while sleeping for a peaceful night's sleep










Use aromatic candles and switch off all lights to fall asleep quickly








SOME EASY SWAPS FOR BETTER HEALTH



SWAP THIS

FOR THAT

-  Sugar
-  Regular Tea
-  Full Fat Milk
-  Fried Snacks
-  Bike Rides
-  Elevators
-  Wheat Rotis

-  Stevia
-  Green Tea
-  Soya Milk
-  Healthy Snacks
-  Walks
-  Stairs
-  Multigrain Rotis

CHILL PILL CORNER



Kid to nurse: You people are outdated, don't you have wireless system?

For feedback and employee benefit requirement please write to sales.healthbenefits@jbbodamail.com

CIN: U66010MH2002PTC138193 License Number: 133 (17 Mar 2021 to 16 Mar 2024) Copyright © 2020 J.B. Boda. All rights reserved.
 J.B. Boda Insurance and Reinsurance Brokers Pvt Ltd – Registered Office Maker Bhavan 1 Churchgate, Mumbai – 400020, Maharashtra, India. <https://jbbodagroup.com>

Disclaimer : By using or accessing the brochure, you agree with the Disclaimer below without any qualification or limitation. The statements made in this brochure are only for information purpose and not for the purpose of medical advice or guarantee of outcome. If you need medical advice, they should consult a doctor or other appropriate medical professional. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. does not assume liability of the information on this brochure and no representation or warranty has been expressly or impliedly given as to its accuracy, completeness or correctness. The information provided has been gathered from reputable sources such as the website of Ministry of Health and Family Welfare. However, J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. is not responsible for errors of omissions in reporting or explanation. No individuals should use this information contained in this brochure for self-diagnosis or self-treatment any health related condition. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. reserves the right to modify, alter, add and delete any one or more of the information provided in the brochure. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. shall be under no obligation to notify you of the amendment to the information. No warranties or assurances are given regarding the accuracy of the information supplied in this brochure, and that no liability will accrue to J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. in the event that you suffers loss as a result of reliance upon the information provided in this brochure. You are responsible for your health and safety at all times. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. does not warrant that any insurance related information provided in this brochure, represents coverage provided to any insured, or are consistent with any present, future, local, state, or central laws, administrative rules, or prevailing case law. Any reference to insurance documents is only for general information and should not be used to claim coverage under any insurance policy.