



J.B.BODA



WHealth

Health - Your Ultimate Wealth

*Celebrating
International Women's Day*

MARCH 2023



J.B.BODA

8 INTERNATIONAL WOMEN'S DAY

MARCH #EMBRACEEQUITY

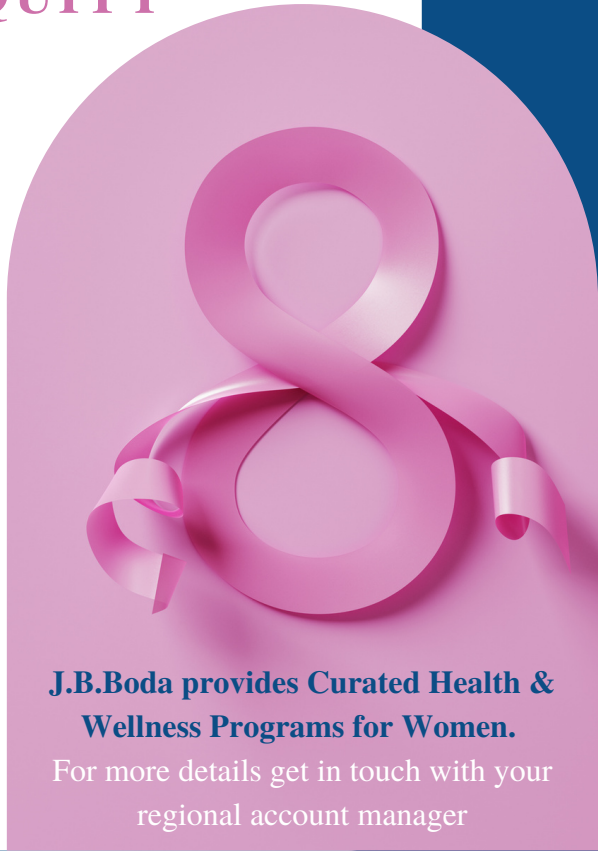
International Women's Day is celebrated annually on March 8th to honor the achievements of women and to raise awareness about the challenges they still face.

This year's theme, #EmbraceEquity, aims to get the world talking about why "equal opportunities are no longer enough."

Despite significant progress in recent years, women around the world continue to face discrimination and inequalities in many aspects of their lives, from the workplace to the home.

To truly embrace equity, we must work together to address the root causes of gender inequality and take action to ensure that all women are able to thrive.

On this International Women's Day, let us celebrate the achievements of women and commit to working towards a future where every woman has the opportunity to reach her full potential, free from discrimination and inequality.



J.B.Boda provides Curated Health & Wellness Programs for Women.

For more details get in touch with your regional account manager

5 HEALTHY HABITS FOR WOMEN



Maintain a Balanced Diet



Skin Care is Important



Work Out is Key



Keep Yourself Hydrated



Self Acceptance

Did You Know: There are special Insurance Products Designed for Women that cover Critical Illnesses like Breast & Cervical Cancer





J.B.BODA

17 NATIONAL MARCH SLEEP DAY

TIPS TO IMPROVE SLEEP HYGIENE



Avoid caffeine : Caffeine can keep you awake, so avoid drinking coffee, tea, & other caffeinated beverages in the afternoon/evening.



Create a relaxing bedtime routine: Take a warm bath or shower, listen to calming music, or read a book to help you unwind before bed.



Exercise regularly: Regular exercise can help you fall asleep more easily and improve the quality of your sleep.



Make your bedroom comfortable: Keep your bedroom cool, quiet, and dark, and make sure your mattress and pillows are comfortable.



Stick to a sleep schedule: Try to go to bed and wake up at the same time every day, even on weekends and holidays.



Limit screen time: Avoid using electronic devices, such as smartphones and tablets, in the hour before bedtime.



24 WORLD MARCH TUBERCULOSIS DAY

5 WAYS TO PREVENT TUBERCULOSIS



Get a BCG Vaccination



Nutritious Diet



Good Hygiene



Avoid Exposure to people with Active TB



Visit a Doctor for early detection & Treatment

Know Your Policy

Sleep Apnea & Tuberculosis can be covered in your Group Health Policies



J.B.BODA



FUN FACT

The human nose can detect over one trillion different scents! Our sense of smell is incredibly powerful and can have a big impact on our overall health and well-being. Certain scents, such as lavender or eucalyptus, have been shown to have a calming effect and can help to reduce stress and anxiety. Other scents, such as peppermint or lemon, can help to boost energy and improve focus. So, next time you need a little pick-me-up, try inhaling some of your favorite scents!

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

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 in 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.

WHealth
Health - Your Ultimate Wealth