

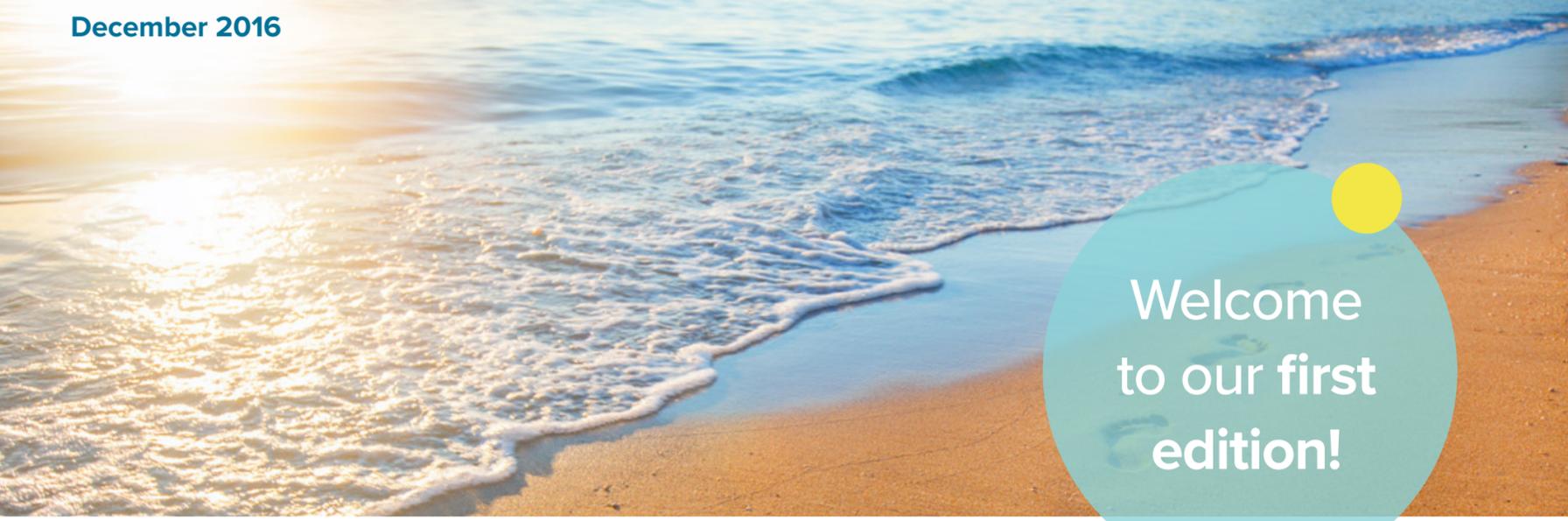


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YOUR CARE

NEWSLETTER

December 2016



Welcome
to our first
edition!

Dear Member

We know that living with a chronic condition can be challenging at times. That's why our YOUR CARE team looks forward to providing you with important information to help you achieve your personal health and wellness goals. And with the festive season approaching, what better time to start making healthy choices that will positively impact your quality of life.

Yes, it's that time of the year again. From the decorated trees to the Christmas stockings, fragrant candles and incense, the holidays are upon us! But while the celebrations might be joyful for some, they have the potential to quickly become considerably less cheerful for people suffering from allergies and asthma. If that's you, we've included an article on how to keep the triggers of allergies and asthma at bay this Christmas.

As many people will be travelling for the holidays, we offer some useful advice on how, with proper planning and preparation, it is possible to enjoy an occasional getaway if you have a chronic condition. And you can do so without putting your health at risk or missing out on all the fun.

When it comes to the festive season, it's easy to overindulge and eat more than you should. But do you really want to undo all your healthy choices from during the year? If not, read more about how to have (some) cake and still stay healthy.

And lastly, if you're experiencing 'year-end fatigue', it's important to let your body slip into relaxation mode. We've included some helpful tips on how to remind your body to relax.

Enjoy the read and happy holidays!

YOUR CARE Support Team



Allergies? Asthma? Triggers to avoid this Christmas

Christmas doesn't have to be a nightmare for people with allergies and asthma, provided you know how to identify the triggers and take action.

[Read more ...](#)



Swap your way to healthy festive food

The holidays are a time for celebration, and with every celebration comes good food and overindulging. Beat the festive season food coma with some healthy food swaps.

[Read more ...](#)



On the road? Don't let your chronic condition derail your trip

Travel is how some of our best memories are made, but it can be challenging if you have a chronic condition. It doesn't mean you can't go on holiday from time to time though.

[Read more ...](#)



Destination relaxation ... slip into relaxation mode

Are you experiencing 'year-end fatigue' - feeling listless, grumpy and out of fuel? The only way to pull yourself out of the burnout slump is to slip into relaxation mode.

[Read more ...](#)