

MONTHLY NEWSLETTER

“ When it comes to your health you deserve the best from the best, we understand that's why we strive to deliver you the best. ”



“If you want to be more productive at work you have to become the master of your minutes.”

Ideas to keep you in schedule

Set a time limit for each task and work with full focus



Prioritize & highlight the most important tasks



Eliminate time wasters like gossip, extended frivolous chats, browsing internet aimlessly etc.



Create a to-do list and tick as and when you finish the task



Arrive early at work and use first 30 morning every morning to plan your day



Say "No" where required as you cannot be everywhere at once



Ask for help and where required, delegate the work



Block distractions especially using social media for personal use



Avoid procrastination
Do it now rather than postponement for later



Schedule time for breaks and unplanned tasks



Fact

Myth

Cancer is incurable

Cancer, if treated in the early stages, can be successfully cured with proper medication and medical processes.

Did You Know?

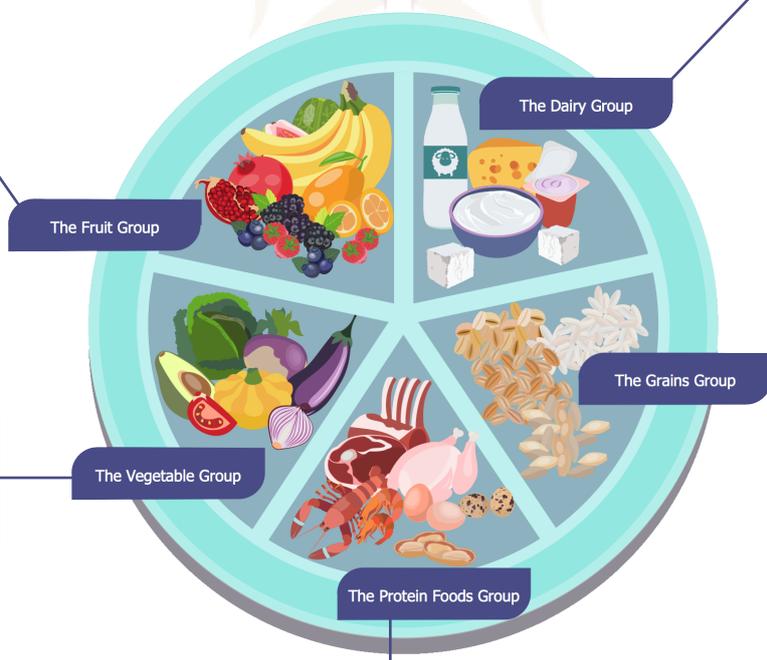
It has been found that higher intake of citrus fruits can decrease the risk of certain types of cancers that include pancreatic and stomach cancers

Dairy products are healthy foods and considered nutrient-rich because they serve as good sources of calcium and vitamins

Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C

Dietary fiber includes the parts of plant foods that our body doesn't breakdown to absorb. Fiber helps control blood sugar levels

Food items containing monounsaturated and polyunsaturated fats can help lower the cholesterol levels in the body





UAE IS ALL SET TO TACKLE OBESITY



Mohap initiative to tackle obesity and related issues in UAE

UAE aims to reduce childhood obesity from 14.4% to 12% by 2021.

70% of Emirati youths are overweight. Obesity has become one of the biggest issues faced in the country.

"Obesity is a serious health problem that leads to physical, mental and emotional illnesses," said Nouf Khamis Al Ali, Deputy Director of Health Education and Promotion Department at the Ministry of Health and Prevention (Mohap) during the UAE Obesity Conference 2019 themed 'It's time to act on obesity'.

The UAE, as part of the National Agenda for obesity, aims to reduce childhood obesity from 14.4% to 12% by 2021 and sustain or halt the rise in overweight and obesity among adults.

"About 34.2% of students drink carbonated soft drinks one or more times a day; only 15.7% were physically active at least 60 minutes per day in a week; 59.7% spent three or more hours per day sitting and watching TV, playing computer games or chatting with friends; and, 77% ate fast food once or more in a week. This data has showed the areas to work upon for the government. We are one of the countries with challenges of weight issues."

Al Ali announced the launch of an initiative by the ministry, named Ma'kom (With You) with an aim to encourage the residents to do physical activities by adopting a simple lifestyle. There are four principal pillars of Ma'kom: for healthier life, for an ideal weight, for an active lifestyle and for a balanced diet.

Dear Readers

We feel proud to inform you that Aafiya is once again in News for its efforts in the Healthcare sector. We thank our Clients and Partners for the trust that they have shown in us. It is because of your support that reputed News Agencies like **Khaleej Times, Health Magazine** and **UAE News 24/7** covered our efforts.

Proud Moment



Aafiya has announced its association with "TRUDOC", with an aim to serve the community. The partnership opens up tremendous benefits for Aafiya members, in a move that harnesses innovation in telemedicine and meets the goal of prioritizing patients. Aafiya members will now have 24x7 access to highly trained doctors and wellness experts who can manage healthy, acute and chronic condition via voice and video calls, anytime, from, anywhere in the world.

Aafiya and TRUDOC jointly launched the NEW DAHAB premium health card which will provide amazing benefits to their customers, this new collaboration is an amalgamation of unconditional customer support and healthcare. The highly trained and licensed doctors are available round the clock and practice Evidence Based Medicine through NHS International Guidelines to achieve the best clinical outcomes, to give you what you really need, and NOT what you can afford.

UAE News 24/7

HOME ABOUT US CONTACT ADVERTISE

Aafiya Revolutionizing The Healthcare With Digitizing Healthcare Service

Aafiya, dedicated to providing the optimum customer services in the field of healthcare and improving the lifestyle of its members, has served more than 1 million extremely satisfied customers in UAE as well as expanding its presence in Oman, Kuwait, Bahrain, Egypt and India Soon. Multiple times voted as the one of the best TPA in the UAE Healthcare Industry, it has won many other prestigious awards for its unparalleled customer support and services.

Aafiya revolutionized health insurance with the launch of premium service "DAHAB" in 2017 that addressed discrepancies between client's healthcare requirements and their lifestyles. In a nutshell, Dahab has

Now, Aafiya has announced its association with "TRUDOC", with an aim to serve the community. The partnership opens up tremendous benefits for Aafiya members, in a move that harnesses innovation in telemedicine and meets the goal of prioritizing patients. Aafiya members will now have 24x7 access to highly trained doctors and wellness experts who can manage healthy, acute and chronic condition via voice and video calls, anytime, from, anywhere in the world The partnership is the outcome of understanding the significance of digitizing healthcare services in a fast-paced life, achieving growth and sustainability in the sector. The collaboration introduces an innovative and pioneering

الصحة HEALTH

ANNUAL RADIOLOGY MEETING 2019

The Premier Radiology Event in the Middle East

15 - 17 October 2019

Dubai International Convention & Exhibition Centre

ABOUT US SUBSCRIBE PRINT VERSION BLOG HEALTH N US HEALTH N LIFESTYLE MEDIA CENTER EDITOR'S CHOICE COMPETITION EVENTS

SEARCH

Aafiya Revolutionizing the Healthcare with digitizing healthcare services

October 21, 2019

LIMITED PERIOD OFFERS ONLY

BRAND	IGNIS
CONSUMER OFFER*	₹25,000
EXCHANGE OFFER	₹20,000
CORPORATE OFFER	₹7,000
TOTAL SAVINGS*	₹52,000

T & C apply* KNOW MORE

IGNIS

AWARDED TOP 10 HEALTH MAGAZINE

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Read the Editor's Mind

Dear Readers

Customers' satisfaction is our priority. We thank our Customers and Partners for their trust in us and the constant love and support that we get from them.

Proud Moment



Aafiya bags Global Business Insight Award 2018 as the Most Innovative Health Insurance Services Provider 2018 - UAE.

Cheers to such moments of pride

Take a Chill Pill





*“May your Life gets
abundance of Laughter,
Joy and Opportunities
May Allah Bless you Greatly!”*

Aafiya
wishes you and your family
a Happy and Blessed
Milad Un Nabi

