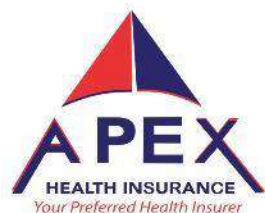


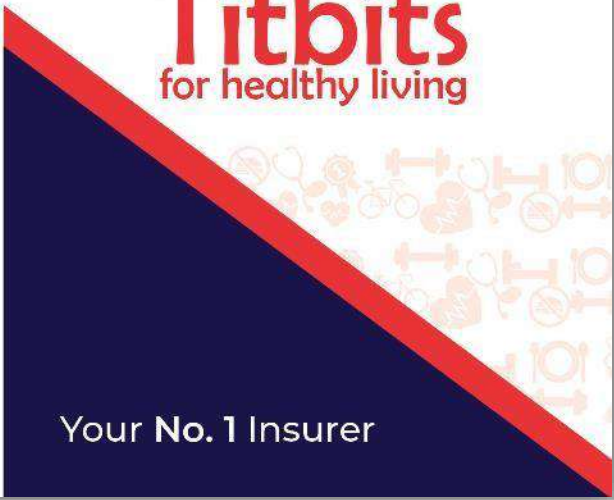
My Portfolio



Elizabeth E. G. Amponsah



**Health
Titbits**
for healthy living



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Take a **Daily WALK**

- to maintain a healthy weight and lose body fat
- to prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes
- to improve cardiovascular fitness
- to increase energy levels, improve your mood, cognition, memory and sleep
- to improve your balance and coordination
- to strengthen immune system, reduce stress and tension

Drink **Water**

It flushes bacteria from your bladder

It aids in digestion

It prevents constipation and normalizes blood pressure

It cushions your joints

Protects organs and tissues

Regulates body temperature.



Benefits of Well Balanced Diet

Manage a Healthy Weight

Support a Strong Immune System

Increase Your Energy Level

Save on Medical Expenses

Reduce the Risk of Chronic Illness

Slow the Effects of Aging

Help You Live Longer

Improve Your Mental Health and Wellbeing

An **Apple**
a **Day**
Keeps the
Doctor Away



What you **NEED** to **KNOW** about **Cholesterol**

There are two types of Cholesterol

The LDL (Low Density Lipoprotein - Bad cholesterol)
The HDL (High Density Lipoprotein)- Good Cholesterol

You can't **LIVE** without it

Out of every three **ADULTS**,
ONE has high cholesterol

High cholesterol could be genetic



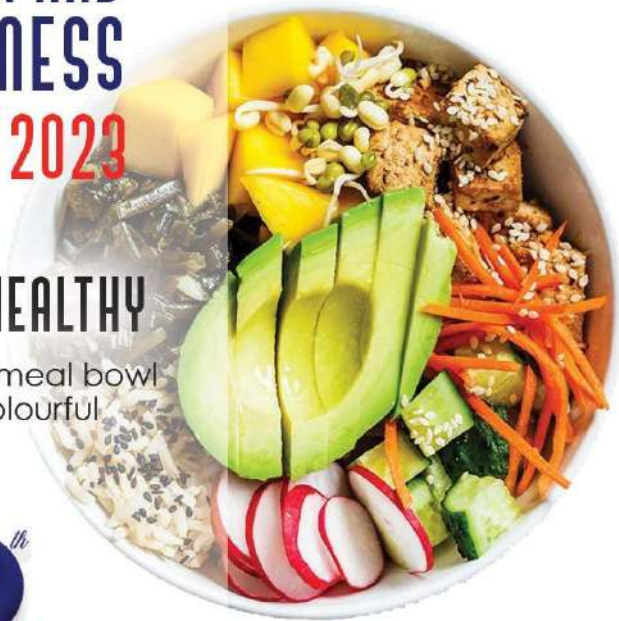
Natural
ways of
reducing

Cholesterol

- Eat more plant based protein
- Concentrate on fruits, vegetables, whole grains, and beans
- Check your fat intake
- Reduce the intake of refined grains such as white flour
- Keep walking



HEALTH AND WELLNESS GOALS 2023



EATING HEALTHY

Your bowl meal bowl must be colourful



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HEALTH AND WELLNESS GOALS 2023



STAY HYDRATED

Drink at least 8 glasses of water



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Consider these factors

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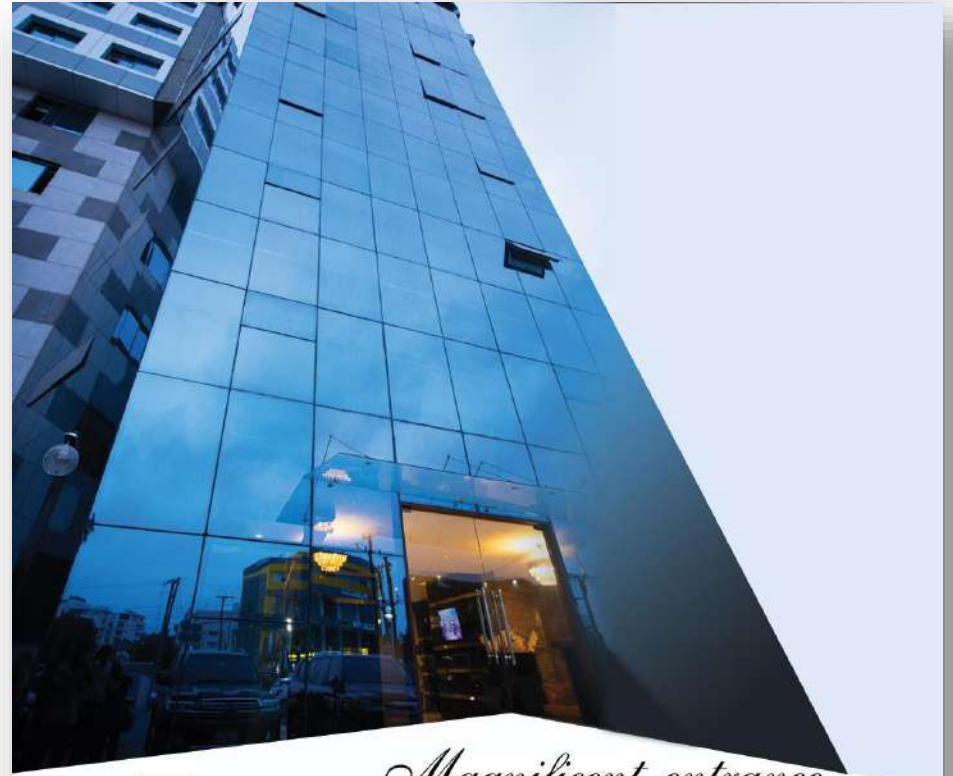
swipe to the left



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Happy International Women's Day

#EMBRACE EQUITY | iwd23



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Think Health

Think Apex



#Thinkhealth
#Thinkapex

10th Anniversary celebration
A decade of working together to make Ghana Healthier

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APEX HEALTH INSURANCE LTD

ISSUE NO.: 001

APRIL 2023

NEWSLETTER



Inside this Issue

- 01. Apex 10th Anniversary Launch
- 02. Medicine Delivery Services
- 03. Health and Wellness Corner
#Apexhealthtbits

ISSUE NO.: 001 APRIL 2023

Apex Health Insurance @10



Apex Health Insurance Launched its 10th Anniversary on the 28th of February, 2023. It was launched under the theme, "Working together to make Ghana Healthier".

The event was attended by Stakeholders, member from sister companies, dignitaries within the insurance fraternity not forgetting the National Insurance Commission.

The guest of honour Mr Isaac Yankson who also happens to be a past CEO of Apex Health congratulated the current management for their outstanding performance and charged them to keep up the good work in raising the bar of excellence in the Insurance Industry particularly the health insurance sector.

As part of commemorating the anniversary, the Anniversary cloth was unveiled to dimax the event.



Medicine Delivery Services

Apex Mobile Medicine Delivery Service

Please follow these steps below to place your Medicine Delivery Order

Make A Request-

A picture of the prescription and insurance ID card should be sent via whatsapp number to make a request.

Destination:

Medication will be delivered to client's corporate office. Deliveries are made within the Kumasi Metropolis.

Packaging:

Ordered medications are packaged and delivered in a signed and sealed envelope with all confidentiality protocols applied.

Delivery Timelines:

Prescribed medications will be delivered within 24 hours upon request.

Delivery Acknowledgement:

Clients must acknowledge receipt upon delivery and hand over

For Kumasi, Call
0501 530 569
0506 667 857

If you are in Accra, Call
0540 126 265



Health and Wellness Corner

What is a Sedentary Lifestyle?

It is an adopted lifestyle where a person indulges in a lot of sitting and lying down, with very little or no movement or exercise



The effect of Sedentary Lifestyle

You burn fewer calories which may lead to weight gain, lose muscle strength and endurance. Your bones may get weaker and lose some mineral content. Your metabolism may be affected, and your body may have more trouble breaking down fats and sugars.

Your immune system may be affected. You may have poorer blood circulation and your body may have more inflammation and you may develop herniated disks.

Try Office Workouts too

Get up from your chair and move around on least once an hour. Stand when you are talking on the phone and take the stairs instead of the elevator.

Use your break or part of your lunch hour to walk around the building and rather stand up and walk to a colleague's office instead of sending an email. Try "walking" or standing meetings with co-workers.

#Apexhealthtbits

G's greenery | Ten²⁵



Sip N Succulents
Sip, paint and plant

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G's greenery
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☎ 0242 586 559

📷 g's_greenery



G's Greenery & Ten25 Cafe
present

Sip N Succulents

Sip, paint and plant

Come decorate a pot,
plant and take it home.

Comes with a glass of
drink and spring rolls

**Venue: Ten25 Cafe Beaufort
Ridge Apartments - North Ridge**

27
MAY
2023

2
PM

GHC
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Thank You

ELIZABETH ESI GYEKEYEWAH AMPONSAH

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