

THE BDHL BUZZ



BDHL Charity Event 2018

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On Friday 18th May 2018, the day before Prince Harry married Meghan Markle, the whole BDHL team including some family members and two dogs set off on our 12.5 miles sponsored walk.

BDHL were walking in aid of The Pickering Cancer Drop in Centre based in Tunbridge Wells. The Centre provides vital support for anyone who has been affected with cancer. Continue reading this article on www.bdhl.co.uk/news



BDHL

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See us at:
www.bdhl.co.uk

There's still time to Donate

3 ways to donate

- 1) Through our Fundraiser page
<https://uk.virginmoneygiving.com/BDHL>
- 2) Cheques made payable to The Pickering Centre can be sent to: BDHL, 17 Mount Ephraim, Tunbridge Wells, Kent, TN4 8AE
- 3) Cash – please drop by our offices to make a cash donation: BDHL, 17 Mount Ephraim, Tunbridge Wells, Kent, TN4 8AE



We really do appreciate your generous support, THANK YOU!

Going to University? First time away from home?

FACT

Universities have links with specialists such as psychiatrists, physiotherapists and counsellors.

Dental treatment on the NHS is the only service where you must contribute to the costs of your treatment.

All students up to the age of 25 are eligible to be part of the NHS vaccination programme.

Before you start university confirm with your GP that you have received two MMR vaccines.

The Men ACWY vaccine protects against four causes of meningitis and septicemia – MEN A, C, W and Y diseases.

Drinking water can help to reduce the risk of cancer, help fight infection, aids healthy skin and heart and improves overall productivity.

Student Healthcare Advice

If you are a parent or student be organised and stay health whilst studying.

BDHL's quick checklist.....

Register with your local GP:

It is important to register with a local GP that is closer to where you are living as a student. This way if you do require emergency care you will have access to health services quickly. This is vital if you are on medication or suffer from a health condition such as asthma, diabetes or epilepsy.

Register with a dentist:

GP's are unable to assist with dental emergencies or treatment. Therefore, it is vital to also register with a local dentist. It is also important to go for regular check-ups as prevention is always better than cure.

Check your vaccinations:

It is advised to check that all your vaccinations are up to date, including your annual flu jab. Students should also be immunised against mumps before starting studying. The MMR vaccine is part of an NHS childhood schedule, this means that young people who have grown up in the UK will have two doses. All students are now eligible for a vaccination to prevent meningitis W disease.

Maintain a healthy lifestyle

It is important to maintain a healthy lifestyle whilst studying. Find the right balance between work and social. If workload becomes too stressful then speak to a tutor or councillor. Eating fruit and vegetables can help maintain energy levels and concentration, try to keep fast food to a minimum. Drinking lots of water can help the body to stay refreshed and only moderate alcohol intake. Avoid illegal substances and smoking which are damaging to the body and can cause serious illnesses.

Consider student health insurance

There is specialist insurance cover available for students. For students studying in the UK or abroad, from contents and possessions insurance to accidental damage to landlord property affordable cover can be sought.

To find out more speak to a member of the team on **01892 891900**

Employee Benefits Live 2018

This year EBLive is at the Excel Arena in London – Royal Victoria Dock E16 1XL. BDHL will again be exhibiting at the show.

The exhibition takes place on 2nd and 3rd October 2018 and is a great opportunity to find out about industry trends and how other businesses are creating their reward packages.

BDHL are stand C84 Come and Visit the team of health and protection specialists for all your wellbeing employee benefits.

How to stay healthy whilst travelling abroad

Whilst travelling abroad for a holiday or on business it is important to be vigilant about your health before, during and after your time away from home. A health issue abroad could potentially be more dangerous and impact on an employee's return to work.

Deep Vein Thrombosis (DVT)

- ✓ walk and stretch your legs and ankles on a flight
- ✓ wear comfortable clothing and compression socks
- ✓ drink 1 litre of water for every 5 hours of flying, avoid drinking alcohol and caffeine

Jet Lag

- ✓ ensure you eat all your meals and go to bed according to the arrival time zone
- ✓ spend time outside to encourage your body to adjust to the time zone

Food and Drink

- ✓ wash your hands before eating or cooking
- ✓ carry a hand sanitizer
- ✓ ensure all food is cooked properly
- ✓ drink bottled water, avoid ice cubes and brush your teeth with bottled water
- ✓ consider a pre/pro biotic supplement

Sun safety

- ✓ stay hydrated and allow for climatization
- ✓ wear loose fitting light weight clothing and a hat and sunglasses
- ✓ ensure you have a high SFP sunscreen on
- ✓ stay inside during the middle of the day when the sun is at its strongest

Bites and stings

- ✓ use insect repellent
- ✓ any swelling, seek medical attention immediately

Insurance Protection

- ✓ travel insurance will provide cover for medical bills or if something goes wrong.

Continue reading this article on www.bdhl.co.uk/news

General Data Protection Regulation - GDPR

The General Data Protection Regulation (GDPR) came into force with effect from 25th May 2018. GDPR is a new global regulation that will provide greater level of control and protection for clients.

BDHL have audited all our processes to ensure that we are compliant with GDPR. You should have all received letters stating the changes that BDHL have implemented and opting back into BDHL's database. BDHL will remain transparent with how we collect our client's data, how it is used, how we store our data and who it is shared with.

If you have any questions, please contact the team on 01892 891900 or email enquiries@bdhl.co.uk

Complimentary Audit

BDHL are offering all our clients a complimentary audit of their employee benefits.

This will include commentary on:-

- 🌀 Premium Competitiveness
- 🌀 Compliance with legislation
- 🌀 Benchmarking and trends
- 🌀 Claims analysis (where applicable)
- 🌀 Recommendation for review



Call today on 01892 891900 or email your account manager

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