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## 信諾客戶通訊 CIGNA CUSTOMER NEWSLETTER

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Enroll Cigna Senior Life Plan online today!



If undelivered, please return to 15/F, 28 Hennessy Road, Wan Chai, HK.

# 預防癌症有辦法

## Three Ways to Safeguard Yourself Against Cancer

癌症是香港的「頭號殺手」，但其實很多癌症都是可以預防的，而且辦法非常簡單。

Cancer is one of the deadliest illnesses in Hong Kong. Follow these simple tips and a diagnosis of cancer doesn't have to be fatal.

1



**定期進行身體檢查** - 據估計，大約三分之一的癌症死亡個案是可以預防的。如果能儘早發現，甚至可以治癒。

**Get regular check-ups** - Around one in three cancer deaths are preventable and can be cured if detected early enough.

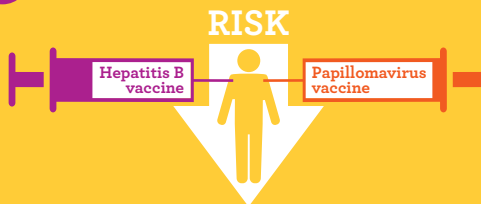
2



**採取健康的生活方式** - 戒煙戒酒、健康飲食及多做運動能有效控制癌症形成。

**Adopt a healthier lifestyle** - Quitting smoking and drinking, starting to eat better and exercise more can all help stop cancer in its tracks.

3



**注射預防疫苗** - 乙型肝炎疫苗及人類乳頭狀瘤病毒疫苗 (HPV) 能安全而有效地減低患上因病毒感染而引起癌症的風險。

**Get immunized!** - Hepatitis B and the human papillomavirus (HPV) vaccines are two safe, highly effective immunization initiatives that can help reduce the risk of infection-related cancers.



提提您!  
*Top Tip!*

藍莓擁有豐富的營養價值，包括高濃度的抗氧化劑、抗炎化合物及其他植物化學成份，有助預防多種癌症相關疾病。

Nutritional superstars, blueberries are rich in antioxidants, anti-inflammatory compounds and other phytochemicals, which offer effective protection against many types of cancer.

## 信諾貴賓會優惠讓您盡享美食 Savor Culinary Delights with Cigna Club

貴為信諾的尊貴客戶，您可尊享我們為您精心挑選的一連串健康生活禮遇。信諾貴賓會於本季為您帶來以下美食優惠，讓您盡情享受。其他精彩優惠，請瀏覽[www.cigna.com.hk](http://www.cigna.com.hk)。

As our valued customer, you can enjoy a range of exclusive privileges brought to you by Cigna Club. Take advantage of mouthwatering culinary value with this quarter's new offers! Please visit [www.cigna.com.hk](http://www.cigna.com.hk) for other exciting offers!

凡於香港逸東酒店都會自助餐廳惠顧自助晚餐，可享「買四送一」優惠。

Enjoy "Buy 4 Get 1 Free" dinner buffet discounts at Metro Buffet & Grill at the Eaton, Hong Kong!



凡於「HeyYO!! Frozen Yogurt」選購1磅或以上雪糕蛋糕、忌廉蛋糕或芝士蛋糕，可享85折優惠。

Save 15% on 1lb or over ice-cream, cream and cheese cakes at "HeyYO!! Frozen Yogurt"!



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## 信諾耆安人壽保全新網上投保服務 Enroll Cigna Senior Life Plan online today!

信諾耆安人壽保是市場上少數專為55至85歲長者而設，無需驗身，不問健康狀況，保證承保的人壽保險計劃。現只需登入 **www.55to85.com**，便可即時報價及投保。透過簡單步驟，客戶任何時候、足不出戶都可購買此計劃，即時獲得保障，更可享受**高達8折的保費優惠**！

Unique in the market and specially tailored for people aged from 55 to 85, Cigna Senior Life Plan guarantees acceptance and requires no medical examination or health questions. Now you can get a quote and apply for the plan anytime directly online, and enjoy up to **20% premium discount!** Simply go to **www.55to85.com** to complete a few simple steps and get immediate protection.



**報價及投保**  
**Quote & Apply**



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The above information is for reference only. For complete explanation of terms and conditions of the product, please refer to our website and policy provisions.

## 信諾香港連續10年榮獲「商界展關懷」大獎 Cigna HK granted 10th Consecutive Caring Company Award

我們連續10年榮獲香港社會服務聯會頒授「商界展關懷」大獎，以表揚我們多年來一直對關懷社群、愛護環境及關心員工等三方面的貢獻。獲頒10年「商界展關懷」大獎不僅是對我們發揮良好企業公民責任的一種嘉許，也肯定了我們10年來一直積極參與公益活動及回饋社會的努力。

We are proud to have been awarded a coveted "10 Years+ Caring Company Award" from the Hong Kong Council of Social Service in recognition of our continued efforts in giving back to the community over the past 10 years! The award is a testament of our commitment to better care for the community, the environment and our employees which sustains our business.



## 登記電郵即享優惠

## Register your e-mail to enjoy Special Privileges!

為讓您更方便快捷地收取我們的最新保險產品及優惠資訊，請即登記電郵地址！

新登記電郵地址的客戶更可獲贈**Ice Cream Gallery之港幣10元現金卷\***！

Register to receive our latest products and promotions updates via e-mail and a **HK\$10 discount coupon from Ice Cream Gallery\***!

### 登記方法 To register:

① 瀏覽  
Visit

[www.cigna.com.hk](http://www.cigna.com.hk)

②

致電2560 1990，選擇語言後按9字

Call 2560 1990 and press 9 after language selection



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[www.icecreamgallery.com.hk](http://www.icecreamgallery.com.hk)

\* 優惠期至2014年9月30日，並受條款及細則約束。

Promotion is valid until September 30, 2014. Terms & conditions apply.



如您選擇不收取信諾的推廣資訊，請您郵寄至信諾資料私隱主任，香港灣仔軒尼詩道二十八號十五樓〔請注明你的全名及聯絡資料以便核實〕或致電 2560 1990通知我們。

If you do not wish to receive any further marketing materials from Cigna, please send a written request to our Data Protection Officer (clearly stating your full name and contact details for validation purposes) at 15/F, 28 Hennessy Road, Wan Chai, Hong Kong or call our Customer Service Hotline on 2560 1990.

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