

THORNER NEWSLETTER—June 2014

Thorners

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This month is Men's health month. It aims to increase awareness of preventable health problems and encourage early detection and treatment of disease among men. It urges men to take preventative action, reducing the danger of major health risks such as stroke, testicular cancer, cardiovascular problems and depression.

It's important to remember that recognising and preventing men's health problems is not just a man's issue, it can impact families as well. So, this is a great time to take steps to reduce your risk of any potential health issues.

- NZ men live on average four years less than women
- One NZ man dies every three hours of potentially avoidable illness
- 6 out of 10 NZ males are overweight
- Men are at greater risk of a stroke than women
- Testicular cancer is the most common cancer for men between the ages of 15 and 35
- Depression affects 1 in 8 men at any time

When it comes to health we all know there is room for improvement like eating healthier and doing regular exercise. But there are some other easy steps you can take to help protect against the unknown.

1. Visit your doctor and get to know your family history. Have regular check-ups so your doctor gets familiar with you and is aware of any family history that you may have. This could help detect any early signs of illness and could help your doctor check for any age appropriate health risks.
2. Be self-aware. Most testicular cancers are found by men themselves. Prostate cancer is curable if you get to it early enough, so it's a good idea to have an annual prostate check.
3. Keep an eye on your blood pressure. Monitoring it regularly can be a key indicator for a range of illnesses such as a stroke
4. Keep healthy—think healthy—Recognising the symptoms of depression in you and others can be the first step to beating it. Symptoms can include tiredness, irritability, sleep disturbance, loss of interest at work or other activities. Other things to look out for as risk factors include family history of mental illness, excessive alcohol consumption, stress, unemployment and chronic illness.
5. Stop smoking—Quitting is the only healthy option. The body has an amazing ability to recover from the effects of smoking after you quit.

Crash Management—New Claims Service

We would like to introduce a unique new free service to you. Crash Management provides FREE 24/7 nationwide car accident response and collision repair services.



This is a one-call solution for cars and light commercials that can arrange everything for you including towing, on-site assessing, pick-up/delivery and late-model courtesy cars. This is supported by a robust web-based job-management programme that provides continuous progress reporting to drivers, and management reporting for fleet clients.

Crash Management also provides independent technical advice and customer advocacy that improves efficiency and service levels, reduces costs and administration time for clients, and minimises time off the road.

This premium service is available to you completely **free of charge to you**. The service is a high quality turn-key accident management solution with a market reputation for professionalism and dependability, and won the Insurance Industry Award 2009 for Innovation of the Year.

When car accidents happen - call **0800 2CRASH**. Or call us first on 04 528 8088 for your VIP card "just in case".

Call us today to discuss your current financial situation & the protection options available to ensure your long term financial stability. We are available to discuss your insurance & investment needs in what is a difficult time for many of us at the moment. Please feel free to contact us if you have any questions. Our phone number is 04 5288 088 or our personal emails are denis@thorner.co.nz, peter@thorner.co.nz & maree@thorner.co.nz.

We look forward to hearing from you soon.

Kind regards Denis, Peter & Maree

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