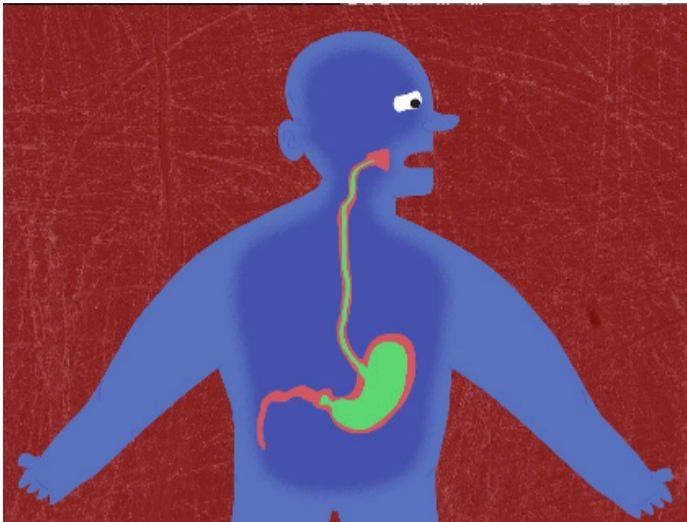


Acid Reflux - Email Series

Below you'll find pre-drafted content and images that can be used in an email campaign to help educate employees about preventing Acid Reflux. Please feel free to share this with your employees; you may also wish to include information on any telehealth services (if available) and other health plan features.



email 1



What is Acid Reflux?

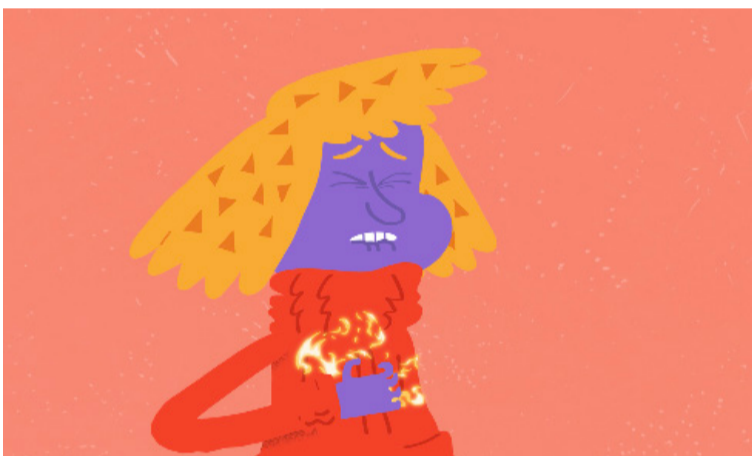
When we eat, we chew and swallow, and the food travels down through the esophagus and into the stomach. Stomach acids break down the food into liquid. Usually stomach acid stays within the stomach, but for people who suffer from acid reflux, the stomach acid flows back up and into the esophagus, causing irritation, discomfort and indigestion.

Over the next few days, we'll provide you with information on how to identify and manage symptoms of Acid Reflux. In the meantime, we invite you to watch this video to learn about causes, risk factors and prevention: geb.com/acid-reflux

This campaign is brought to you by the Generali Employee Benefits Network geb.com

The information is not designed to provide medical advice. Individuals should consult their own health professional for guidance on all health matters.

email 2



Acid Reflux - Symptoms & Prevention

Symptoms of acid reflux (indigestion) can include:

- Chest pain
- A burning sensation in the chest
- Difficulty swallowing
- Bad breath
- Bloating
- Regurgitation of sour liquid or food

So what causes acid reflux and indigestion and what can you do about it? Here are some tips for preventing indigestion from Acid Reflux:

- Don't overeat
- Chew thoroughly and slowly
- Avoid eating fried, greasy or fatty foods
- Don't smoke
- Avoid spicy foods
- Reduce alcohol and caffeine consumption
- Don't eat late at night

Unhealthy eating and other habits can interfere with digestion by producing too much stomach acid, increasing stomach pressure, or slowing down the digestive process.

If you're living a healthy lifestyle and acid reflux and indigestion still persist, see your doctor to be sure there's not another underlying cause for your symptoms.

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