

AIRCREW PROTECTION

INTERNATIONAL

Pilots Helping Pilots



API NEWS

August 2017

Applications to the API Trust in Guernsey (UK) are ongoing with nearly 600 members accepted into the Trust. We realize these days how hard it is to find a few free moments to take care of this and on behalf of the Trustee and the membership we appreciate your time. Thank you.

We have updated the claims page at www.aircrewprotection.org. We are currently paying benefits to twenty of your former pilot colleagues. We have removed the requirement preventing a member joining the API Trust if he (or she) has an outstanding balance from past contributions with LIPS; also, the entire outstanding balance is no longer required before reinstatement. After the sad passing of one of our beneficiaries we amended the rules to continue payments for an additional three months to help the families. Members are required to give notification when they resign from Emirates as membership ends in the notification period. The rules are available at www.aircrewprotection.org.

FEELING YOUNGER MAY EQUATE TO LONGEVITY

Researchers asked about 6,500 men and women (between 52 and 65 years in age) how old they felt. Eight years after the participants were first asked the question, researchers found that:

- 75% of those who felt older than their age were still alive
- 82% of those who felt their actual age were still alive
- 86% of those who felt younger than their actual age were still alive

The researchers theorize that the pure act of feeling younger may lead to healthier habits. For example, we all know that physical activity has tremendous health benefits. Yet, if one feels they are too old to exercise, (you're never too old to be active!) they could lose out on those critical benefits. Further, those with a more pessimistic view on aging and their health may lean towards healthier food choices, with the mindset of "why not?!" or "I may as well enjoy this while I can!"

However, if you feel young, you may be more focused on the future state of your health and well-being.

Mid-life weight gain is one of the most predictable and unhealthy accompaniments of aging; with most people gaining at least a pound or two a year. Unfortunately, mid-life comes with a convergence of many different forces that bear on our waistlines and the scales in an upward direction.

HABITS THAT WILL MAKE YOU LOOK & FEEL OLDER

Eating too much sugar. Believe it or not, too many sugary snacks may wreak havoc on your skin. Excessive sugar intake kick-starts a process called glycation. When you eat more sugar than your cells can process, the excess sugar molecules combine with proteins, creating "advanced glycation end products". This can ultimately damage your skin's collagen (the protein that keeps skin firm and youthful). Try to limit processed snacks and sweets, as they are often high in sugar. Stick to fruit to satisfy your sweet tooth.

Crash dieting. Drastic dieting measures to quickly lose weight are never a good idea. Research shows that it can make you feel older by reducing your energy level, and making you more prone to feelings of depression and irritability. Long-term, lifestyle changes are the way to go when it comes to weight loss and maintenance.

Not getting enough sleep. Sleep is the way your body repairs and revives itself. If you're not getting the recommended 7-9 hours a night, you're likely not going to feel or look refreshed.

Smoking. This habit is not only unhealthy to our entire body, but also to our looks. Studies show that in addition to increasing your risk for heart and lung disease, smoking can activate enzymes that break down the elasticity of your skin. Talk to your healthcare provider, if you need help quitting.

YOUR CHAIR & TV

Studies show that sitting in front of your TV is associated with an even greater risk of death (sorry to be the bearer of bad news). So what's so bad about your TV time?

Researchers suggest that people are more likely to get up and walk around at work than they are while watching TV.

Further, people tend to watch TV in the evening after eating dinner, which may have negative effects on blood sugar and fat metabolism. TV viewers may also be more prone to mindlessly snack on unhealthy foods.

If you watch a lot of TV (2 or more hours a day) consider buying an exercise bike or treadmill and exercise while you watch. Or perhaps try doing some stretches and strength moves (i.e., push-ups, jumping jacks, etc.) during your shows. In any case, find a sport or active hobby that you enjoy, and do that as much as you can, because it all counts.

NEW NUTRITION LABELS FOCUS ON HEART HEALTH

The familiar Nutrition Facts labels that have long adorned packaged foods are getting a makeover—with a new focus on added sugars and other nutrients that can affect your heart health for better or worse.

The revamp, mandated by the U.S. Food and Drug Administration (FDA), is the first in more than 20 years. And it's based on a growing scientific understanding of how diet affects the risks of chronic health conditions like obesity and heart disease.

Most food manufacturers have until July 2018 to start rolling out the new labels. In the meantime, here are details about the changes and the research behind them.

What's new?

The new labels will not look radically different from the ones you know. But one obvious change is the prominence of the calorie content: The number of calories per serving will be displayed in bigger, bolder type—making it harder to miss.

And the “serving size” on the label will be more in line with reality: A pint of ice cream, for example, will be labeled as having three servings, rather than four.

The idea is not to encourage you to eat more, but to provide a calorie count that reflects the amount of food that people typically eat, rather than what, ideally, they should eat.

The other major changes have to do with specific nutrients and their relationship to heart disease and other health concerns.

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

New:
added sugars

Change
in nutrients
required

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.


Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote



REASONS YOU SHOULD TAKE A STROLL

Walking is one of the easiest and most convenient forms of physical activity out there. After all, you can get up and take a walk almost anywhere, at any time. Even if you're tied to a desk all day, you can get up and take a few strolls in the hallway—any steps you take count! And it really pays to get as many steps as you can. Walking reaps fantastic benefits—some of which may surprise you.

Walking has been shown to:

1. Curb Cravings. Research from the University of Exeter found that a short 15-minute walk reduced cravings for chocolate and other sugary snacks. The next time you want to raid the cookie jar, try taking a quick walk before you give into the craving. Perhaps you'll find that you were just bored and/or stressed and some fresh air and movement was all you truly needed.

2. Enhance immune function. Even a 15-20 minute walk can trigger antibodies and white blood cells to move through your body faster, which can enable your body to detect illnesses sooner; plus, an increase in circulation may also trigger the release of hormones that “warn” immune cells of intruding pathogens. Moreover, a recent study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43 percent fewer sick days than those who exercised once a week or less.

3. Prevent and ease joint pain. Walking is a low-impact activity, so it's a fantastic activity for those who suffer from joint pain or want to prevent it. Walking protects the joints by lubricating them and strengthening the muscles that support them. Additionally, several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place.

4. Reduce the risk of developing breast and colon cancer. Studies conducted across the globe have consistently found that adults who increase their physical activity can reduce their risk of developing colon and breast cancer, specifically. Moreover, an American Cancer Society study found that women who walked seven or more hours a week had a 14 percent lower risk of breast cancer than those who walked three hours or fewer per week.

DID YOU KNOW?

44 Percent. Research shows that those who had positive views on aging were 44% more likely to recover fully after severe disability than those with negative views on aging. Attitude counts!

70 Calories. One recent study found that green tea drinkers burned about 70 additional calories in a 24 hour period than non drinkers.

15-20 Minutes. A 15-20 minute walk can trigger antibodies and white blood cells to move through your body faster, which can enable your body to detect illnesses sooner.

WHAT YOUR BLOOD PRESSURE SAYS ABOUT YOU

Doctors have been measuring patients' blood pressure, the force that blood exerts on the inside walls of your vessels — since the first sphygmomanometers (yes, that's what blood pressure cuffs are called) were invented at the beginning of the 20th century.

Doctors are still finding new ways to glean information about your health from these numbers. British researchers recently found differences in blood pressure between the right and left arms might be a sign of vascular disease. Likewise, a difference in blood pressure when you're lying down vs. standing up may indicate heart problems or blood vessel disease. Doctors can tell that from a painless test that takes only a few minutes.

The Basics: What Does Blood Pressure Mean

The most important thing to know about your blood pressure is whether or not it's high. A blood pressure reading consists of two numbers, with acceptable ranges for each one. The first, or top, number is called the systolic number. That's the pressure inside your arteries when your heart beats. The bottom, or diastolic, number is the pressure between beats. You want those numbers

to be below 120 and 80, respectively.

What high blood pressure means is too much resistance inside your arteries. Simply speaking, that causes arterial damage and increases your risk for stroke, heart attack, heart failure, and kidney failure.

In a healthy person, low blood pressure is a sign of good health as long as the systolic pressure is above 80. Very low blood pressure in a person with heart disease could be a sign of heart failure.

One type of low blood pressure that could predict future heart problems is called orthostatic hypotension. In this type of low blood pressure, there is a drop of 10 to 20 points of blood pressure when a person moves from a sitting or supine (flat) position to a standing position. It causes a sudden sense of lightheadedness and can be due to a heart that is starting to have trouble compensating.

TREADMILL OR ELLIPTICAL? HOW TO DECIDE WHAT'S BEST FOR YOU

While treadmills and ellipticals offer many of the same exercise benefits, your goals and physical condition should guide you. Here are several considerations that will help you decide which machine is best for you.

The benefits

Both devices help you improve cardiovascular health, build endurance and lose weight. They also provide an indoor workout option when the weather prevents you from getting outdoors. Both are readily available in gyms, recreation centers and hotels, and some models are affordable enough for home use.

The treadmill is better for building bone density. The impact of your feet while running or walking helps stimulate bone growth, which is especially important if you have osteoporosis. The treadmill's settings also allow you to vary your workout by walking, jogging, running or changing the incline. The treadmill requires little or no instruction, so people of all skill levels will find it easy to use.

Ellipticals reduce pressure on the joints compared with treadmills. The lack of impact is beneficial if you need to protect your hips, knees and/or ankles. It's also easier to challenge yourself at a higher intensity. Joint protection is why many healthcare providers recommend ellipticals over treadmills when reintroducing exercise after injury or surgery. If you feel tingling in your feet while using the elliptical, which is a common complaint, you can try pedaling backward. If it persists, you may want to consult a medical provider.

Potential drawbacks

Both machines, if not used properly, can lead to overuse injuries (which can happen with any repetitive physical

activity and any exercise equipment). Proper footwear and body mechanics, as well as periodic, moderate use, will lessen the chance of injury.

Beginners may find getting used to the movement of an elliptical a bit awkward, while treadmill users must keep the right position and pace to stay in the middle of the belt and avoid tripping on the front or side panels — or falling off the back!

Tips for healthy exercise

- Alternate between the two machines. The variety is appealing, and it can help minimize the risk of overuse injury.
- Start with 10 minutes on either machine and build endurance by pushing both your time and intensity.
- For cardiovascular health, aim for 150 minutes per week of moderate intensity — Or roughly 30 minutes, five days a week. You should sustain the intensity for at least 10 minutes per workout to get the most benefit from your effort.

FOODS THAT LOWER CHOLESTEROL

If you have high LDL (“bad”) cholesterol, the tried-and-true ways to lower it without medication are to limit saturated fat (such as in fatty meat) and trans fat (as in highly processed or fast foods) and to lose excess weight. But eating more of the following foods, most rich in fiber, can also help. Also included is a supposed “cholesterol busters” that don’t live up to their hype.

Fruits and vegetables

Many are rich in soluble fiber, which helps lower total and LDL cholesterol. These include apples, citrus fruit, berries (especially strawberries), carrots, apricots, prunes, cabbage, sweet potatoes, okra, and Brussels sprouts. Aim to eat at least four or five cups of produce a day; a large apple, banana, orange, tomato, or sweet potato counts as a cup.

Legumes

Lima, kidney, black, and other beans, along with lentils, are some of the best sources of cholesterol-lowering soluble fiber. Studies show that even half a cup of beans a day can help reduce total and LDL cholesterol.

Nuts

The unsaturated fats, fiber, sterols, and other compounds in nuts help lower cholesterol, especially when substituted for sources of saturated fat, such as meat or cheese. Studies have found that a daily intake of 1 to 3 ounces of nuts—just about any kind—has a significant effect. Nuts are calorie-dense, so keep moderation in mind. And look for unsalted varieties, when possible.

Polyunsaturated vegetable oils

Corn, soybean, safflower, and other highly polyunsaturated oils lower LDL cholesterol impressively, especially when they replace foods like butter and lard. But watch out: All oils have about 120 calories per tablespoon, so don’t go overboard with them. And while they are often used in highly processed (“junk”) foods and fast foods, that’s not a good way to consume them! Best advice: Use them in salad dressing and for sautéing veggies; don’t get them from chips and cookies.

What doesn’t help?

Garlic

Probably the No.1 claim made for garlic is that it lowers blood cholesterol. Studies using raw garlic or supplements have been inconsistent, but the better ones have found little or no effect on cholesterol. Despite the deluge of advertising, wishful thinking, and misinformation, there’s no clear evidence that garlic improves heart health.

NEW WORRIES ABOUT ENERGY DRINKS

Commercial energy drinks have once again been linked to heart health concerns—this time by a study published today in the *Journal of the American Heart Association*. And it's not the fault of caffeine alone.

Previous research has associated the mix of ingredients in some popular energy beverages with a host of heart issues. The energy drinks often contain high levels of caffeine as well as blends of vitamins, herbs, and other stimulants.

Reported heart problems have included elevated blood pressure, increases in the stress hormone norepinephrine, heart palpitations, and abnormal heart rhythms, in general, even in people with no cardiovascular risk factors.

The new research adds to the growing body of evidence that these drinks can be dangerous and send some to the emergency room. For the 1 in 3 Americans who already have hypertension, this increase in blood pressure from consuming energy drinks could pose a potentially serious risk.

LOWER RISK OF HEART ATTACK IN THOSE WITH BLOOD TYPE O

People with blood group O have a lower risk of heart attacks than those with the three other major blood groups, A, B, and AB. Having a non-O blood group is associated with a 9 percent higher risk of heart problems, especially heart attacks.

YO-YO DIETING POSES RISKS

Research suggests that losing weight, gaining it back, taking it off again, and so on—commonly called yo-yo dieting—isn't healthy. Now, a new study shows it can double the risk for heart attack and stroke in people with existing heart disease.

Over the course of about five years, study participants who had the highest fluctuations in weight—8.6 pounds, on average—had twice the risk of heart attack, stroke or death, as people with weight fluctuations of fewer than two pounds over the same period. According to researchers, large weight fluctuations are also associated with a higher risk for new-onset diabetes. These increased risks may be related to higher levels of the stress hormone cortisol.

IS THERE A CURE FOR DIABETES?

With all the research on diabetes and advances in diabetes treatments, it's tempting to think someone has surely found a diabetes cure by now. But, the reality is that there is no cure for diabetes -- neither type 1 diabetes nor type 2 diabetes. (Although lifestyle changes can achieve remission in type 2 diabetes in some cases.)

However, there are treatments, including simple things you can do daily, that make a big difference.

What lifestyle changes help manage diabetes?

Even though there's no diabetes cure, diabetes can be treated and controlled, and some people may go into remission. To manage diabetes effectively, you need to do the following:

- ✓ **Manage your blood sugar levels.** Know what to do to help keep them as near to normal as possible every day: Check your glucose levels frequently. Take your diabetes medicine regularly. And, balance your food intake with medication, exercise, stress management, and good sleep habits.
- ✓ **Plan what you eat at each meal.** Stick to your diabetes eating plan as often as possible.
- ✓ **Bring healthy snacks with you.** You'll be less likely to snack on empty calories.
- ✓ **Exercise regularly.** Exercise helps you keep fit, burns calories, and helps normalize your blood glucose levels.

TOO MUCH FITNESS

You can try to do too much when it comes to fitness. Overworking the body can lead to soreness, injury, and even illness, not to mention discouragement. Two studies at Auburn University have found that "killing yourself" isn't the way to achieve fitness.

Students in spinning (group cycling) classes were asked to push themselves beyond the recommended maximum rpms and flywheel resistance. The result was that progress in fitness actually declined as students tried to do more than they were ready to do.

The American College of Sports Medicine says the symptoms of trying to do too much include: general fatigue and malaise, "heavy" limbs, changes in sleep patterns and appetite, and even depression, anger, and anxiety. If you experience these symptoms, it's time to cut back on training and make sure you get adequate rest.

THIN PEOPLE WEIGH THEMSELVES

For years diet experts discouraged stepping on the scale to keep weight in check. Yet one of the findings is that slim people do weigh themselves regularly. Not obsessively, not agonizing down to the ounce, but at least a couple of times a week. At the first sign of weight gain, they go right back to their weight-loss plan.

SMOKING AND INJURIES

A U.S. Army study shows that recruits who smoke a pack of cigarettes a day are twice as likely to sustain an injury during the eight weeks of basic combat training.

TALKING RAISES BLOOD PRESSURE

Talking while you're having your blood pressure monitored can raise it as much as 15%, especially if you already have elevated blood pressure. Researchers have found that the average hypertensive's systolic blood pressure rises from 142 to 159 and the diastolic blood pressure rises from 97 to 111 if he is talking during the test.

A FLOTTED CAUSE

Dental floss plays an important part in keeping teeth and gums healthy, but most people don't use it—and some use it in interesting ways:

- Commercial floss was first manufactured in 1882.
- Material it was first made of: silk.
- Material used starting in the 1940s: nylon (invented 1935).
- Newest material: Gore-Tex.
- Amount bought by Americans per year: more than 3 million miles.
- Amount bought per person: 18 yards (that's enough for only one flossing per week, assuming 12 inches for each use).
- Amount that should be bought per person: 122 yards minimum a year for daily flossing.
- Proportion who say they feel guilty about not flossing: almost half.
- Proportion who lie to their dentist about flossing: one-third.

■ Non-dental uses: shoelaces, kite string, cheesecake cutter, bead string, fishing line, picture hanger, replacement for chain inside toilet tank.

MICROWAVE YOUR SPONGES?

To kill germs in your kitchen sponges, microwave them at full power for two minutes. A study in the *Journal of Environmental Health* in December found that this reduces microbes by more than 99%.

Sponges are a common source of microbes, including *Salmonella*, especially when they remain wet. Air-drying sponges does not significantly reduce germs, and though putting them in the dishwasher cleans them, it doesn't sufficiently decontaminate them. To guard against fire, make sure sponges contain no metal and are wet before you microwave them. Be careful when removing them, since they will be very hot.

BEST TIME TO BUY A RUNNING SHOE

Buy your running shoes late in the day after you've gone for a run. Your feet will change shape during the course of the day and after your workout, and you're more likely to buy a suitable pair.

FITNESS: TIMING IS EVERYTHING

How fit you were years ago is of little consequence; what's important is how fit are you today.

You may have worked out regularly when you were younger, but it's the workouts you are doing now that make a difference in how long you live. This should encourage couch potatoes to get up and get moving. Even if you can't remember the last time you exercised, you can change your destiny by getting started today.

According to Scott Sherman, lead author of a UCLA study of the exercise habits of 2,400 people over a period of several decades, "The way exercise works is a here-and-now benefit." And he adds, "It's never too late to get started."

HOW TO LOSE 10 POUNDS

There are any number of ways to lose 10 pounds. After all, it's only a matter of burning extra calories; 35,000 to be exact. Here are some of them:

To lose 10 pounds in ...

6 months Swim for one hour, 2 times a week

4 months Cycling for one hour, 3 times a week

3 months Play basketball for one hour, 4 times a week

2 months Run for one hour, 5 times a week

1 week Walk for 24 hours a day, 7 days a week

FLAXATIVE

It's been called the "world's best laxative." Two tablespoons of nutty-tasting flaxseed is a natural remedy for constipation and is also good for you. The insoluble fiber keeps you regular and it also lowers cholesterol, reduces the risk of breast cancer, and it contains omega-3 fatty acids.

Flaxseed can be used in muffins, orange juice, on top of cereals. It should be refrigerated to keep it from oxidizing.

WHEN 90% LEAN = 51% FAT

The people who sell you ground beef like putting percent-lean labels on their product. Ninety percent lean sounds like it's only 10% fat. But, 10% fat content means that 51% of the calories come from fat.

Ground beef has been called the biggest source of saturated fat in the American diet. And, interestingly, ground beef can be labeled "lean" if it's 22% fat by weight. Other foods must be 10% or less fat by weight to be called "lean." Cooking only reduces fat content by 10% on average.

IS IT TIME TO DITCH BMI AS A MEASURE OF OBESITY

Body mass index has long determined what it means to be overweight. Invented in the early 1800s by a Belgian statistician, the measurement is used as a definitive benchmark: those with a score below 18.5 are underweight; those who fall between 18.5 and 24.9 are normal, those between 25 to 29.9 are overweight; and those 30 and higher are obese.

For years, medical professionals have taken issue with these cleanly drawn lines. The BMI scale, critics argue, is too simplistic to accurately reflect health on an individual basis.

Recently, the Mayo Clinic adds its voice to the chorus. The medical care provider announced that it is recommending a new system for measuring body composition and weight distribution: the Body Volume Indicator (BVI). Unlike BMI, which is formulated by comparing an individual's weight in relation to his or her height, BVI considers "other crucial factors such as fat mass, lean mass, and weight distribution when determining an individual's body composition." In addition to weight and height, information on waist-to-hip ratio, total body fat percentage, and abdominal volume is factored in when determining a score.

These are harder metrics to measure than feet and pounds, of course, but technology has advanced since the 19th century. A U.K.-based pioneer in 3D body measurement, in cooperative development with the

Mayo Clinic, has launched an app to help people measure their BVI.

Here's how it works: doctors take two photos of their patients, wearing just their underwear, from the front and from the side. After the photos are taken, they are turned into 3D body silhouettes, and sent to a backend server where the images are compared to a database compiled from thousands of MRI images, 3D body scans, and Cadaver information.

By cross-referencing 3D silhouettes of patients with this database, the app provides more detailed information on weight distribution and volume, particularly for the abdomen, the area of the body associated with the greatest risk for metabolic disease and insulin resistance. An increasing body of research suggests that fat in the midsection, which blankets the organs, is associated with a higher likelihood of premature mortality than fat carried in other areas of the body.

Two women could be the same weight and height, but if one carries most of the weight in her hips, while the other's is distributed primarily in the stomach, the latter would be at greater risk of developing a host of health issues. Their BMIs would be identical, but because BVI considers weight distribution and the percentage of fat stored in the abdominal cavity, those numbers would be different.

SMALL CHANGES DO MAKE A DIFFERENCE!

A new study found that participants who made one small, potentially permanent change in their food choices and/or physical activity each week (such as drinking one fewer can of soda or walking 5 more minutes each day) lost more than twice as much belly fat, 2 ½ more inches off their waistlines, and about 4 times more weight during a 4-month program, compared with those who followed traditional calorie- restriction and physical-activity guidelines.

CHEST PAIN? WAIT FOR THE AMBULANCE

A study of adults treated for chest pain found that those who took an ambulance to the hospital (about one-third) received emergency care faster than those who used private transportation (about two-thirds) - even though those who drove reached the hospital a few minutes more quickly, on average. That's because emergency-medical technicians can begin treatment as soon as the ambulance arrives.

If you have sudden chest pain or other signs of a possible heart attack, such as unexplained faintness or shortness of breath, call 911 immediately. Chew an aspirin, unlock the door, and sit or lie down while you wait. Drive yourself only as a last resort.

EXERCISE AND FITNESS

Fact: Regular physical activity - even at moderate levels - reduces the risk of heart disease, cancer, high blood pressure, and obesity. Here's another fact: 65% of Americans are considered obese. So while the risks associated with not exercising are clear, we don't seem to be doing anything to change our sedentary ways.



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