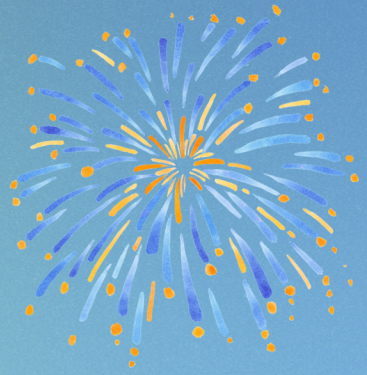




METROCARE
Health Systems, Inc.

Bagong Taon, Bagong Alaga: Post-Holiday Health Tips

January 2026



February is Philippine Heart Month. Heart disease remains one of the top health concerns among Filipino workers, especially those exposed to stress, long work hours, heat, and physically demanding tasks. This bulletin focuses on **heart health awareness (kalusugan ng puso)** and simple steps workers can take to prevent heart-related problems.

Common Health Concerns After the Holidays

1. **High Blood Sugar**
(Mataas na Asukal sa
Dugo)

Sweets and soft drinks during the holidays can cause a spike in blood sugar.

- **Warning signs:**

- Excessive thirst (laging nauuhaw)
- Frequent urination (madalas umihi)
- Fatigue (panghihina)

- **What to do:**

- Reduce sugary snacks (bawasan ang matatamis).
- Choose rice in smaller portions (konting kanin).
- Walk for at least 15 minutes a day (maglakad ng 15 minuto bawat araw).

2. **Flu, Cough, and Colds**
(Trangkaso, Ubo at Sipon)

Crowded gatherings increase the spread of respiratory infections (impeksyon sa paghinga).

- **Warning signs:**

- Fever (lagnat)
- Sore throat (masakit ang lalamunan)
- Body aches (pananakit ng katawan)

- **What to do:**

- Rest well (magpahinga).
- Wear a mask if coughing (magmask kung may ubo).
- Visit a clinic if symptoms worsen (pumunta sa klinika kung lumala).

Simple Steps for a Healthy Start in 2026



Drink Enough Water



Return to Regular Sleep



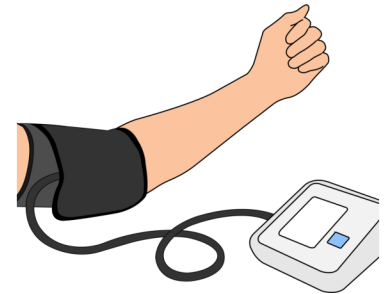
Move More



Eat lighter meals



Avoid sugary drinks



Have Your BP Checked

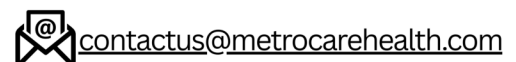
If you're covered by **Metrocare**, visit any of our partner clinics or hospitals for consultation and support. Our goal is to keep you healthy and safe all year round.

Metrocare: Your Partner in Healthcare

At **Metrocare Health Systems, Inc.**, we understand the everyday health challenges that many Filipinos face. As a trusted HMO serving workers across industries, especially contractual, project-based, and blue-collar employees, our mission is to provide healthcare that is accessible, affordable, and reliable.

With over 25 years of expertise, Metrocare continues to protect and promote the well-being of Filipino workers through healthcare programs designed around their real needs. Our preventive health efforts, our accessible network of facilities, and our commitment to honest and efficient service reflect our goal to support every member with genuine care.

This is the kind of care we offer. **Alagang Metrocare.**



Disclaimer: This information is for general knowledge and informational purposes only, and does not constitute medical advice. It is essential to consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment.