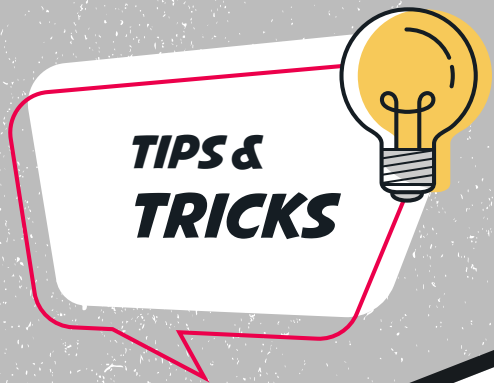




**STAR OF THE
MONTH**



**TIPS &
TRICKS**

**UNIFONES
BULLETIN**
ISSUE
TWO



MOVEMBER

**NOVEMBER
2020**



**UNIFONIC
PRODUCT**

That's Amazing! Thank you so much Unifonic, you've made my day.



**MEN
TALK**

MOVEMBER



November is an annual event that happens every year in November where men grow moustaches and beards in order to raise awareness on men's health issue.

We highly appreciate and value our men colleagues. You're a strong pillar to unifonic success. Therefore, we chose it as the main topic for this month's newsletter. November newsletter is dedicated to you. We are offering you a platform to share your thoughts and provide you with tips and tricks that enhance your daily life.

STAR OF THE MONTH



Watch our star

Mohammad Oqdeh - Enterprise Account Manager

He joined unifonic 8 years ago, one of the most talented, passionate and funniest unifones.

We are glad to host Oqdeh as the star of the month because of his awesome performance last Q with 111.41% of his target achievement!

We asked him some questions, check the video to know the answers!

MEN TALK

"Before I had a beard, I actually grew a moustache!! It was 6 years ago for November! Since then, I always try to change something on me to make people (especially men) ask me about it, so I have a chance to tell them about it.

November is about awareness. Changing a habit or doing a small health check could save your life!

I have three suggestions. First one, if you are over 40 try and get a PSA check (its a simple blood test) to check your prostate's health (prostate cancer is 100% treatable if found early). The second one, start a healthy habit like a daily walk (2-3 km a day with a lively walking pace is a good start). And third (and most important), talk to someone (either a professional, a family member or a friend) if you feel depressed or stressed. Mental health is as important as physical. Do not keep it inside you... talk to someone!

Let's all stay healthy and happy for us and our loved ones! Happy November!"



Costas

Each year I go for No shave November to set a reminder for the importance of my mental & body health. But with the exceptional 2020, I decided to go 12 months No shave to keep in mind how important is the mental health in such a crisis...

The tougher the fight, the more important the mental attitude.



Fahad

I have always wanted to participate in "No Shave November", and it always ends up as a reality not as expected.

Qais

No Shave November: Expectations vs Reality



Unifonic is keen in normal times to provide a healthy work environment and encourage initiatives among employees to promote a healthy lifestyle.

During the curfew, this attention continued despite working remotely, and again Unifonic encouraged initiatives to promote sports activities, including achieving the largest number of steps in every day, although of my love and passion for brisk walking, I continued to do so and achieved the daily 10,000 steps along with the healthy diet that had a great impact on losing more than 10 kilos of my weight before the curfew.



Jamil

MEN TALK

Since the pandemic:

I have gained 5Kgs.
Then I managed to lose 5Kgs till today.
2 months ago I started to wear eyeglasses.



Khaled

November and covid

When November was started in 2004 the goal was to raise awareness and funds for men's health issues. With the whole work going in and out of lock-down that seems more relevant than ever.

On a personal note, I have not gifted with the ability to grow a beard. I only tried once when I was serving my civic duty in 1999 and that did not turn out great.

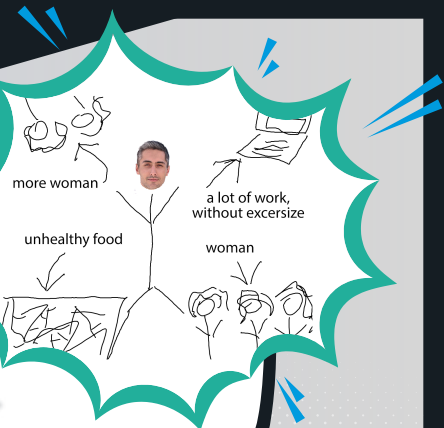
So while I can not raise awareness by growing a beard I do want to share 2 pieces of practical advice that help me keep a clear mind and high energy in the work from homework.

Take breaks from your screen during the day. I add placeholders in my calendar to make sure I get some time away from the keyboard during workdays. Also, use "speedy meetings" in Google to reduce meetings durations. Giving you a few minutes here and there to think before the next meeting starts. Get regular exercise. On a typical day, if I don't plan any exercise, I end up having only done 1,000 steps.



Lasse

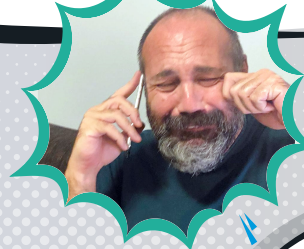
This is how I looked like 3 months ago.
I was leading an unhealthy life full of vice and pleasures.



Slobodan



This picture is from yesterday.
This is how I look now.
Bad habits and ignoring the well-being of my body led me to this.

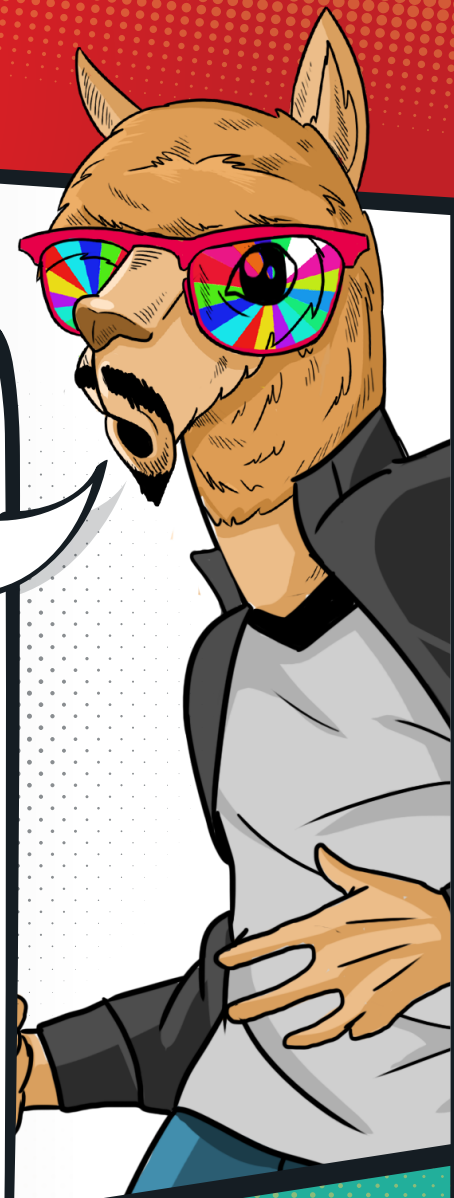


I want to raise awareness of men's health issues, and November is a perfect event for it.
Unhealthy life can lead to a number of diseases and health problems (with suicide being my favorite). We should take care of our body & soul, do the daily exercises, eat healthy food, be around positive people...
Let's prevent it - instead of having to heal it!
Take care of yourself, don't let the thing which happened to me - happen to you!
unifonic takes care of your health insurance, but we prefer you not having to go through all of this...

I know it can be difficult to find time for exercise, but the positive effects of physical activity are all well worth it. It clears your head, energises your body and releases endorphins that uplifts your mood. Personally, I'd like to exercise 5 times a week, but the most week I don't find the time for it. But even 1 or 2 times 20 minutes per week can do a lot of difference.



TIPS & TRICKS



Your health is our utmost priority.

We help to improve your lifestyle and well-being, especially during these challenging times by sharing with you tips and tricks to maintain your health in all areas of your life. Because you deserve it.

1- Your Productivity

In line with the global pandemic, we suddenly found ourselves working from home and facing a new way of living. We're in this together. Let's figure out how to remain productive while working remotely?

- **First things first:** Get dressed like you're going somewhere, have breakfast and prepare for your day.
- **Designate a workspace:** Don't eat where you work, separate your office from the rest area to shut out distractions. Get off the couch and definitely out of bed!
- **Make a plan:** Keep a structured daily schedule, or a to-do list and stick to it as much as you can.
- **Listen to music:** Choose music that helps you focus, and that you use specifically while you're working. Playing them will eventually send stimulation to your brain that it's work time.
- **Take breaks:** Listen to a podcast, workout, sing! Giving your brain a short rest increases your productivity.
- **Personalize your home workspace:** just like you would in a new job! Add a plant, a frame with a picture you like (photos of your children for example), your favourite travel souvenir or a small sculpture. Investing in the work space will make it feel more precious!

2- Work-life balance

When remote work becomes your new normal, you need new habits. Since this month is dedicated for our hard-working Unifones men, and as we are all confined to our homes, we are sharing below tips to achieve a healthy work-life balance:

- **Exercise, exercise, exercise!** Whether it's a home workout or outdoor run, staying active for at least 30 minutes a day tremendously lifts your mood!
- **Schedule a social call:** now that you've mastered video call platforms (Google Meet, Zoom, Teams...), use it to connect with your loved ones! Celebrate your best friend's birthday, reconnect with old childhood friends or simply join the weekly social call every Tuesday!
- **Make weekends sacred:** cherish quality moments during weekends, relax and call it a day. Recharge so you can kick off the following week with unbeatable energy and enthusiasm!
- **Be kind to yourself:** if you're a man, it doesn't necessarily mean you need to work endless hours. Challenge expectations: you can still work hard without being hard on yourself!
- **Get enough sleep:** you will find the needed sleeping hours for men divided by age as per [Sleepfoundation.org](https://www.sleepfoundation.org).



TIPS & TRICKS

3- Nutrition

We've all heard the famous saying "You are what you eat". So don't forget to stick by the below for a well-balanced lifestyle:

- Protein never goes out of style. Whether it's meat, fish or poultry, include 1 portion in your main meal and the size of your clenched fist.
- Carbs can be an option as well. Rice, pasta or potato should be the size of your clenched fist and not fill more than $\frac{1}{4}$ of your plate.
- Tweak your diet with fruits and vegetables. We recommend Avocado as it knocks down bad cholesterol.
- It's never complete without a sugar rush. For desserts, we highly recommend dark chocolate: one ounce a day.
- Coffee is always the answer. For an ideal balance, not more than 400 mg of caffeine a day are recommended, equivalent to 4 cups (945 ml).
- Never forget good food doesn't make a difference without playing sports, so start walking, jugging or making a constant daily push-up exercise.

UNIFONIC PRODUCT

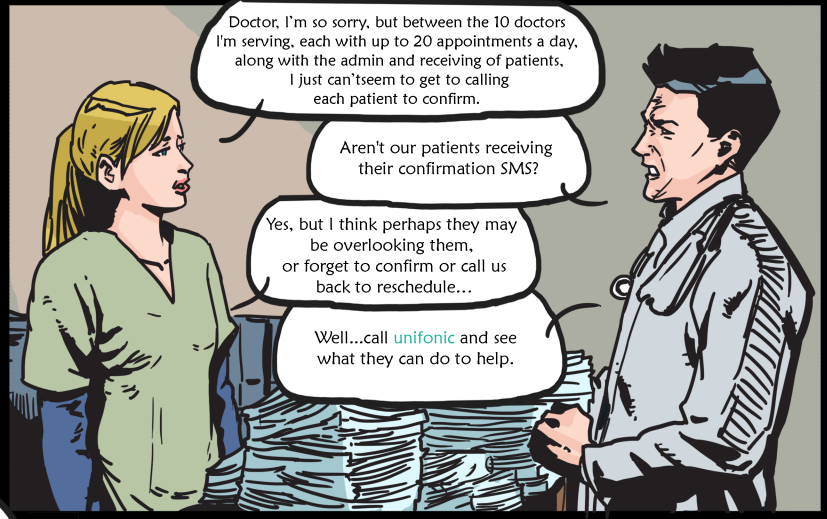
How [unifonic Voice's Agentless Engagement solution](#) helps the Healthcare Industry minimize the impact of missed appointments and relieve overburdened staff.



UNIFONIC PRODUCT



Last week I had at least 2 no shows each day, and those patients that DID arrive, were late. Do you have any idea what the impact is on my schedule and my pocket???



Doctor, I'm so sorry, but between the 10 doctors I'm serving, each with up to 20 appointments a day, along with the admin and receiving of patients, I just can't seem to get to calling each patient to confirm.

Aren't our patients receiving their confirmation SMS?

Yes, but I think perhaps they may be overlooking them, or forget to confirm or call us back to reschedule...

Well...call **unifonic** and see what they can do to help.



'I have just the solution for you: Agentless Engagement. It allows you to send an automated voice call to remind patients of their appointments, and to prompt them to confirm or request a reschedule using their dialpad.'

ALL your patients, whether there are 200 or 200 000 will receive their messages in no time at all, and as a voice call is difficult to ignore, you can be certain that they will respond instantly.



What if they want to ask me something else?

Well, you can provide them with the option to be transferred to a live agent (you) or to continue the conversation on a ChatApp like WhatsApp'



That's Amazing! Thank you so much **Unifonic**, you've made my day.'

THE END



SEE YOU SOON
LOVE YOU