

Your Free Monthly Newsletter From Your Friendly Shredding Company  
Helping You Stay Informed, Engaged & Protected

ALL POINTS  
mobile shredding



ALL POINTS  
medical waste



## Your Free Monthly Shred & Med Waste News!

May 2018

### Your Monthly News & Updates

As the leader in information management, destruction and medical waste disposal, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

Visit Our Website

**May Clean Out Special!**  
**10% off purge up to 300lbs**  
**15% off purge over 300lbs**  
**20% off purge over 1000 lbs\***



Records kept beyond their required length of time, become a liability.  
How long do you really have to keep those documents?

[Click Here for Record Retention Schedules](#)

Did you know All Points offers?

- On-Site Document Shredding
- Hard Drive and Media Destruction
- Medical Waste Disposal
- On-line Compliance Training (HIPAA, BBP, DOT, OSHA)

Call Now:  
772.222.3266

\* Shredding purge job must be scheduled and performed by May 31, 2018

## Extend Your Life Expectancy By 10 Years

A recent study finds that by doing these 5 things you can increase your life span by a decade, or even more! Sticking to all five tips at age 50, as opposed to none them, resulted in living 14 years longer for women and 12 years for men.



1. **Never Smoke** - Cigarette smoke has a greater effect on lifespan than the other factors. Even minimal smoking is connected to early death.
2. **Maintain a Healthy Body Index** - Experts agree your BMI should be between 18.5 and 24.9.
3. **Maintain Moderate to Vigorous Exercise** - Physical activity of at least 30 minutes per day, including brisk walking, reduces early death.
4. **Don't Drink too Much Alcohol** - Drinking just 1 drink a day can shorten life span. More than 7 drinks a week can increase your risk of death from all causes.
5. **Eat a Healthy Diet** - The biggest culprit of early death is salty food and too much red meat. Green leafy vegetables are most associated with longer life expectancy.

Experts say the surprising result of this study is what a massive impact these simple behaviors have on increased life expectancy. The conclusion should motivate and encourage people to live a healthier lifestyle.

Source: CNN.com citing Journal of Circulation

## Why Your Shredder's Professional Liability Coverage is Important to You

Downstream Data Coverage is the only professional liability coverage in the data related services field that adequately protects shredding companies and their customers. All Points is proud to have \$2 Million in coverage to protect its clients. Why should you select a vendor who has Downstream Data?



1. **Indemnifies our Clients** - It indemnifies our customers from potential harmful consequences that can be caused by a data related issue.
2. **Specific to NAID AAA Certified Companies** - Downstream Data Coverage is only available to NAID AAA Certified companies (who undergo announced and surprise audits). Not just any company can obtain it.
3. **Most Insurance Companies Don't Offer Protection Needed** - Most insurance companies do not have a clue about data protection regulations. Their policies have loopholes that render the policy useless. Downstream Data's policy is backed by Lloyd's of London and is in connection with NAID (National Association for Information Destruction).
4. **Best Protection for Our Clients** - Clients realize they are inescapably responsible for a data breach or other loss, even if it's caused by their

vendor. Downstream Data protects clients in the event of a breach or issue and covers the expense for such a claim.

All Points cares about our clients and carries this coverage to protect our clients and go above and beyond in providing the best service and protection!

Sources: Downstream Data

## Interesting Facts You May Not Know About Memorial Day

Memorial Day is a holiday that honors all the amazing Americans who have died serving our country. It has also become the unofficial kick off of summer and marks the end of the school year. Here are some interesting facts:



- Almost 40% of Americans travel over Memorial Day weekend and almost 90% will drive to their destination
- In 1873, New York was the first state to recognize Memorial Day
- Orlando is the most popular Memorial Day destination
- Only about 14% of Americans take advantage of Memorial Day promotions
- The estimated cost of lost valuables during the Memorial Day weekend is \$139.2 Million
- 900,000 people are expected to watch and participate in the Memorial Day Parade in Washington, DC

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All Points Mobile Shredding & Medical Waste | 772.283.4152 |

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