

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!

Dec 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](#)

Winter Special Become a Monthly Customer & Get a 20 Box Purge for FREE!



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)

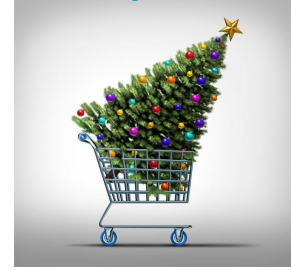
Call Now:
772.222.3266

[Click Here For More Information About Our Current Special](#)

*Must be minimum of one year agreement with an executive console serviced at least monthly.

Tips for Shopping Safely Online This Holiday

Forrester Research predicts that online holiday sales in the US will hit \$151 billion this year, which is a 14% increase over 2017. Odds are, you'll be shopping online this season so here are some tips to stay safe:



- **Get Antivirus Software** - If you don't already have an antivirus program installed, get one before you start giving out your personal financial information.
- **Check for Website Security** - There should be the letter "s" after the "http" in the web address (https://www.shopping.com). If there is not, find another merchant.
- **Update your Browser** - Make sure you have the latest update to ensure you have the most up-to-date security measures before shopping.
- **Check Reviews** - Read reviews by other customers before you buy to ensure the vendor is authentic and does business with integrity.
- **Read Return Policies** - Don't assume you can return everything. Make sure you know how the vendor handles returns, including the cost of shipping and the amount of time you have for a full refund.
- **Keep Receipts** - Start a file in your e-mail or on your desktop with all your online receipts (including customer service contact info) until you know the gift recipient is fully satisfied.

Can Stress Actually Be Good For You?

It turns out that it isn't stress that is bad for you, it's how you perceive it.



People who view stress as "enhancing" report having better health, more energy and are less likely to be depressed. This group of people tend to have a greater confidence to handle stress and even can find meaning, purpose or a lesson in challenging circumstances.

Those who, instead, view stress as toxic have more health issues and higher levels of depression.

It's your outlook on stress and how you respond that determines whether or not it's harmful to your health.

Source: Review of the Book [The Upside of Stress](#) by Kelly McGonigal

The Scary Truth About Lack of Sleep

Doctors recommend 7-9 hours of sleep each night. Sleep expert Matthew Walker, professor of neuroscience at University of California Berkeley reports that sleep deprivation (6 hours or less) has these effects:



- Prevents your brain from making new memories
- Increased toxic protein called beta-amyloid associated with Alzheimer's
- Lower testosterone in men (that of a man 10 years older)
- Ages you by almost a decade
- 70% reduction in critical anticancer-fighting cells - so much that the World Health Organization just classified nighttime shift work as a possible carcinogen
- 200% increase in a risk of a heart attack

Once you get past 16 hours of wakefulness, you will start to see declines in your brain function. We need 8 hours of sleep *each* night to repair the damage sustained to our bodies during wakefulness.

Source: Business Insider

All Points Mobile Shredding & Medical Waste | 772.283.4152 | info@shredwithme.com | www.shredwithme.com

STAY CONNECTED:

