

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!

July 2019

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.

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Summer Clean Out Special!

Save 10% off your next purge!*



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

* Must be minimum of 300 box purge and it must be completed in the month of July.

How You Sleep Can Impact Your Health

The way you sleep is often connected to whether you experience back pain, snoring, and how often you wake up during the night.



- **On Your Belly** - Belly sleepers can experience neck and lower back pain since sleeping on your stomach puts strain on these areas. If you sleep in this position, it's recommended that you use a very soft pillow, or none at all.
- **On Your Back** - Back sleepers are more likely to have low back pain. This position can also make snoring and sleep apnea worse. Stacking up a few pillows under your back can help reduce snoring. It's recommended that if you snore really loudly, you should be checked for sleep apnea.
- **On Your Side** - More than 40% of people sleep on their side in the fetal position. Women are twice as likely as men to sleep this way. Putting a pillow between your knees can help with any back or knee pain.
- **Spooning** - Sleeping with your body close to your partners may cause you wake up more often but cuddling is also associated with stress reduction since it causes your body to release oxytocin.

Source: Web MD

Paper Identity Theft Just As Destructive as Cyber

53% of consumer private information is in paper format, not electronic. Thus, we are most susceptible to data breaches with paper documents. In recent years, over half of all data breaches involved paper. Here are some tips to stay protected:



- **Monitor Your Mail** - Many pieces of junk mail and offers contain enough personally identifying information to lead to identity theft and fraud. Deposit out going mail with checks, credit card information in a securely locked post box at the post office and be sure to properly shred all your junk mail. [Click Here to Learn About Residential Shredding](#)
- **Monitor Your Accounts** - Opt into text and e-mail alerts from your bank and credit card companies so receive updates on your balance and alerts for irregular spending, big purchases or suspicious activity. A good practice is to select one specific credit card for all your online purchases. Save your statements for 7 years and then be sure to shred them.
- **Protect Sensitive Data** - Often times paperwork will request a drivers' license number or Social Security Number, but it's optional. Do not give out this information unless it is absolutely necessary. Make sure with the requester that these documents are shredded at the end of their life. [Click Here to Learn About On-Site Shredding](#)
- **Avoid Unsecured WiFi** - Never make purchases or enter private information when you are connected to an unsecure network. These are breeding grounds for hackers to target unsuspecting victims.

Source: CNBC

Protecting Yourself From Skin Cancer

The sun feels so good, but it's extremely dangerous for your skin. Over time, too much sun exposure can cause wrinkling,

brown spots and cancer. Here's some ways to protect yourself



- **Wear Sunscreen** - Your best bet is to stay out of the sun but the next best thing is to lather SPF 15 or above broad spectrum sunscreen on you. Make sure to reapply every 2 hours and more often if you are swimming or sweating.
- **Time it Right** - It's best to be out in the sun before 10am and after 4pm, when the sun's rays are less damaging to your skin. If you have to be out between 10 and 4, cover up with UV protective clothing and get in the shade.
- **Skip Tanning Beds** - These increase your risk of melanoma, the most dangerous type of skin cancer. The risk goes up the younger you are, which is why more than 12 states have banned them from those under 18. Try tanning lotions instead.
- **Wear a Wide Brim Hat**- Select a hat that has a tight weave, without holes. Make sure the brim is wide enough to shade your face, ears and neck and that it goes all the way around.
- **Sun Proof Your Car** - Drivers are more likely to get skin cancer on their left side (the one facing the window). It's a good idea to apply sunscreen to that side of your face and arm. You can also apply a UV film to your glass.

Source: WebMD

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STAY CONNECTED:

