



## Headline News

### HEALTH & BENEFITS

➔ *Stay Young and Healthy.*

### CORPORATE RISKS

➔ *We are here, in the Ring of Fire!*

### SME & AFFINITY RISKS

➔ *Contra Bank Guarantee (CBG) as an Attractive Solution for Contractors.*

### STRATEGIC BUSINESS DEVELOPMENT

➔ *Howden Technology to Expand.*

### HEALTH & BENEFITS

*Stay Young and Healthy.*



dr. Syaeh Reza



Healthy living can be achieved by changing the habits of our lives everyday. So by living a healthy life, we become long and looks more youthful. Some steps that we can do to be always healthy and youthful.

#### Stay positive

One of the best-known ways to keep feeling young is having a positive mental outlook. For a healthier and happier life, surround yourself with positive, vibrant people – and be one yourself. Cheerful people are less likely to get sick. They also live an average of 7.5 years longer.

#### Eat the right foods

Studies show that eating wisely is a key to staying younger both physically and mentally. A healthy diet can reduce your risk of chronic diseases like diabetes, heart disease and cancer. You'll feel and look better when you eat more fruits and vegetables, especially the deep-colored and green leafy kind, which contain age-fighting antioxidants. Lean proteins, low-fat dairy products, beans, nuts, green tea and fish are all linked to longer life and lower incidence of disease. Avoid sugar and processed foods, and drink plenty of fresh, purified water every day. These simple food tips will put pep in your step and a sparkle in your eyes.

#### Exercise

Regular exercise lowers the risk of heart disease, diabetes, arthritis, obesity and dementia. People who walk briskly for just five hours a week are more likely to retain mobility and mental sharpness as they age. Exercise also keeps bones strong and helps the brain release depression-fighting serotonin.

#### Stress management

Stress is a physical and psychological reaction who is normal when someone confronted on the demands of life higher than before. In conditions of stress, the body will releasing the hormones that cause a person reacts to stress the originator such. Everyone's reaction against stress very varied and, if left in the term of long time stress can cause problems health, therefore it is extremely important for stress management. Several ways for stress management such as relaxation breathing, massage, yoga, meditation, exercise and recreation which is faster in helps to reduce your stress.

#### Socialize

A healthy life is not enough only with good activity and eating patterns, but it also requires a relationship with each other because we are social beings. Take the time along with others such as good relationship with neighbours, family and friends.

#### Source:

1. Mayo Clinic Staff. 2014. Exercise: 7 benefits of regular physical activity.
2. Providence Health & Service. 2017. 5 tips to help you stay youthful and healthy as you age.
3. Hitti, M. 2009. Healthy Living: 8 Steps to Take Today.
4. WebMD. 2018. American Heart Association: "Fight Stress With Healthy Habits"

For further information on stay young and healthy. Please visit <http://www.howdenindonesia.com> and email us at [general@id.howdengroup.com](mailto:general@id.howdengroup.com) or contact us on 0212939 4900 - Health & Benefits.

### CORPORATE RISKS

*We are here, in the Ring of Fire!*



Bayu Wicaksono



Indonesia is an archipelagic country located between the Indian Ocean and the Pacific Ocean that is traversed by the Ring of Fire lane. It was called the Ring of Fire because there were 452 volcanoes that stretched from south of South America, the west coast of America through the Bering strait and then passed Japan, the Philippines, Indonesian and New Zealand. Roughly the Ring of Fire can be seen as a region / area around the Pacific Ocean, its shape is not really a circle like a ring but more look like a horseshoe. Based on information from [nationalgeographic.org](http://nationalgeographic.org), roughly 90% of all earthquake occur along the Ring of Fire, and the ring is dotted with 75% of all active volcanoes on Earth. Referring to this information, it is not surprising that earthquake and volcanic eruptions often appear in Indonesia which are in the path or the Ring of Fire.

### GENERAL CLAIM PROCEDURES AND DOCUMENTATION FOR EVERY TYPE OF INSURANCE

#### Claim Procedures And Documentation For Public Liability Insurance

Public Liability Insurance policy provides protection against financial consequences you legally sustain due to an event or accident causing bodily injury and/or death to a 3rd Party or damage to property of 3rd Party. The incident occurs in your premises due to your negligence and in connection with your business operation.

The protection provided by the policy is, of course, subject to exceptions stipulated in the policy unless otherwise endorsed to delete such exception.

Following an event or accident, which might lead to an insurance claim, you are requested to notify our company immediately, if possible with all the details.

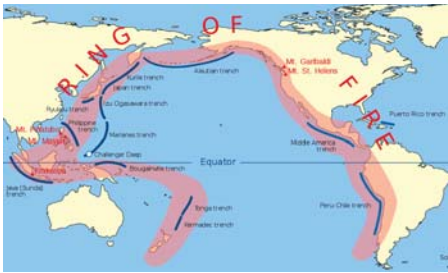
The important points you should remember are:

1. You are not allowed to admit liability to claimant without prior consent from the Insurers.
2. All correspondences or claim from 3rd Party should be submitted to our office for further review and negotiation with Insurer(s).
3. You should take all necessary and reasonable steps to minimize loss or to prevent further loss following the accident.

Claim documents will vary from one claim to another; however, basic documents may consist of the following:

1. Completed Claim Form.
2. Accident Report.
3. Claim Letter from 3rd. Party.
4. Hospital Bill – (in case of bodily injury).
5. Death Certificate and post mortem (in case of death).
6. Copy of IS Card (KTP/SIM) and Family card (Kartu Keluarga) of the claimant.
7. Estimate of repair cost – if applicable.

We should emphasise that to be able to claim to Insurer(s) you should be able to prove that the accident arises due to your negligence and therefore legally you could be held responsible for the consequence.



On August 5, 2018 the island of Lombok struck by Earthquake with magnitude 7.0, the epicenter was located inland on the slopes of Mount Rinjani at a depth of 15 km, West Nusa Tenggara Province. The entire island trembled on that day, strong shocks were also reported on the neighboring island of Sumbawa and the island of God – Bali. According to Badan Nasional Penanggulangan Bencana (BNPB), 436 people had been confirmed dead and economic losses more than 5,04 Trillion Rupiah. The damage and losses of more than 5,04 trillion rupiah came from the housing sector 3,82 trillion rupiah, infrastructure of 7,5 billion rupiahs, productive economy 432,7 billion rupiah, social culture 716,5 billion rupiah, and cross-sector 61,9 billion rupiah. The most damage and loss is the settlement sector, which in fact tens of thousands of houses are severely damaged, even many are flat to the ground.

We still remember clearly the earthquake and tsunami that rocked Central Sulawesi on 28 September 2018.

## SME & AFFINITY RISKS

### Contra Bank Guarantee (CBG) as an Attractive Solution for Contractors.

Nowadays we are seeing many projects surrounds us, not just at the big cities but also rural area. This is triggered majorly by the Government, which is followed by a trickle-down effect from private sector. The one that must be fulfilled in every project are related to Guarantee, where an Owner (Obligee) generally ask for Bid Bond; Performance Bond, Advance Payment Bond and Maintenance Bond from Contractor (Principle).

There are 2 products that can be cover for this needs, which are (1) **Bank Guarantee** where this is issued by the Banks and (2) **Surety** where is issued by the Insurance Company. Currently, surety is relatively rarely used in the market because the Owner (Obligee) prefers Bank Guarantees due to contains important clauses, which are unconditional and irrecoverable clause. Something that many Contractors don't know yet are, this Bank Guarantee can be issued by 2 scheme, which are:

1. **Bank Guarantee (BG) Scheme**, well known as a **full cover scheme**; where the process of issuance relatively faster because a Contractor just contact the Bank and the Bank will immediately issue such Guarantee being requested.
2. **Contra Bank Guarantee (CBG) Scheme**, this process relatively more time consuming comparing to Bank Guarantee (BG) because Contractor should contact an insurance company first, then Insurance Company will release "an Approval Letter" in form a CBG, which this CBG brought to the bank as a basis to release BG.

Each scheme has pros and cons which can be seen from different point of view, by (1). **In Terms of Time** where issuance time of CBG is more time

An earthquake with magnitude of 7.4 on the Richter scale shook Donggala and caused tsunami in Palu and Donggala. 4340 people reported died and lost to the disaster. Not long after, the natural disaster reappeared, Tsunami swept back, this time Banten region become its victim. The tsunami occurred on 22 December 2018 and claimed 426 casualties and 7,000 people were injured.

The recent is the status of Mount Merapi in Central Java which is back into Active. On 27 February 2019 there were 7 earthquakes with a duration of 13 – 90 seconds. Earlier on the 7th of February 2019 night, Mount Merapi had released incandescent lava and 136 avalanches and also one avalanche of hot clouds on the mountain. Living and doing business in Indonesia, which is on the Ring of Fire, does have the risk of facing natural disasters such as earthquakes, tsunamis and volcanic eruptions. For that you should prepare yourself to deal with it. Disasters are unavoidable but you can minimize the losses caused by the disaster, one of the good ways is insuring your property. By buying Earthquake Insurance, if natural disaster such as earthquake, volcanic eruption and tsunami occur, you can minimize the losses that you face.

We can offer the best solutions for the risks of Earthquake, Volcanic Eruptions and Tsunami that can be tailored to your needs. For further information on Earthquake Insurance. Please visit <http://www.howdenindonesia.com>. If you need any queries, please email us at [general@id.howdengroup.com](mailto:general@id.howdengroup.com) or contact us on 021-29394900 - Corporate Risk.



Gilang Sunaryuniarto

consuming comparing to BG. Also by (2). **In Terms of Rate** where if a Contractor uses CBG, then the rate is higher rather than BG due to double rate is applied; rate from insurance company also provision rate from the bank. While for the BG, there will be single rate applied, only provision rate from the bank. In simple terms, BG is faster to issue and relatively less costly comparing to CBG.

However, (3). **In terms of Collateral** – this collateral can be in a form of Cash Collateral or Asset Collateral. Depends on the judgement being determined later-on. BG scheme generally needs collateral 100% of amount guaranteed, this is why it is called a Full Cover Scheme. Different case if we are talking about CBG, where estimated collateral around 10% - 25% depends on underwriting review result from the insurers. This can be one a major consideration to the Contractors to use Contra Bank Guarantee; where they can maximize their finance / cash money to do another project in the same time because their money / asset being freeze for collateral requirement is relatively lower than Full Cover Bank Guarantee Scheme.

For further information on contra bank guarantee. Please visit <https://facilities.howdenindonesia.com/>. Please email us at [general@id.howdengroup.com](mailto:general@id.howdengroup.com) or contact us on 0212939 4900 – Financial, SME & Affinity Risks.

## STRATEGIC BUSINESS DEVELOPMENT

### Howden Technology to Expand.



Iman Ranindito

We have seen the technological changes developing around many industries. Especially around the advancement of startup companies in Indonesia. In our industry, a handful of companies has started to move toward the same trend. And so, we are not to be left behind.

Howden Indonesia have launched Howden Facilities and Howden Online Solutions. These are a web-based platform to buy retail insurance products and an insurance management system, respectively. Both has been proven useful to our clients, as we provide them with the convenience to purchase and manage their insurance.

Howden Facilities Web Application offers the capability to purchase insurance online including Home Insurance, Motor Vehicle Insurance and Travel Insurance. The latest edition of Howden Facilities is to offer the purchase of Personal Accident Insurance. Please visit "facilities.howdenindonesia.com" and click the icon to obtain your quote.

However, our technology does not stop there. We continue to focus on client's needs and wants. Thus, we continue to expand our existence in mobile application. At this stage, we have now developed Howden Facilities mobile application which is offers users to purchase Motor Vehicle Insurance and management. Moreover, the application would capture all documents you need to make a claim.

Finally, we believe our mobile apps would serve the market better as we continue to perfecting it.

Howden Mobile Apps is available to download via App Store and Google Plays. Get yours now!

If you wish to know more about our mobile apps send us you query at [general@id.howdengroup.com](mailto:general@id.howdengroup.com) or call us at +6221-2939-4900 - Strategic Business Development .



"Howden focuses its positioning on helping people solve the toughest problems they can face, based on specialist expertise, responsive service culture and independent yet charismatic style."

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