The Hong Kong Tuberculosis, Chest and Heart Diseases Association has been holding Christmas seal campaigns since 1992. The 2015 seals depict Healthy Lifestyle Elements done in the style of the traditional Chinese paper cutting, a folk art originating in China around the 6th century AD. This paper cutting technique is characterised by intricate designs and the creative use of negative space. The Christmas seals depict elements of healthy lifestyles such as no smoking and a healthy diet.