



CELEBRATE YOUR HEART

THIS FEBRUARY

Essential Tips for a Healthy American Heart Month

February is American Heart Month, a time to focus on our most vital organ and the ways we can keep it beating strong for years to come. Heart disease remains the leading cause of death for both men and women in the United States, but the good news is that many risk factors are preventable. *So, let's lace up our walking shoes, whip up some heart-healthy meals, and dive into some essential tips for a healthy American Heart Month!*

KNOW YOUR RISK

It all starts with awareness. Understanding your risk factors for heart disease empowers you to take proactive steps. High blood pressure, cholesterol, and blood sugar levels play a starring role, along with obesity, physical inactivity, and smoking. Schedule a check-up with your doctor to get your numbers checked and discuss any concerns you may have.

MOVE YOUR BODY

Physical activity is like a love song to your heart. Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise each week. This could be anything from brisk walking and swimming to cycling and dancing – find activities you enjoy and get your body moving!

FUEL YOUR HEART WITH GOODNESS

What you eat nourishes your body and directly impacts your heart health. Fill your plate with fruits, vegetables, whole grains, and lean protein. Limit saturated and trans fats, added sugar, and processed foods. Don't forget the power of hydration – water is essential for keeping your blood flowing smoothly.

SLEEP FOR YOUR HEART'S SAKE

Chronic sleep deprivation can elevate stress hormones and contribute to heart disease risk. Aim for 7-8 hours of quality sleep each night to give your body time to repair and recharge.

STRESS LESS, LIVE MORE

Chronic stress can take a toll on your heart health. Find healthy ways to manage stress, such as yoga, meditation, spending time in nature, or connecting with loved ones.

MAKE HEART HEALTH A FAMILY AFFAIR

Get your family involved in making healthy choices. Cook heart-healthy meals together, go for walks as a family, and participate in fun activities that promote physical activity.

Even small changes can make a big difference for your heart health. Use American Heart Month as an opportunity to embrace a healthier lifestyle and celebrate your heart every day of the year. *Let's keep our hearts beating strong, together!*

Accidental Insurance

Accidental insurance, also known as personal accident insurance, can be a valuable addition to your overall insurance portfolio. It's designed to provide financial protection in case of unexpected accidents that result in injury or death. *Here's a breakdown of what you need to know:*

What does it cover?

Accidental insurance covers

- This provides a lump sum payment to your beneficiaries in case of your accidental death.
- If an accident leaves you with permanent or partial disability, the insurance will provide financial support to cover lost income and medical expenses.
- Some policies cover medical expenses related to the accident, such as surgery, hospitalization, and rehabilitation.

What doesn't it cover?

Accidental insurance excludes

- It doesn't cover illnesses or diseases that are not caused by an accident.
- Existing medical conditions may not be covered, or the coverage may be limited.
- Accidental death caused by suicide is not covered.

Benefits of accidental insurance



Financial security

It provides financial support for you or your loved ones in case of an unexpected accident.



Peace of mind

Knowing you have coverage can offer peace of mind and reduce financial stress.



Supplement to other insurance

It can complement other insurance policies like health insurance, providing additional financial protection.