

DIABETES



The exact cause of most types of diabetes is unknown. In all cases, sugar builds up in the bloodstream. This is because the pancreas doesn't produce enough insulin. Both type 1 and type 2 diabetes may be caused by a combination of genetic or environmental factors. It is unclear what those factors may be.

To an individual with diabetes, carbohydrates, or "carbs," serve a key role in their everyday lives. Carbs represents the main nutrient that readily converts into glucose, or sugar, in the bloodstream for energy. And it's carbs that can easily fuel spikes in blood sugar levels, causing issues for people with diabetes.

SYMPTOMS

- Feeling very thirsty;
- Needing to urinate more often than usual;
- Blurred vision;
- Feeling tired;
- Losing weight unintentionally;
- Over time, diabetes can damage blood vessels in the heart, eyes, kidneys and nerves.

People with diabetes have a higher risk of health problems including heart attack, stroke and kidney failure. **Diabetes can cause permanent vision loss by damaging blood vessels in the eyes.** A diet rich in vegetables, fruits, and lean proteins can benefit a person with diabetes. At the same time, a person with diabetes may need to limit their intake of white bread, sweets, and other highly refined foods.



Include fruits and vegetables.



Eat lean protein.

LESS
SUGAR

Choose foods with less added sugar.



Avoid trans fats.



Eat fewer processed foods, especially ultra-processed foods.

LIFE INSURANCE



Life insurance is there to help your loved ones with financial needs if you aren't there anymore.

Consider your mortgage and other debts, how much income would need to be replaced, money to cover a funeral, and college for the kids. You can leave money to a spouse, children, other family member, or friend. This is known as the policy's beneficiary.

Life insurance helps protect your family's finances by providing a cash benefit if you pass away. This ensures that they'll be financially supported, and can cover important things from bills to funeral costs. With life policies, you can get affordable life insurance protection for a set period of time.

WHO IS IT FOR?

Everyone's life insurance needs are different, depending on their family situation. **That's why group life insurance through an employer is an easier and more affordable option than individual life insurance.**

WHAT DOES IT COVER?

Life insurance protects your loved ones by providing a benefit (which is usually tax-exempt) if you pass away.

WHY SHOULD I CONSIDER IT?

Life insurance is about more than just covering expenses. Depending on your circumstances, it could take your family years to recover from the loss of your income.

With a life insurance benefit, your family will have extra money to cover mortgage and rent payments, legal or medical fees, childcare, tuition, and any outstanding debts.