



# INSURANCE INSIDER

February 2020



## National Wear Red Day is Feb. 7

**Wear red to raise awareness about cardiovascular disease and save lives.. when we come together, there is NOTHING we can't do!**



Cardiovascular disease is the NUMBER 1 killer of women killing more women than all forms of cancer combined! Heart disease kills one of three women

- Ask your doctor to check your blood pressure and cholesterol
- Stop smoking, lose weight, exercise and eat healthy
- Make healthy food choices for you and your family
- Teach your children the importance of staying active
- Tell every woman you know, that heart disease is our No. 1 killer

You can prepare for life's uncertainties and gain peace of mind by finding a SEANC Insurance program that fits your needs and your budget.

**For more information, contact the SEANC Insurance Department at 919-792-3350 or 800-222-2758 | [seanc.org/insurance](http://seanc.org/insurance)**

**You can also view our [Insurance Directory](#) and summary of insurance plans for [active](#) and [retired](#) members.**



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