



From the Chair

Welcome to the Insurance Board of Trustees Newsletter, *Insurance Insider*.

We would like to keep you and members of your district informed about the insurance products SEANC offers. You will find the contact information for your district representatives enclosed. We encourage members to sign up for our products. If you need any information about our products, please do not hesitate to contact us.



Martha Fowler, Chairperson
Insurance Board of Trustees



February is Heart Health Month

Did you know heart disease is the leading cause of death for BOTH men and women in the U.S.?

The good news is that you can prevent it by knowing your family history, choosing a heart- healthy diet, exercising and having regular check-ups with your doctor.

Your Insurance Board of Trustees

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5 Homemade & heart-healthy snacks for on-the-go

1. Nuts

These are one of the easiest and most convenient snacks available.

2. Fruit and Yogurt

Nonfat, plain Greek yogurt (or plain yogurt) is both portable and energizing and can be topped with fresh fruit (frozen berries work as well).

3. Apples and Peanut Butter

It doesn't get much simpler than this.

4. Hummus and Veggies

Slice green and yellow peppers, cucumber, raw broccoli, or whatever vegetables you like and pair it with two tablespoons of hummus.

5. DIY Fro-Yo

Blend a cup of your favorite fresh or frozen berries in a food processor with a cup of non-fat yogurt, pour it in a cup and freeze.

♥ **A FUN way to keep your heart healthy** ♥



Humor is infectious! When laughter is shared it triggers healthy physical changes in the body.

Laughter helps protect your heart by:

- Lowering blood pressure
- Improving function of blood vessels and increasing blood flow
- Reducing stress hormone levels
- Improving overall cardiovascular health

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Make the Switch!

Take control of your voice by changing over to bank draft for SEANC dues, premiums and other payments.

Watch this short clip to stay fit!



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Colonial Life

The benefits of good hard work.SM

SEANC has partnered with Colonial Life for the past 15 years to help our members protect what they have worked so hard to build.

SEANC offers the following Colonial Life products:

Cancer Insurance

Cancer Insurance helps pay for some of the direct medical and indirect non-medical costs related to cancer diagnosis and treatment.

Disability Insurance

Disability Insurance provides active working employees protection for the thing that matters most, your ability to earn an income.

Hospital Confinement Indemnity Insurance

With increasing medical costs, you may be faced with paying more for things that health insurance won't cover. Hospital Indemnity can help with coinsurance and deductibles.

Universal Life Insurance

This insurance is a flexible premium, adjustable death benefit life insurance plan that accumulates cash value, based on current interest rates.

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