

# Live Well

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Provided by The Glienke Agency, LLC



## Practice Self-care This February

Valentine's Day is a time to show affection toward others, but it can also be a time to look inward. Consider these self-care tips and show yourself some love:

- Set boundaries regarding work tasks and other responsibilities, establishing time meant only for yourself and your hobbies.
- Disconnect from social media and electronic devices to limit potential doomscrolling.
- Allow yourself some luxuries, such as indulging in a favorite meal or treating yourself to a spa day.
- Take care of yourself by maintaining a healthy diet, scheduling exercise and practicing good hygiene.
- Journal your thoughts and experiences, reflecting on how you can be kinder to yourself and avoid negative internal dialogue.



## 5 Savings Strategies Amid Rising Grocery Prices

While inflation and other economic conditions are beyond the control of the average person, there are still things you can do to manage rising food costs.

Consider the following strategies for stretching your budget and saving on groceries:

- Plan ahead by deciding on meals a week at a time. Knowing the amounts you need can help you buy in bulk while avoiding excess.
- Check if your favorite grocery store has a mobile app, as it may often provide customers with exclusive deals and digital coupons.

- Do your shopping closer to closing time, as stores may mark down certain items, such as fresh produce and bakery goods.
- Reduce waste by challenging yourself to consume unspoiled food in your refrigerator and pantry. Squeeze another meal out of leftovers by making soups and stews.
- Review your receipts for errors, as you might find overcharges.

For more resources related to planning your household budget, contact us today.

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## Celebrate American Heart Month With Healthy Lifestyle Choices

Heart disease is the leading cause of death in the United States. According to the Centers for Disease Control and Prevention, 1 in every 3 deaths was caused by a cardiovascular disease in 2023.

In recognition of these dangers, February is designated as American Heart Month. This annual campaign focuses on raising awareness about cardiovascular diseases and other conditions that may affect the heart.

### Strategies for Better Heart Health

Committing to certain lifestyle choices and planning for your future health can make a significant difference in mitigating your risk of developing heart disease and cardiovascular conditions.

Consider these tips:

- **Commit to a healthy diet**—Avoid saturated and trans fats. Instead, choose fresh fruits, vegetables and other foods high in fiber. Limit sugary and alcoholic beverages.
- **Exercise regularly**—Physical activity can help you maintain a healthy weight, avoid high blood pressure and limit bad cholesterol levels. Try to get at least 30 minutes of exercise at least five days per week.
- **Stay away from cigarettes**—Don't smoke or, if you already do, quit as soon as possible. Cigarette smoke greatly increases heart disease risk. Avoid secondhand smoke whenever possible as well.

### Learn More

If you have questions or concerns about your heart health, talk to your doctor today. [Click here](#) for more information on American Heart Month.

## Understanding Different Types of Pet Insurance

Just like humans, dogs, cats and other animals may eventually need medical care. Fortunately, pet insurance can help them get the veterinary care they need while limiting your costs.

When selecting the right coverage for you and your pet, consider the following types of policies:

- **Accident-only insurance** can help limit out-of-pocket costs if your pet is injured in an accident, such as being struck by a car or swallowing a foreign object.
- **Comprehensive pet insurance**, also known as accident and illness coverage, can cover accidents, as well as chronic conditions (e.g., cancer and diabetes), common illnesses (e.g., urinary tract infections), dental care and prescription medications.

Given its narrower scope of coverage, accident-only policies are typically more affordable.

Additionally, pet wellness and preventive care coverage is often available as a rider for either type of policy and can help you pay for various veterinary services, including wellness exams, vaccinations, fecal tests and parasite prevention.

Contact us today to learn more about pet insurance.