INSURANCE AGENCY NEWSLETTER

SPRING | 2021

MEDICARE COVERS **COVID-19 VACCINES (FDA APPROVED)**

You pay nothing for the COVID-19 vaccine with Original Medicare, so be sure to bring your Medicare card. Medicare also covers COVID-19 tests, COVID-19 antibody tests, and COVID-19 monoclonal antibody treatments.

Source: medicare.gov/coverage/coronavirus-disease-2019-covid-19-vaccine

5 HEALTH BENEFITS OF GARDENING:

Spending time outdoors in the garden can benefit your physical, mental and emotional health.

1. Improved immune system. Bacteria found in garden soil can improve your immune system and has been known to alleviate symptoms of allergies, asthma, psoriasis and depression.

2. Relieves stress and anxiety. A study in the Journal of Health Psychology stated that gardening can lower cortisol levels in your brain. Cortisol, necessary for sustaining body functions, is also known as the stress hormone. Too much can cause your blood pressure & glucose levels to fluctuate.

3. May reduce risk of dementia. Gardening requires using critical functions including dexterity and sensory awareness.

4. Good exercise. Even light exercise can slow down the aging process. All gardening activities will help get you moving.

5. Happy mood booster. Fresh air and sunshine can do wonders for your mood and your health. The sun's rays help your body produce vitamin D and boost serotonin levels in your brain to help improve your mood and help you feel calm and centered. This is great for people who suffer from seasonal depression. (Remember to wear sunscreen, sunglasses and a hat when gardening to help protect yourself from the harmful UV rays that cause sunburn.)

**By responding to this advertisement I understand a sales agent may contact me by telephone, email or mail to discuss Medicare Advantage plans, Prescription Drug plans and Medicare Supplement Insurance plans.*

STRAWBERRY LEMONADE SMOOTHIE

INGREDIENTS:

1 cup lemonade
1 cup lemon yogurt
1 cup vanilla almond milk
2 cups frozen strawberries

Prep Time: 5 minutes
Servings: 4

DIRECTIONS:

1. Place frozen strawberries into blender.
2. Add lemomade, lemon yogurt & almond milk.
3. Cover and blend 15 seconds or until smooth.
4. Pour into 4 fun glasses and serve immediately.

Refreshingly simple and delicious!

SAVE THE DATE

MARCH	14	DAYLIGHT SAVINGS
	17	ST. PATRICK'S DAY
	20	SPRING BEGINS
APRIL	01	APRIL FOOL'S DAY
	04	EASTER SUNDAY
	15	TAX DEADLINE
MAY	05	CINCO DE MAYO
	09	MOTHER'S DAY
	31	MEMORIAL DAY

DID YOU KNOW. . .

You can get Medicare-provided medical care and prescription drugs in emergency or disaster areas, replace lost cards and replace lost or damaged supplies.

Learn more at: *www.medicare.gov/what-medicare-covers/getting-care-drugs-in-disasters-or-emergencies*

CONTACT US

AGENCY NAME
AGENT NAME
Licensed Sales Agent

Phone
Email
Website