STITH & ASSOCIATES
HEALTH INSURANCE AGENCY, INC.

Monthly Newsletter

August 15, 2024

Summer Sun Safety Awareness Month

How to Be Active Safely in Warm Weather:

Be smart when working out

Keep in mind these six tips when it's warm outside:

- ***Timing is key.*** *Try to avoid exercising outside in the early afternoon...*
- ***Hydrate.*** *Drink water before, during and after physical activity...*
- ***Dress for success.*** *Wear lightweight, light-colored, loose-fitting clothes...*
- ***Listen to your body.*** *Take frequent breaks in the shade, and drink water before you're thirsty...*
- ***Doctor's orders.*** *Check with your health care professional before starting an exercise routine or moving your workout outdoors...*
- ***Buddy up.*** *If you can, work out with a partner for safety, social interactive and fun.*

DID YOU KNOW?

The Inflation Reduction Act was signed into law by President Biden in 2022. Next year, 2025 will be the first plan year in which these major changes will become effective. Read the full email Newsletter for the changes.

REGISTER NOW

Medicare 101

What You Need to Know
September 18 @ 10am

BEWARE:
Multi-Factor Authentication (MFA) can be hacked!

Examples of MFA:

- Password, passphrase or personal identification number (PIN)
- Something you have, such as a token or smartcard
- Something you are, such as a biometric like a fingerprint or face recognition

ANOC (Annual Notice of Change) Letter Review:
September 16 - October 11
Mondays, Wednesdays and Fridays: 10am - 12pm
Tuesdays & Thursdays: 1p - 3pm

Medicare & ANOC Location

2826 Mt. Carmel Ave., Suite D, Glenside, PA 19038

NEW

COMING SOON:
You will be able to run a quote and enroll in Medicare Supplemental Plans on our website!

SAVE THE DATE

Shredding Event: Oct. 19 - 10am