

STITH & ASSOCIATES

HEALTH INSURANCE AGENCY, INC.

Monthly Newsletter



December 16, 2024

December is...



SAD

Seasonal Affective Disorder (SAD) is a type of depression that occurs at a specific time of year, typically during the fall and winter months, when there is less natural sunlight. It is believed to be related to changes in light exposure and disruptions in biological rhythms, including melatonin and serotonin levels, which affect mood and sleep.

SEPTA has proposed another rate hike and reductions that would go into effect next year.

On May 7, 2025, U.S. travelers must be REAL ID compliant to board domestic flights and access certain federal facilities.



Toys/Coat Drive Collection:
Now thru Dec. 16
9am -5pm

Thank you for the donations we have received thus far.



Medicare Part B Premium and Deductible

The standard monthly premium for Medicare Part B enrollees will be \$185.00 for 2025, an increase of \$10.30 from \$174.70 in 2024. The annual deductible for all Medicare Part B beneficiaries will be \$257 in 2025, an increase of \$17 from the annual deductible of \$240 in 2024.