

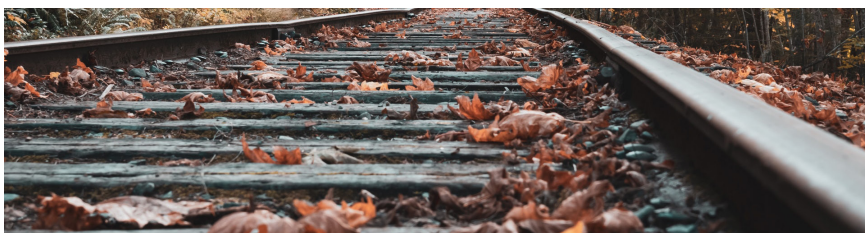
AMERICAN CENTRAL INSURANCE NEWSLETTER

FALL | 2020

GET THE MOST OUT OF YOUR MEDICARE!

The best way to stay healthy is to live a healthy lifestyle. You can live a healthy lifestyle and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help. Medicare pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health. If you have Medicare Part B (Medical Insurance), you can get a yearly "Wellness" visit, flu shots, and more.

See the full list at: <https://www.medicare.gov/Pubs/pdf/10110-Medicare-Preventive-Services.pdf>



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

CALENDAR

SEPTEMBER

- 07** Labor Day
- 11** Patriot Day Honoring 9/11
- 13-19** Assisted Living Week
- 15-21** Medicare Education Week
- 22** Centenarian's Day

OCTOBER

- 05-11** Active Aging Week
- 12** Columbus Day
- 15** Annual Enrollment Period Begins
- 31** Halloween

NOVEMBER

- 01** Daylight Saving Time
- 03** Election Day
- 11** Veterans Day
- 26** Thanksgiving
- 27** President's Day

ST. LOUIS GOOEY BUTTER CAKE

INGREDIENTS

Total Time: 1 hour

Servings: 10-12

Bottom Layer Ingredients:

- 1 box yellow cake mix
- 2 eggs
- 1 stick melted butter

Top Layer Ingredients:

- 8oz cream cheese (softened)
- 2 eggs
- Powdered sugar

DIRECTIONS

- Bake bottom layer ingredients according to box instructions.
- Spread evenly in un-greased 9x13 pan.
- Mix together top layer ingredients & beat with electric mixer for 5 minutes.
- Pour evenly over bottom layer.
- Bake at 350 for 55 minutes.
- Top will sink slightly when cooling.
- Lightly sprinkle with powdered sugar
- Serve warm or at room temperature.

DID YOU KNOW . . .

There are new health plan and prescription drug coverage choices each year? Review your current health and prescription drug coverage each fall, and make sure your plan is still right for you.

Source: <https://www.medicare.gov/pubs/pdf/11220-Medicare-Yearly-Review.pdf>

CHECK OUT MEDICARE'S "WHAT'S COVERED" APP!

Medicare now offers a free app for Android or Apple that helps determine your coverage and service eligibility under Medicare Part A and Part B. Receive basic benefit information and a list of covered preventative services by downloading the "What's Covered" mobile app today!



Source: <https://www.medicare.gov/blog/whats-covered-mobile-app>

CONTACT

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