

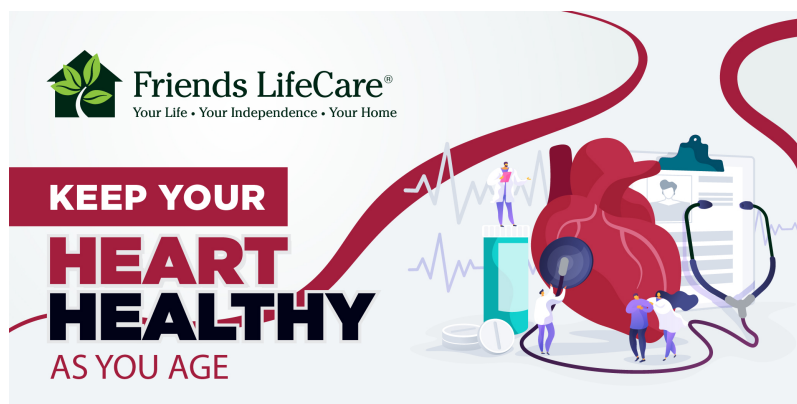
VigR® e-Newsletter

Vol. 7 - Feb. 2021

February is American Heart Month.

In this edition of **VigR's® e-Newsletter**, you will find resources, information, and events **celebrating the heart** - and how to keep it healthy.

Heart Health Infographic



With your heart in mind, we developed this infographic with **important facts**, tips to **reduce your risk** of heart disease, and **interesting findings** from Friends Life Care members.

[GET INFOGRAPHIC](#)

How to Prepare for Long-Term Care: Understanding Plan Cost



A variety of factors go into **determining the cost** of Friends Life Care membership. Find out what they are, how to **customize them to fit your needs**, and why the sooner you join, the less you may pay.

WATCH VIDEO

Upcoming VigR® Wellness Workshops



Climate Reality: Status, Science, Solutions Webinar

Health effects of climate change include [increased cardiovascular disease](#). Learn more about **climate change science**, current status, and ongoing solutions with Friends Life Care member, Margherita Abe.

WATCH RECORDING

American Heart Association YouTube Channel



The [American Heart Association's YouTube Channel](#) is a plentiful resource to help you live healthier. Watch videos about heart attacks, strokes, **at home workouts**, simple cooking, and more.

One video we want to highlight is '[Fresh findings on women's heart health](#)' featuring **breakthrough research**. The presentation starts **four minutes** into the video. You can simply **fast forward** to get there.

VigR® Chats



Maintaining a **healthy weight** helps [reduce the risk](#) of heart disease. One way to do this is through **mindful eating**. In this video, Cheryl Proska, **Friends Life Care** Marketing Director, shares more about the practice.

[WATCH NOW](#)

eMeetinghouse Blog



20 Heartfelt Healthy Habits

The human heart is the basis of the **mental and emotional elements** of our personal life. A healthy you means your **physical, mental, and emotional hearts** are functioning symbiotically. So, let's take a look at **twenty habits** for a healthy heart and cardiovascular system.

[READ MORE](#)

COVID-19 Update



There are more questions than answers about **COVID-19 vaccination** at the moment. Because we care about your **wellbeing and security**, we are committed to regularly updating and sharing information from reliable sources regarding COVID-19 and the vaccines.

ECRI, Friends Life Care's Risk Management carrier, developed [this PDF](#) to help **bust the many myths** circulating about the vaccine. And you can visit the Friends Life Care member community page linked below as it will be **updated as more information is gathered**, or things change.

[READ MORE](#)

Wellness and Care Coordination Corner

If you are a heart and stroke patient, or know someone who is, here is what **American Heart Association News** reports [you should know](#) about COVID-19 vaccines.

Practicing mindfulness and meditation [may help you](#) **manage stress** and high blood pressure, sleep better, feel more balanced and connected, and even lower your risk of heart disease.

When you [choose healthy behaviors](#), you can **lower your heart disease risk** and other serious chronic conditions like type 2 diabetes and some kinds of cancer.

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)





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