



Leaves are Falling, Autumn is Calling



October 2019

The Lowdown on Health Savings Accounts

With longer life spans come extended healthcare needs — and significantly more dollars required to pay for them

An HSA Complements your Retirement Plan

The key with any large expense is to break it down into manageable chunks. Just as your retirement plan takes manageable amounts out of your paycheck each month, you can use an HSA to pay for future healthcare expenses by making small, regular deposits. An HSA is a hybrid savings and investment account that lets you set aside funds in a tax-advantaged way, and allows you to:

1. Pay for Medicare premiums on a pretax basis
2. Pay for qualified long-term care insurance premiums tax-free
3. Reimburse yourself for qualified medical expenses at any time, with tax-free withdrawals

Contact us to learn about our
HSA, FSA, COBRA and 401(k) Services!

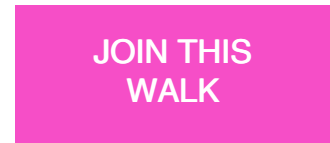
Breast Cancer Awareness Month

Breast cancer is the most common cancer in women, except for skin cancer. 12.4% of women in the US will develop breast cancer over the course of her lifetime. Every 2 minutes a woman is diagnosed with breast cancer.

Breast Cancer prevention starts with healthy habits

- Limit alcohol
- Don't smoke
- Control your weight
- Be physically active
- Breast-feed
- Limit dose and duration of hormone therapy
- Avoid exposure to radiation and environmental pollution

Be vigilant about Breast cancer detection. If you notice any changes in your breasts, such as a new lump or skin changes, consult your doctor. Talk to your doctor about Mammograms and other screenings.



DETAILS:
Saturday,
October 26, 2019

Country Park
3805 Jaycee Park Dr
Greensboro, NC

Together We Can Beat the Flu

It's that time of year. It's the season of runny noses, hacking and coughing, and Kleenex. While we can't totally escape getting sick, we can do our best to prevent it if we can understand what causes colds and flu.

- Wash your hands
- Use Hand Sanitizer
- Use a Humidifier
- Don't touch your face
- Wipe down common areas
- Exercise often
- Drink lots of water
- Get plenty of rest
- Eat healthy
- Get the flu vaccine

OUR MISSION

We will make every interaction a positive experience

Sincerely,
The Team at Stanley Benefit Services, Inc.

Contact us to learn about our
HSA, FSA, COBRA and 401(k) Services!

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