

Did You Know?

(NAPSA)—If you have high blood pressure, consult your doctor or pharmacist about the safety of over-the-counter medicines. Some pain relievers and cold and flu medications may raise blood pressure. Always read medication labels and discuss alternative pain, fever or cold medicine with your doctor.

Stay in the know about your car's health with Hum by Verizon. The Vehicle Diagnostics feature can help you stay ahead of potential issues for more safety on the road and money in your pocket.

If you develop the nasal congestion, aches and fever of the flu, get a doctor's advice right away. Using a phone, mobile app or the Web, you can access board-certified doctors through a telehealth solution such as Teladoc. Learn more at www.Teladoc.com/flu.

The not-for-profit American Red Cross shelters, feeds and provides emotional support to disaster victims; supports military personnel and their families; supplies about 40 percent of the nation's blood; teaches lifesaving skills; and provides humanitarian aid. Learn more, including how to help, at www.redcross.org.

Window films offer advanced energy savings and other benefits and can be quickly installed at a fraction of the cost of replacement windows, often with a return on investment in under three years. Learn more from the nonprofit International Window Film Association by visiting www.iwfa.com.

"Ten percent of Millennials enjoy the peace of mind that comes from taking a 'protection-first' financial planning



approach," said Brian Madgett, vice president, New York Life. For help strategizing for your family's future, you can visit www.newyorklife.com.

Advocating for a strict code of ethics for timeshare companies, transparency in their sales techniques, and for the rights of all timeshare owners, the Coalition to Reform Timeshare is collecting stories of problems with timeshare ownership. Join the coalition or share your story at www.ReformTimeshare.org.

More than 30 million Americans have diabetes and all too many of them have trouble paying for vital medication. To help, MannKind offers rapid-acting, inhaled insulin at a special discount. Learn more at www.insulinsavings.com.

You can protect against rising hospital costs. Hospital Assure, Washington National's hospital indemnity insurance product, complements existing health insurance, paying lump-sum cash benefits in the event you or a covered family member are hospitalized due to a covered sickness or accident. Learn more at www.WashingtonNational.com.