

Did You Know?

Although chronic diseases are among the most common and costly health problems, they are also among the most preventable.

National Center for Chronic Disease Prevention and Health Promotion, The Power of Prevention, 2009

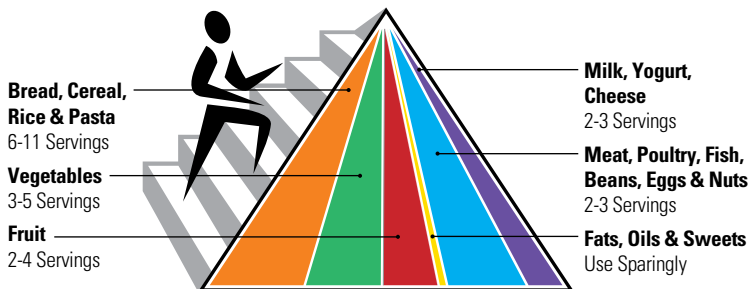


Make a Commitment to a Healthier Lifestyle

Everyone has the ability to improve their quality of life. To that end, American General is dedicated to educating employees and their families about some easy steps to help assure a longer, better-quality life.

Follow These Healthy-Living Guidelines

- Take care of yourself.
 - Eat healthier — follow USDA Guidelines¹ for daily food intake.



- Continue or start an exercise program.
- Maintain a healthy weight.
- Know your family health history.
- If you smoke, do all you can to quit.
- Get regular checkups from your physician and your dentist.
- Keep up with recommended cancer-screening tests.
- Get all appropriate vaccinations.
- Be safety-conscious at home, at work and in the car.
 - Be aware of tripping and slipping hazards in your home.
 - In the car, always wear seat belts and limit your cell phone use.
 - Don't drive when you're overtired, intoxicated or distracted.

Marilyn's Story: Having Coverage Helped Keep the Family Home²

When Marilyn and Bill finally found their dream home, they couldn't have been happier. But, seven years later, Bill suffered a heart attack and died. And, even though Marilyn was employed, her salary wasn't enough to cover all of the family's expenses. Fortunately, Bill had taken advantage of the term life policy his employer offered. The \$300,000 death benefit from Bill's policy allowed Marilyn to pay off the mortgage on their home so her monthly household costs were more in line with her salary. She and her sons had the comfort of staying in a familiar home and neighborhood.

For more information, visit
americangeneral.com/employeebenefits.

American General Life Companies

American General Life Companies, americangeneral.com, is the marketing name for the insurance companies and affiliates comprising the domestic life operations of American International Group, Inc.

© 2010. All rights reserved.
06675006-1832 R03/10

¹ United States Department of Agriculture, www.MyPyramid.gov, viewed February, 2010.

² For illustration purposes only.