



Insider.

Auto • Commercial • Home • Boat • Motorcycle • Health



Has COVID-19 Changed Insurance?

The pandemic has changed the world as we know it. We've had to adapt and find new ways of doing things. The insurance industry has also seen the need to evolve. People might be driving less or looking to cut on expenses wherever possible. To keep up with the times, insurers like us, who provide personal attention, are a valuable asset to help people find quality coverage at a price that fits their needs.

Another trend to keep in mind is that the increased use of digital platforms to handle claims or access insurance information will continue to expand to help consumers protect against fraud and provide more flexibility. Plus, it is reported that due to record-breaking natural catastrophes in 2020, the number of disaster-related claims could continue to increase. Another important reason why we stay on top of assessing risks for you – it's how we provide solutions and offer services to protect you better as the industry changes.

If you want to revisit your car insurance policy or want to find out more information about our additional services, Estrella Insurance is here for you. Save time and money today! Visit [our web page](#).

February is Heart Month

Did you know that heart disease is the leading cause of death for both men and women? According to the Center for Disease Control and Prevention (CDC), each year 715,000 Americans suffer from a heart attack and 600,000 die of heart disease. The good news is heart disease can often be prevented by making healthy choices and managing health conditions. American Heart Month is designed to spread awareness about heart disease and encourage people



to live heart-healthy lives.

Here are a few tips to help you enjoy a heart-healthy lifestyle:

- Understand your risks: Factors can vary by person, but your risk of heart disease may be higher if you have high blood pressure or cholesterol, are overweight, have diabetes, smoke, have a family history, or do not exercise regularly.
- Choose heart-healthy foods: Eating certain foods, such as fruits and vegetables, while limiting others, such as saturated and trans fats and added sugars, can lower blood pressure and bad cholesterol.
- Manage stress: Research suggests that an emotionally upsetting event can trigger a heart attack or angina in some people. Learning how to manage stress and cope with problems can improve your mental and physical health.

Have a chronic heart condition or looking for a healthcare plan that meets your needs? Estrella Insurance can answer your questions about eligibility and coverage. Check [this link](#) for more information.



Protect Yourself: Rise in Car Theft

After many years of a decline in car theft from improved technology, we are now seeing an increase in this unfortunate crime. And while the pandemic could be partly to blame, it seems that carelessness is a significant contributing factor.

Here are 5 things you can do to prevent your car from being stolen:

1. Don't leave your car's key fob or keys in the ignition inside the vehicle when parked.
2. Don't leave your vehicle unattended while it's running.
3. Don't leave spare keys in the glove-box or another compartment.
4. Don't give thieves a reason to steal your vehicle by leaving valuables in your car.
5. Make sure that your car is turned off when you leave it.

While some of these may seem pretty obvious, things happen, and unfortunately, thieves will take advantage. Estrella Insurance can help you if you have questions relating to theft claims on your policy. Check [this link](#) for more information.

Thinking of Buying a Home? Know These Words

Whether you're a first-time home buyer or are back in the market for a new home, sometimes real estate jargon can be quite confusing. Before making an offer, check out [this link](#) for some important terms that could help during your hunt for a place to call your own.

Want to protect your home with quality coverage at the lowest price? There's only one word you need to know to make it happen – [Estrella](#).



Need Coverage or Have a Question?



During this pandemic, we want everyone to stay safe and healthy. If you're looking to sign up for a new policy, many of the carriers we work with give you the option to process transactions online. Even if you have a question or need information, you can always speak to an Estrella Insurance agent on the phone or contact us by email.

We're Hiring

A professional career in the insurance industry is calling! Join our team and work with one of the most trusted and well-known insurance providers. Expand your talents and discover the benefits of providing customers with a variety of essential insurance products.

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