



HEALTHY HEARTS AND FURRY COMPANIONS:

The Pawsitive Impact Pets Have on Our Lives

From encouraging daily movement to offering emotional support, pet companionship provides their owners with a number of health benefits. The simple act of caring for pets creates an authentic and deep healing bond. According to Medical News Today, animal therapy builds on a concept called the human-animal bond, which describes people's desire to interact with and relate to animals.

This bond itself may help the person in several ways, such as:

- 1 reducing boredom
- 2 increasing movement and activity
- 3 providing companionship
- 4 increasing social interactions
- 5 improving mood and general well-being

The positive interactions with an animal may lead to benefits in the mind and body, and an overall more balanced mental and emotional state.

The healing presence of animals in our lives is so profound that animal-assisted therapy is on the rise due to its effectiveness.



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We've hyperlinked resources you may want to access. Just hover and click!

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YOUR PETS, YOUR HEART, AND YOU

Pets provide more than unconditional love. They represent a vital aspect of their owners' health and happiness. Research has shown that interacting with animals can lower stress, encourage physical activity (yay, walks!), reduce feelings of loneliness, and boost heart health. Owning a pet, especially a dog, has even been linked to reduced risk of heart disease. According to the CDC, pet owners often experience:

- 1 Lower blood pressure and cholesterol
- 2 Improved cardiovascular fitness from daily walks
- 3 Better recovery rates after cardiac events

KEEPING YOUR COMPANION HEALTHY THIS SPRING

Just as pets keep us healthy, it's important to return the favor. As spring approaches, take these steps to ensure your pet's well-being:

Manage Seasonal Allergies

Pets can suffer from pollen allergies, causing itchy skin, watery eyes, and sneezing. Wipe their paws and fur after outdoor walks to reduce allergens. You can also consult your vet about pet-safe allergy relief options.

Prevent Fleas & Ticks

Warmer weather brings an increase in fleas and ticks. Use vet-approved flea and tick prevention treatments to keep them at bay. Also, don't forget to check your pet's fur after walks in grassy or wooded areas.

Stay Safe Outdoors

Avoid letting pets roam in areas treated with pesticides. It's also important to ensure they stay hydrated and have access to shade in warmer weather. Supervise outdoor playtime to prevent injuries or accidental ingestion of toxic plants.

Ask About Their Nutrition

Walking down the pet aisle to choose your pet's food can feel overwhelming – so many options! Kibble can contain harmful fillers and chemicals that can cause long-term harm to your companion, so choosing the right food is key. When in doubt, ask your vet for their recommendation. They know best!


Keep Up with Vet Visits

Staying on top of our own health appointments can be a challenge sometimes, let alone those of our pets. After all, Fido won't be the one to remind you that he's due for his rabies vaccine. Stay up to date with your pets' vet appointments by scheduling them in the same place you jot down your visits. That way, you have everything in one place.

 A healthy pet means a happy you. [BCBSIL Connect Community](#) offers this great article with tips to keep your pet in tip top condition.

THE HEALING BOND BETWEEN PETS & PEOPLE

Whether it's a wagging tail greeting you at the door or the calming presence of a purring cat, pets make our lives richer in countless ways. They keep us active, comfort us in stressful times, and improve our overall well-being. By caring for them as well as they care for us, we create a lifelong bond of health and happiness.

 For more pet owner resources, visit the [Humane Society website](#) for tools to ensure your furry friend enjoys a healthy, happy spring.



IS YOUR PET COVERED?

Vet bills can add up, especially if unexpected health issues arise. Pet insurance helps cover medical costs, ensuring your pet gets the best care without financial stress.

Benefits of pet insurance include:

- Coverage for accidents, illnesses, and preventive care
- Access to a wider range of veterinary services
- Peace of mind knowing your pet's health is protected

Discover pet insurance options designed specifically for your furry friend's needs. Click to learn more about the [Total Pet Plan](#) and [Wishbone Pet Health Insurance](#).

Found this week's edition of Wellness Wednesdays to be helpful?

Spread the word to your co-workers so they too can better make their furry friends a priority in 2025.



SOURCES: [NIH 2016](#), [CDC](#), [NIH 2008](#), [Animal Humane Society](#)