

## Hydration Drinks

- Water
- Fruit Water
- Fruit Juice
- Coconut Water
- Milk
- Electrolyte Water



**MOSAIC**  
INSURANCE ALLIANCE, LLC

## Hydration Foods

- Watermelon
- Oranges
- Peaches
- Berries
- Lettuce & Spinach
- Chicken, Fish, Steak
- Celery

## How to Prepare for The Upcoming "Sizzling" Summer

### Car Preparation

- Check Fluids
- Check Tires & Brakes
- AC Maintenance
- All Lights Working
- Deep Clean
- Backup Sunglasses
- Drive During Cooler Hours

We write with  
50+ insurance  
carriers. Call us!

425-320-4280

### Home Preparation

- Blackout Curtains
- Fans Counterclockwise
- AC Maintenance
- Keep Lights Off
- Morning Garden Watering
- Yard/Pool Maintenance
- Open Windows In Cooler Hours