





Hi {Firstname},



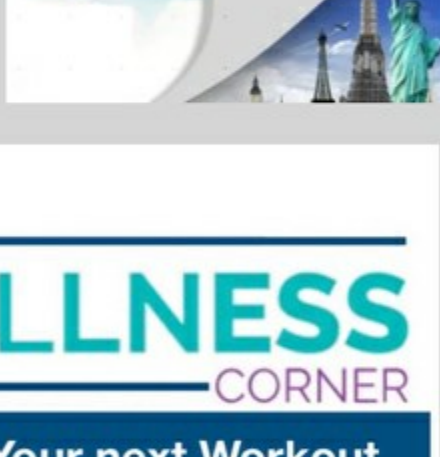
July/August 2023  
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Mappa Wealth Management  
**NEWSLETTER**


Articles In This Issue:



Do Our Biases Affect Our Financial Choices?

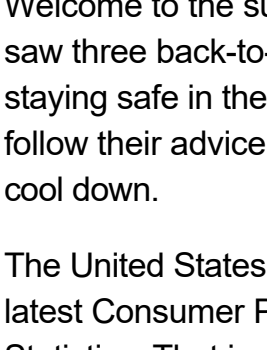


Travel Is Wonderful.  
Get Travel Insurance  
Travel with complete peace of mind.



THE WELLNESS CORNER

Jump In The Pool For Your next Workout



From The Desk Of  
Mark Mappa

Welcome to the summer of record breaking heat. The first week of July saw three back-to-back "hottest days ever recorded on earth". The key to staying safe in the heat is to listen to the experts on how to stay cool and follow their advice. While the days are heating up, inflation is starting to cool down.

The United States annual inflation slowed to 3% in June, according to the latest Consumer Price Index released July 12 by the Bureau of Labor Statistics. That is good news for consumers - and we are all consumers- as it means our dollars go much further. The Federal Reserve Board decided not to increase interest rates at this time, although they retain the right to do so in future. Part of what I do as your financial advisor is keep abreast of economic issues that are important to you and that may affect your financial plans.

One of the other functions I provide you is to keep your biases and emotions out of your investing strategies. This issue has an excellent piece on how those biases and emotions can trip you up when making financial decisions.

Summer traditionally is a time for travel, particularly for families whose children are out of school. Our article on travel insurance has important information for all travelers.

Summer is also the time when a lot of us take to the outdoors for physical activity. With the heat at record highs, check out the benefits of working out in a pool - and it's not about swimming!

Enjoy the rest of your summer. If you have any questions, I'm always here to answer them.

Very truly yours,

Mark

Sources:

<http://www.smithsonianmag.com/smart-news/earth-faces-hottest-day-ever-recorded-three-days-in-a-row-180982493/>

<http://www.bls.gov/cpi/>

Travel Is Wonderful.  
Get Travel Insurance

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Travel is Wonderful. Get Travel Insurance!

It's summer time and that means travel time. Kids are out of school and the weather generally cooperates. Travel is wonderful but things can happen. This spring a colleague's brother-in-law wound up having heart surgery in Istanbul. Not exactly how he expected his cruise to end. Everything is fine and he is home and getting better but the bills are now well over \$150,000 which he will NOT have to pay. Luckily he had taken out travel insurance.

We tend to think of travel insurance as back-up for having to cancel a trip, as reimbursement for plane tickets or hotels. We rarely think that it could be a health issue. No matter how old you are things happen: a broken leg from a skiing accident; a need to be flown on a medical flight; unexpected illness in a foreign country. These are expensive situations that your regular health insurance or air ticket insurance may not cover.

When we take out a travel insurance policy, think carefully about what you may want covered:

- Do you want to be covered for medical expenses that may not be covered by your regular health insurance (especially important in a foreign country)? **Note:** Check with your health provider about what may or may not be covered when you travel - especially internationally.
- What about transportation to a hospital or even a medical plane ride home?
- Do you want coverage for non-refundable tickets or hotel reservations? Lost or stolen luggage?
- Maybe you want to be reimbursed if you need a lawyer in a foreign country.

**How much will a policy cost?**

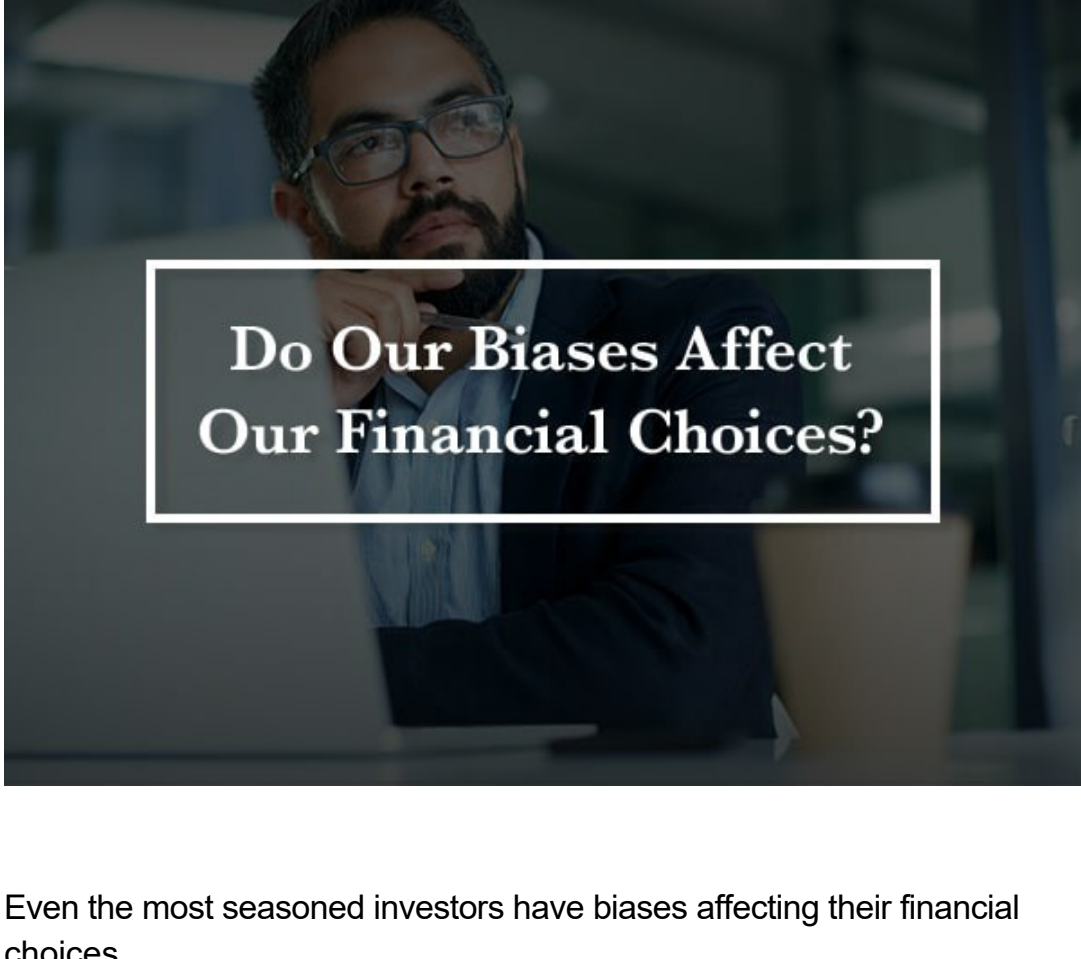
The answer is "it depends". Depending on exactly what you want covered, i.e. the risks and amount you want paid, the costs of local health care, etc. will determine the cost of your policy. But if you budget this just as you would any other part of your trip, it is definitely worth it.

Our colleague's brother-in-law never really thought he would need travel insurance that would cover medical expenses but at the urging of his wife he bought it. \$150,000 plus later he is glad he did.

Source:

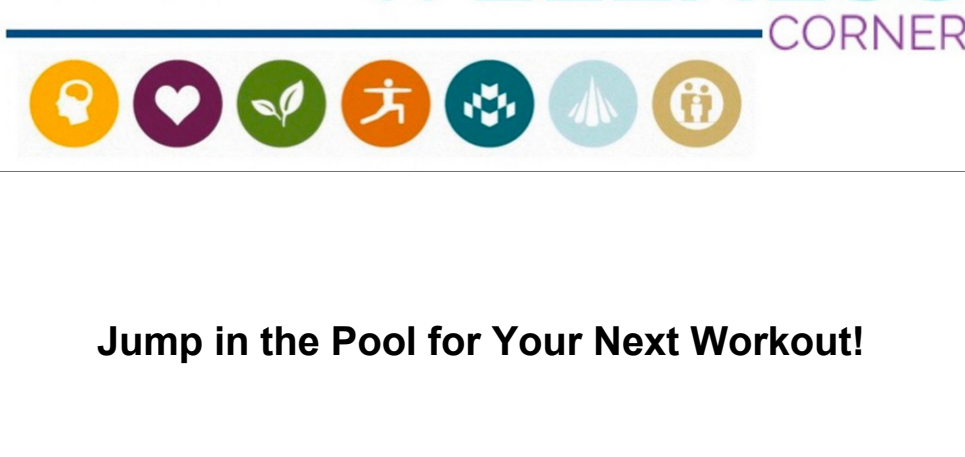
<http://www.nerdwallet.com/article/insurance/travel-insurance>

## Do Our Biases Affect Our Financial Choices?



Even the most seasoned investors have biases affecting their financial choices.

Learn More



### Jump in the Pool for Your Next Workout!

Most of us think of swimming when we think about a workout in the pool. In fact, we recently did an article about the benefits of swimming. But you don't have to be a swimmer to gain tremendous benefits by using the pool for your workout. In fact you don't even need to know how to swim.

Exercising in the water can payoff with better health.

We tend to think of aquatic exercise (the official name!) as something for seniors or people rehabbing from surgery or injuries but aquatic exercise classes are full body workouts that takes place in a body of water that isn't swimming laps. It's actually a form of high intensity interval training but with lower impact on the body. You get resistance 360 degrees around.

It usually takes place in chest high water so you can move while still benefiting from full body resistance. The water helps reduce stress on joints and offers resistance to improve muscular strength and endurance. Other benefits are:

- Improved mental health
- Improved mental stress
- Improved balance
- Improve joint use

Think about it, instead of sweating in a hot and humid gym studio, you can get the same benefits in the refreshing realm of the pool. Most gyms with pools offer classes or you can find workouts on line to get you started (<http://www.healthline.com/health/fitness-exercise/pool-exercises>).

So grab your suit and towel and head for the pool.

Sources:

<http://www.nytimes.com/2023/07/12/well/move/full-body-workout-pool-exercises.html>

<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/aquatic-exercise/art-20546802>

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