

New Puppy Guide

Tips to give your new furry family member a happy, healthy start

What's inside:

- Top 50 dog names
- Tips for bringing a new dog home
- Puppy vaccination cycle
- Pet sitter info sheet
- How to pick the best pet insurance



Insurance for all of us.®

New Puppy Guide



Tips to give your new furry family member a happy, healthy start



Top 50 dog names

Looking for the perfect name for your new furry family member? Curious to see if your loyal companion already has a trendsetting name? Check out these popular dog names according to Rover.com.



Tips for bringing a new dog home

Congratulations! You have a new four-legged family member! These tips can help make the transition as smooth and stress-free as possible for all of you.



Puppy vaccination cycle

Use this vaccination schedule as a guideline to help keep your puppy healthy and happy from the start.



Pet sitter info sheet

From contact information to feeding and medication schedules, to microchip and veterinarian information, this record of your pet's information will be invaluable to your pet sitter the next time you leave town.



How to pick the best pet insurance

Choosing the right pet insurance can feel overwhelming. Before you buy, find out what to look for so you get the coverage that's right for you and your beloved pet.

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The Physicians Mutual family empowers people from all walks of life to enjoy the financial security they deserve. That's what Insurance for all of us® is all about. Since our start in 1902, our dedication to delivering on our promise has helped make us one of the nation's leading health and life insurance providers ... and now, pet health insurance for furry family members of any age or breed with Physicians Mutual Pet. Visit PhysiciansMutual.com to learn more.







Top 50 dog names

Whether you need to name a new furry family member or you're just plain curious, check out these trending dog names according to Rover.com.

Top 25

female

dog names

1. Bella

14. Zoey

2. Luna

15. Lily

3. Lucy

16. Coco

4. Daisy

17. Sophie

5. Lola

18. Rosie

6. Sadie

19. Ellie

7. Molly 8. Bailey 20. Ruby

9. Stella

21. Piper 22. Mia

10. Maggie

23. Roxy

11. Chloe

24. Gracie

12. Penny

25. Millie

13. Nala

Top 25

male

dog names

1. Max

14. Winston

2. Charlie

15. Ollie

3. Milo

16. Toby

4. Buddy

17. Jax

5. Rocky

18. Blue

6. Bear

19. Finn

7. Leo

20. Louie

8. Duke

21. Murphy

9. Teddy

22. Loki

10. Tucker

23. Moose

11. Beau

24. Gus

12. Oliver

25. Bruno

13. Jack



Tips for Bringing a New Dog Home

Bringing a new dog home is both exciting and a little stressful. With the right preparations, you can help make it a smooth transition.

PREP YOUR HOME



Gather supplies.

A collar, leash, food and water bowls, food, a few toys and an ID tag.

Prepare to housetrain.

Even if your dog has previous housetraining, prepare to reestablish training in your own home.

Plan for arrival.

If you're able, plan to spend at least a few full days with your new dog.

FIRST COUPLE WEEKS

Dogs like order.

If they misbehave, be calm and speak in a loud and disapproving voice. Reward them when they do well.

Ensure your dog's health.

Make sure your dog's vaccinations are up to date.

Get a crate.

Most dogs instinctively like to den, and a crate feels like their own room.

LONG TERM

Get active with your pet.

Dogs love to play and get exercise. Get into a routine of taking them for frequent walks and playing catch.

Be patient.

Every dog is different and needs time to adjust to their new life.



Puppy Vaccination Cycle

Keep in mind that these are general guidelines and not every dog needs every vaccine. So be sure to talk to your vet about your puppy's vaccinations schedule at your regular appointments.

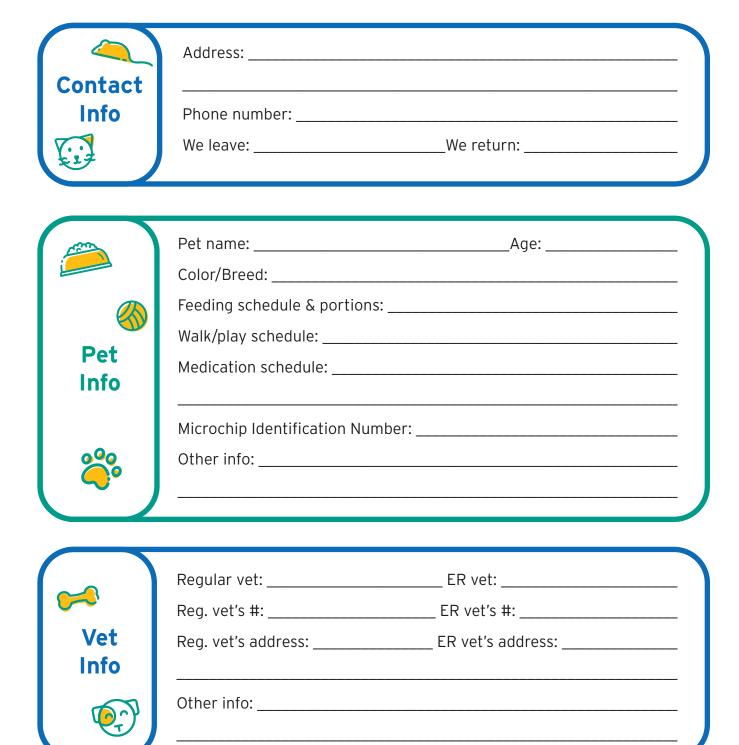
Puppy's Age	Mandatory Core Vaccinations	Optional Vaccinations (To discuss with your vet)
6 - 8 Weeks	Initial Distemper PARVO Vaccine	Bordetella
10 - 12 Weeks	DHPP (vaccines for Distemper, Adenovirus [Hepatitis], Parainfluenza, and Parvovirus	Influenza (1st of 2) Leptospirosis, Bordetella, Lyme disease (1st of 2)
16 - 18 Weeks	DHPP (#2 booster if given 3-4 weeks previously) First rabies (Required by law!)	Discuss with your vet: Influenza (2nd of 2) Leptospirosis, Bordetella, Lyme disease (2nd of 2)
12 - 16 Months	DHPP	
Every 1 - 3 Years	DHPP Rabies (As required by law)	DHPP Titer Canine Coronavirus (Not the same as COVID-19 Yearly Boosters Influenza Leptospiosis, Bordetella, Lyme disease

Vaccination and Medical Record Checklist

Print this out and be sure to save it in a safe place!

Breed Insurance Policy #	-	Weight	
•	County ID		
N.A. (! (.) A.() .	County ID	_ County ID #	
Medications or Allergies			
VACCINE I	MMUNIZATION DATES	VET OR CLINIC	
DHPP			
Bordetella			
Rabies			
Leptospirosis			
Influenza			
Lyme Disease			
Canine Coronavirus			
Heartworm			
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Pet Sitter Info Sheet





How to pick the best pet insurance

What you should look for when you're researching pet insurance options.

Picking the right pet insurance can feel overwhelming. Because, let's face it, it's more than an insurance decision. It's about your pocketbook and your beloved pet. Not to mention the fact that insurance can be confusing. But here's the good news. Picking the best pet insurance for you – and your pet – doesn't have to be difficult, if you know what to look for.

Price vs. value ... what's the difference?

There are a few factors that go into picking the right pet insurance.

Before we get into the nitty-gritty details, let's just say it. Price matters. Honestly, who doesn't want bang for their buck? There's an old saying that applies to pet insurance. Price is what you pay; value is what you get.

We can't tell you what to spend, but we also want to make sure you're getting the best pet insurance for your budget and your situation. Our goal is to help you get the most value for your money.

What's covered with pet insurance

Let's look into the factors that can help you determine if the affordable pet insurance you're looking for is good pet insurance.

The plan details are what matters here – namely, what's covered and what's not.

Be sure to take a close look at plan details as you review your options.

- Covered conditions These include things such as: emergency treatment and hospitalization, surgery, congenital conditions, cancer treatments, specialty care, chronic conditions, diagnostic testing, holistic and alternative care, rehab and physical therapy.
- Exclusions These could be pre-existing conditions, pet ambulance care, pregnancy, non-routine dental treatments, repetitive activities, external parasites, prescription food and medical waste.

- Hereditary and congenital conditions Confirm these are covered by your pet
 insurance. Examples of hereditary conditions
 are: elbow dysplasia, cherry eye, intervertebral
 disc disease (IVDD), and more. While
 hereditary conditions are passed on from the
 pet's mother and father, congenital conditions
 happen before the pet is born. Some of these
 could be congenital heart disease, liver disease
 or nervous system conditions.
- Waiting periods Each company sets their own waiting period, which is how long after your pet is enrolled before your coverage is active. These also usually vary by type of treatment such as office visits, accidents, illnesses, orthopedics, etc.





Your plan in action

Once you have an idea of the general aspects of pet insurance, you're probably ready to ask yourself, "What matters the most to me in my pet insurance?"

A great first step is to consider some of the plan elements that impact your monthly premium. These would be things such as ...

- Annual maximum limits
- Reimbursement percentages
- Deductibles
- Optional coverages

Like many other aspects of pet insurance, these can vary greatly from plan and by company. You can often adjust these based upon your budget and needs.

Continue on to learn about whether or not you should customize your pet insurance plan.

Should you choose a standard plan or custom one?

Think about your comfort level in dealing with insurance.

If you want a pet insurance plan where you set it and forget it, a standardized plan may be right up your alley.

Many insurance companies offer these pre-built plans. And some may only offer the pre-built ones. This makes it easy for you. So if easy is what you want, this may be a good option.

But if you're comfortable with the basics of pet insurance and want to build one specific to you, give it a try. Best of all, many companies allow you to get a free quote. This means you can experiment without obligation. The choice between a standardized plan or a customized one is personal. And by preparing your own quote, you can see what's available before committing.

Things to consider if you're customizing your pet insurance plan

Once you're ready to build your plan, consider these three things.

1. Out-of-pocket customizations - Some of these are listed previously (annual limit, deductible, and reimbursement percentage). Depending on your level of coverage, your premium could go up or down. For example, a plan with a \$500 deductible will likely have a higher premium than one with a \$1,000 deductible, if everything else is the same.

Also, look into any discounts that could save you money. Examples of these are: multi-pet/policy discount, military or veteran discount, automatic bill pay premium discount, etc.

- 2. Wellness options If you believe prevention is the best medicine, consider looking at which wellness options are available. These vary greatly between plans and companies. Common treatments and services include: wellness exams, vaccinations, flea, tick and heart worm meds, spay/neuter surgery, fecal and routine blood tests.
- 3. Additional coverages and riders Like wellness options, the choices are virtually limitless. Popular add-ons include things like prescription drug coverage, dental coverage, alternative and holistic treatment, physical therapy, and more.

Once you have a good understanding of these, you're better able to compare plans – as the saying goes, apples to apples and oranges to oranges.









Beyond the plan ... customer experience matters

Not every insurance company will tell you this, but we believe your pet insurance is about more than just the plan.

Your pet insurance choice is also about the company.

You're trusting your pet's health – and your finances – with them. So, take your time and research these two major factors:

- Customer satisfaction rating Not every company promotes their customer satisfaction rating so it's important to do your homework on how companies treat their customers. A company with a good customer satisfaction rating knows the importance of quality customer service.
- 2. Claims processing Since most pet insurance plans are reimbursement-based, the last thing you want to do is wait for your claim to get processed. Be sure to review the claims process if they explain them online. The sooner you get paid, the better ... right?

These can be the difference between having a great customer experience and a disappointing one.

Putting it all together

Deciding on a pet insurance plan has three main parts.

- One, doing research.
- Two, understanding your options.
- And three, making sure you pick the right company for you and your pet.

We hope you found this information helpful as you research your pet insurance options. By asking the right questions, you are better empowered to pick the best pet insurance for you.



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