

## Connection is Good for Your Health

In a world that's constantly moving, the ability to stay connected—to people, to resources, and to opportunities—has a direct impact on our overall well-being. Whether it's a call to a loved one, a virtual doctor's visit, or simply a moment to unwind with a favorite show, connection helps us feel grounded, supported, and engaged.

At Southeastern Indiana REMC, we believe that connection isn't just about convenience—it's essential to living a healthy, balanced life.

### Powering Your Life, Supporting Your Wellness

Every day, our electric service powers the devices and systems that keep your household running smoothly. From heating and cooling to cooking, charging, and staying informed, we deliver the reliable energy you depend on to maintain a safe and comfortable home environment.

And when life gets unpredictable—whether it's a storm or an outage—you can count on us to respond quickly, restoring power so you can stay connected to what matters most.



### SEI Fiber: Connecting You to What Counts

High-speed internet is no longer a luxury—it's a necessity. Through SEI Fiber, we're bridging the digital divide in rural southeastern Indiana by providing fast, reliable fiber-optic internet service. This connection opens doors to:

- **Telehealth services**, making it easier to meet with doctors and specialists from home
- **Remote learning and work**, giving your family more flexibility and access
- **Social connection**, helping you stay in touch with loved ones near and far
- **Entertainment and enrichment**, from streaming your favorite shows to discovering new hobbies online



## Strong Connections Build Strong Communities

When you're supported by reliable electric service and high-speed fiber, you're free to focus on what really matters: your health, your happiness, and the people around you. That's why SEI REMC continues to invest in infrastructure, innovation, and community support—to keep you connected, every day.

Because here, strong connections don't just power your home—they power your life.

## Stay Connected with Confidence

### Quick Tips for Maximizing Your SEI REMC Services

#### Get the Most from Your SEI Fiber Connection:

- Place your Wi-Fi router in a central location for better coverage.
- Regularly reboot your router to maintain peak performance.
- Connect devices like TVs or gaming systems directly with Ethernet cables when possible for faster speeds.
- Use a strong password to keep your network secure.

## Prepare for Power Interruptions:

- Sign up for outage alerts through SmartHub to stay informed.
- Keep flashlights, extra batteries, and a portable phone charger on hand.
- Use a surge protector to protect sensitive electronics.
- Consider a backup generator if you rely on power for medical equipment or remote work.

Need help with your services?

Call us at 800-737-4111 or visit [www.seiremc.com](http://www.seiremc.com).

We're here to keep you connected—safely and reliably.