



HealthAdvocateSM member newsletter

Plan for the Unexpected

The most effective way to maintain your health is by staying on top of recommended preventive care. During the COVID-19 pandemic, visiting your doctor may look different from usual and may take extra time to coordinate, but these tips can help you remain proactive about your care.

Contact your provider before canceling an existing appointment for an annual or other preventive visit. If your doctor offers telehealth visits, this may be an option for your situation.

Find out if telehealth is offered through your employer.

While this may not be an option for all visits (like dental or vision exams), it's a great way to talk to a physician about your overall health. If anything you discuss needs further attention, you can address it in a timely way.

Make the most of the rest of your summer

With summer winding down, you may be wondering where the time went. This may be especially true if COVID-19 ruined your travel plans and interrupted your usual summer festivities. However, you can still squeeze in a bit more fun this summer with these tips.

Plan a staycation. Take time off to purposefully unwind and spend time in your home and community.

Cook an exotic meal. Where is your dream destination vacation? Find a recipe from the place you'd like to travel to most and make it.

Eat local. Savoring fresh fruit and vegetables from your backyard or a roadside stand is one of the true joys of summertime!

Get outside. Whether it's a cup of coffee on the front porch, a virtual BBQ with friends or camping in your backyard, take advantage of the warm weather and extra hours of light.

Disconnect. Even though you may not be going anywhere, turn off phone notifications and take your time responding to non-crucial texts, phone calls and emails—just as you would if you were away from home.

Check if in-person well visits are offered. For example, kids should still be receiving scheduled immunizations, so contact your children's provider to confirm how they are continuing care at this time.

If you need to visit the office for a screening, immunization or other care, take precautions – wear a mask, clean your hands regularly and follow distancing and other procedures as outlined by your provider.

For information about doctor visits and getting medications during the pandemic, visit:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/doctor-visits-medicine.html>



Create a summer playlist and listen often! Select music that helps you get into "vacation" mode.

Relax, clear your mind, do nothing! Spend time in a hammock or chair outside and let your mind wander while enjoying the remaining warm nights.

Stay safe and healthy, and enjoy the rest of your summer!

Counter quarantine fatigue

The ongoing pandemic and continued loss of things from a simple handshake to get-togethers combined with the postponement of resuming of our daily lives can deeply affect our mood, motivation and energy. When you're treading water and trying to stay afloat for the long haul, these tips can help you build stamina to keep on a more even keel.

Switch your mindset. Instead of feeling powerless, choose to manage what is in front of you as a motivation to action. Cultivate thoughts and actions that help you "make the most of the situation," especially on those tough days.

Reach out to others as a lifeline. Whenever possible, talk regularly with supportive, positive people who help you focus on solutions rather than problems.

Maintain a schedule/routine for proper sleep, nutritious meals, and exercise. Remember, stress is stored in the muscles, so even a daily walk around the block helps discharge stress and release calming hormones.

Practice mindfulness. Focusing your attention on the present moment by following your breath, for example, can help you develop acceptance and optimism to combat worry. Find instructions through videos, apps, and other online sources.



Turn to distracting and/or refreshing activities, helping you feel a sense of control. It may be trying a new workout routine, teaching your dog a trick, or assembling a giant puzzle.

Regularly schedule time off. Whenever possible, take a long weekend or day off midweek.

Need help? Reach out to a healthcare practitioner or a licensed counselor for help.



Immunization Awareness Month

Learn about the 2020 recommended childhood and adult vaccination schedules and a link for vaccinations during the COVID-19 pandemic.

Find out more:

<https://bit.ly/3jtFbe8>

Visit our award-winning healthcare blog at [blog.HealthAdvocate.com](https://blog.healthadvocate.com)



HealthAdvocate™

We're not an insurance company. Health Advocate is not a direct medical care provider, and is not affiliated with any insurance company or third party provider.