

In this uncertain time, you've got emotional support.

As COVID-19 continues to impact us all, you may be feeling more stress and anxiety than usual—and you may have more questions for which there are no clear answers just yet. Whether you're taking care of yourself and your family, or you're an employer taking care of your teams, we're here with emotional support to help you manage coronavirus anxiety at home and work.

Know the facts.

Coronaviruses are a large family of viruses that can range from the common cold to more severe diseases. The coronavirus disease 2019, or COVID-19, is a respiratory infection that can spread from person to person. People with COVID-19 have had symptoms that include fever, cough and shortness of breath.¹ If you are experiencing symptoms or think you might have been exposed to COVID-19, please call your health care provider right away and ask what telehealth options they may have to meet virtually.

Moderate your media intake.

Limiting your media intake to credible resources such as the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) can help you stay informed and prepared—and help you avoid untrue myths that may make you more anxious.

Follow health and safety recommendations.

The WHO and CDC suggest a number of ways to protect yourself and others, including social distancing, hand-washing with soap and water for at least 20 seconds and avoiding touching your face.¹

Practice being mindful.

Try to be present with your thoughts. Ask yourself if your thinking is based on fact or induced by anxiety—knowing the difference can help you relieve stress and find comfort. Staying connected is important, too, so talk to friends and family about how you're feeling.



Learn about the resources that are available to you.

If you need emotional help or support, call the number on your health plan ID card.



As the COVID-19 situation continues to evolve, we're here for you.
Visit myuhc.com/covid to keep up to date and informed.

¹ <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information and therapeutic approaches in this article are provided for informational and/or educational purposes only. They are not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans.

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