

Navigating the
new normal
means getting
back on track

(because healthy can't wait)



Maintaining Your Health During a Pandemic: A Resource Guide

Despite the current focus on COVID-19, people are still experiencing other serious health issues like heart problems, strokes, complications from chronic conditions like diabetes, and more.

We have created this online resource guide with helpful strategies to continue taking care of yourself and your loved ones during this pandemic and beyond.

[Visit the Online Resource Guide](#)

The guide features tips in the following three categories, as well as a brief video message from our Senior Medical Director.



**Urgent health
issues and
emergencies**



**Managing chronic
conditions**



**Continuing
preventive
care**

Turn to us – we can help:

- answers@HealthAdvocate.com

[Click here](#) for our award-winning healthcare blog.

