

Managing stress during COVID-19

More than ever, it's important to stay home to slow the spread of COVID-19, and if you must go out, practice [social distancing](#). While we stay home, don't let fear and anxiety about the COVID-19 pandemic become overwhelming. Here are a few ways the [CDC recommends managing stress](#) during these challenging times:

- **Take breaks from watching, reading, or listening to news** stories and social media.
- **Connect with others.** Talk with friends and loved ones over the phone or via video chat about your concerns and how you are feeling.
- **Take care of yourself.** Take deep breaths, stretch, or meditate. Try to eat healthy meals, exercise regularly, and get plenty of sleep.

[More Info](#)

Remember: If you need to see your doctor, please call them first. Medicare has expanded their ability to use [telehealth services](#) during the COVID-19 emergency for common office visits, mental health counseling, and preventive health screenings.

Sincerely,

The Medicare Team