

# My Total Health and Preferred EAP – Your Partners Through the COVID-19 Crisis

*My Total Health and Preferred EAP are your resources through these challenging times.*



## Tips to maintain your health and wellness:

### *Take control of the things you can control*

- 1. Exercise & Stay Active.** This is good for your physical and mental health! Walk around and get outside for some fresh air, if you can, while maintaining social distance. Encourage your family to participate too.
- 2. Stick to a Schedule.** Whether you are working from home or in one of our health care facilities, your normal daily routine has now been turned on its head and you may be craving a bit of normalcy. Focus on **adjusting your normal routine** (make your morning coffee instead of the drive-thru), and **incorporate new practices** (start your day with a 5-minute breathing exercise).
- 3. Stay Connected.** Use support systems like FaceTime and Skype to communicate with friends and family. Stay informed, but limit media consumption as it can increase anxiety.
- 4. Keep Your Immune System Strong.** Wash your hands, get enough rest, drink plenty of water, eat healthy foods, and take your vitamins.
- 5. Spark some Joy!** Look for things that make you laugh and feel happy. Think about and do these things with your family (crafts, family game night, listening to a comedian, reading, etc.).

## Resources available to you:

**Health Coaching:** Need help setting new goals now that your work environment has changed? Send a secure message or self-schedule a health coaching phone call through the My Total Health Portal at [mth.lvh.com](http://mth.lvh.com)

**Preferred EAP Counseling:** Are you experiencing stress, anxiety, or overwhelming feelings of isolation, fearfulness, or depression? EAP is available to provide immediate assistance. Call to schedule a confidential appointment.

**Contact My Total Health:** 800-955-6620 option 2 or [mytotalhealth@lvhn.org](mailto:mytotalhealth@lvhn.org)

**Contact Preferred EAP:** 800-327-8878 or <http://www.preferredgap.org/contact-us.aspx>

**For Additional Well-Being Resources:** Visit the My Total Health Portal at [mth.lvh.com](http://mth.lvh.com)