

Wellness Tip: CareFirst Video Visits and Relieving Stress

Guest Services is committed to your health and wellbeing year-round, and now more than ever with the spread of COVID 19. There are several resources available to CareFirst members through the Blue Rewards program, even if you are practicing social distancing or staying at home.

Did you know that [Video visits](#) are covered at 100% through the CareFirst insurance, meaning all Copays are being waived! With [CareFirst Video Visit](#), you can get the care you need when and where it is needed. From sudden colds to allergy woes, simply sign in to connect with a doctor on your smartphone, tablet or computer right away. Visit carefirstvideovisit.com to register. Some other reasons to call video visit include:

- **Mental Health:** If you are feeling alone or down during this time, connect with a psychologist or therapist from the privacy of your home. They will be able to help you with many different issues and connect you with a support network to help you manage symptoms and feel better.
- **Diet & Nutrition:** Dietary and nutrition needs vary significantly from person to person. Your unique needs depend on lifestyle factors, family history, current health and more. A Video Visit with a certified nutritionist can help you with many dietary and nutrition needs, including food allergies, weight loss counseling and many others.
- **Breastfeeding Support:** Attention Moms! If you are having difficulties with breastfeeding or just need some advice, lactation services through MilkOnTap's network of International Board-Certified Lactation Consultants (IBCLCs) can help. The first visit will last about 50 minutes and follow-up visits will be about 25 minutes. If you have questions and need some help, don't wait.

In the case of a life-threatening emergency, you should always call 911 or your local emergency services. CareFirst Video Visit does not replace these services.

Are You Feeling Stressed? Try these simple stress relieving tips below:

1. Exercise or practice yoga inside- Exercise is a way to manage stress and you can do it easily at home. The main thing is to find a physical activity that you enjoy, whether it's dancing or cleaning.
2. Writing- Dedicating a time of day to write about a situation that is bothering you may reduce tension and give you stress relief for the rest of the day.
3. Laughing- Laughter is the best medicine. It is proven to lower tension, and at the same time, improves blood flow and the health of your heart. Rent a funny movie and forget about your worries for a while.
4. Be kind to yourself- Think about positive affirmations daily. Tell yourself you are doing a good job and believe it!
5. Meditate- Practice deep breathing and meditation exercises daily, and when you feel tension rising.