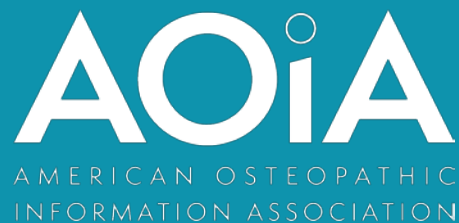


# HEALTH & WELLNESS DURING THE PANDEMIC

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Virgil Hughes MBA  
Larson Financials





Health & Wellness During the Pandemic

# American Osteopathic Association

with Virgil Hughes

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  - Use the “Q&A” box found on your screen
  - We will address questions after the presentation
- For help with technical difficulties and non-speaker questions:
  - Use the “chat” box and we will respond as soon as possible
- Slides and a recording of the presentation will be available on the AOA website
- To obtain CME credit you take the post evaluation following the webinar visit <https://aoaonlinelearning.osteopathic.org/course/index.php?categoryid=40>

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# About me...

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I am a financial advisor with Larson Financial, specifically serving physician clients. I earned my Bachelor's degree in Business Administration from Taylor University and hold the following designations: Series 7, Series 66, and Life and Health.

I am an avid runner and have completed three ultramarathons (Zumbro 100 and Dances with Dirt and the Mohican Trail 50 mile races) and 10 marathons, including three Chicago Marathons and two Boston Marathons (3:00:12 PR in 2019). I plan to run the 2020 Boston Marathon which is currently rescheduled for September. I am a member of Chicago Area Runners Association, the Hearthbreakers, and Evanston Running Club.

# Overview

Prioritizing Health & Wellness During this Time...

- Establishing healthy habits
- Prioritizing physical activity
- Tending to mental health



# Establishing Healthy Habits



# Why is a Healthy Diet Important?

- Supports a healthy immune system
- Impacts our physical health
  - more energy
- Enhances our mental health
  - positive mood

Additional information:  
Everyday Health



# Diet

## QUICK TIPS...



- Explore healthy at-home meal options
  - Meal plan:
    - Make a grocery list and stock up on fresh frozen fruits and veggies
    - Check out cookbooks geared toward athletes
  - Keep easy ingredients on hand
  - Try green smoothies for a quick snack!
- Resist the temptation to overindulge during the quarantine
- Moderation rather than deprivation is key

What are some of your  
favorite healthy snack ideas?

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# Why is Sleep Important (Especially Now)?

- Supports our immune systems.
- Heightens brain function, contributing to complex thinking, learning, memory, and decision-making.
- Enhances mood and improves mental health.
- Enhances our immune system.

*Sources: Sleep Foundation & Popular Science*



# Sleep

## QUICK TIPS...

- Establish a routine and regular bedtime
- Spend time outside during the day (bright light exposure)
- Eliminate screen time in bed (blue light exposure)
- Avoid caffeine late in the day
- Limit irregular naps
- Invest in a high-quality mattress

*Source: Healthline*



# Prioritizing Physical Activity

# Why is Physical Activity Key?

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- Enhances brain health
- Supports sleep
- Weight management
- Reduces risk for a variety of diseases
- Supports bone and muscle strength

\*Source: CDC



# Physical Activity

## QUICK TIPS...

- Be sure to check safety guidelines in your area
- Set goals for the future although there are unknowns
  - We're all in this together
- Find a favorite route (or two)
- Take advantage of free resources!
  - Strava
  - Peloton
- Invest in a smart watch or tracker
- Treat yourself to new shoes and upgrade your gear



# Physical Activity

## QUICK TIPS, CONT...

- Plan a camping trip or outdoor day adventure...or even just a walk around the neighborhood
- Try safe & relaxing activities like fishing
- Find a friend or family member to share your goals and successes...and challenge each other
- Connect with a local or national running club
- Remember, it is okay to take a break!

What are some of your  
favorite at-home workouts?

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# Tending to Mental Health

# Why is it important that we recognize our mental and emotional health needs?

- You are serving in an intense environment
- Stress can impact *all* other aspects of our health
- How well we are able to care for others is connected to our mental health



# Mental Health



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## QUICK TIPS...

- Determine what supports you need to get through the crisis in a healthy manner
  - Consider a therapist for support
- Check in with friends and family...stay connected
- Create a list of activities you can safely enjoy and devote time to do them

# Mental Health



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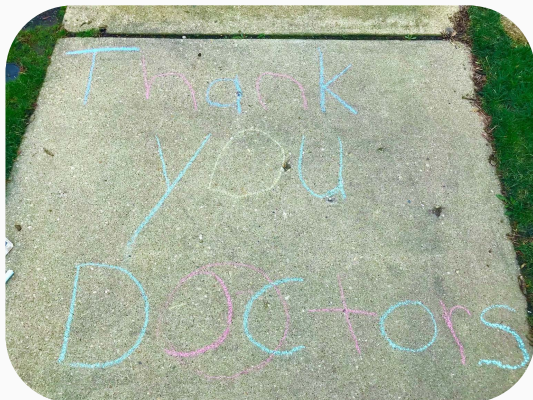
## QUICK TIPS...

- Be kind to yourself;  
we are all grieving right now
- Take breaks from reading the news and monitoring social media
- Download apps for quick breath/meditation support (i.e. “Calm” app)
  - Many apps have a health component available (i.e. “Meditation” option on Peloton app)

# Mental Health

## QUICK TIPS...

- Remember: healthy eating, sleep, and exercise routines all contribute to supporting mental health
- You are not alone...your service is appreciated and we are in this together!



# MENTAL HEALTH RESOURCES

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- [Emergency Responders: Tips for Taking Care of Yourselves](#)
- [How to Manage Cabin Fever](#)
- [Protecting Your Mental Health During the Coronavirus Pandemic](#)
- [Managing Mental Health During COVID-19](#)





What healthy suggestions do you have for coping with stress?

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**THANK YOU!**  
**You are supported and valued.**

# Contact me...

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**Cell: 773-230-4283**

**Email:**

**[virgil.hughes@larsonfinancial.com](mailto:virgil.hughes@larsonfinancial.com)**

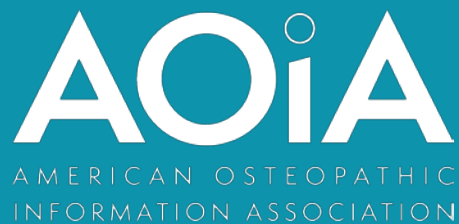
**Website:**

**[www.larsonfinancial.com](http://www.larsonfinancial.com)**

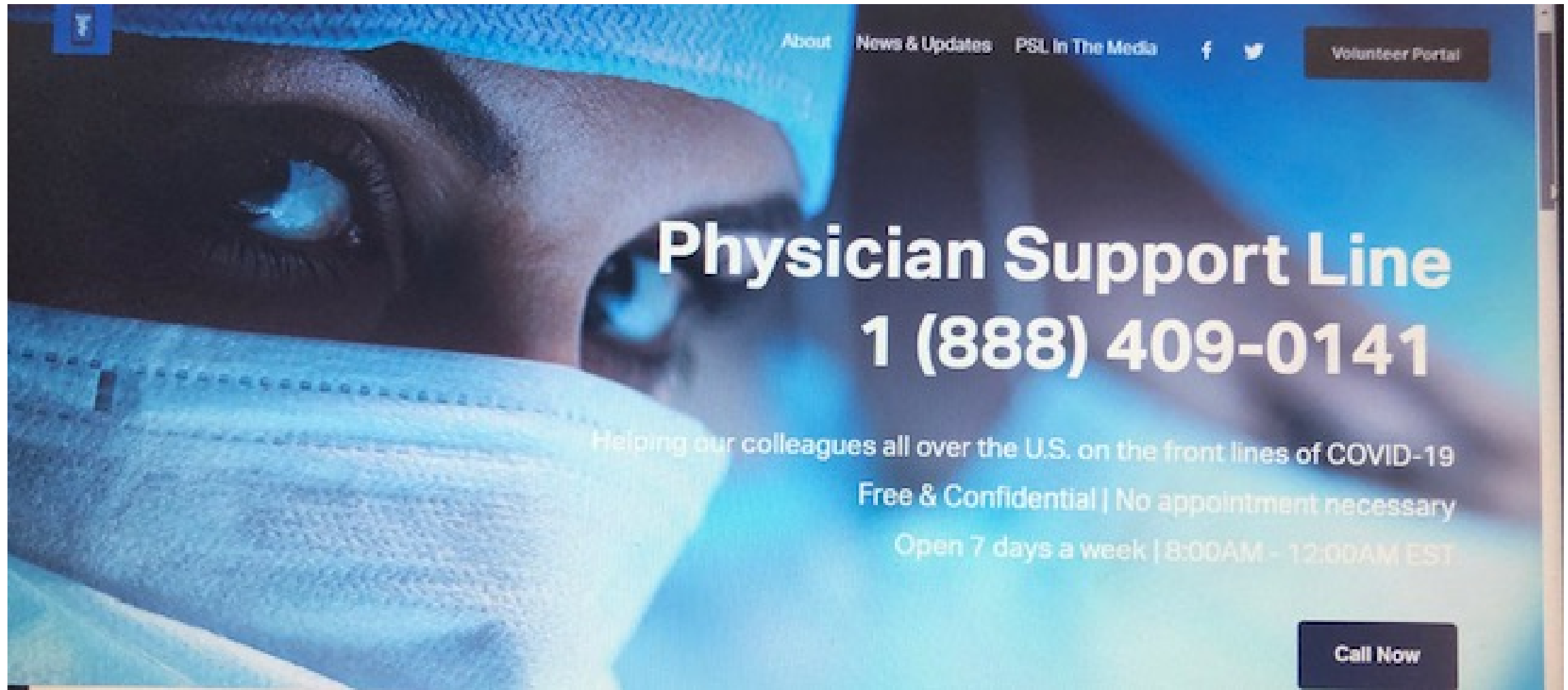
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# RESOURCES

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<https://www.physiciansupportline.com/>

A banner for the Physician Support Line website. The background is a close-up of a person's face wearing a blue surgical cap and mask, with only their eyes visible. The text is overlaid on the right side of the image. At the top right, there are navigation links: 'About', 'News & Updates', 'PSL In The Media', and a 'Volunteer Portal' button. Below these are social media icons for Facebook and Twitter. The main headline reads 'Physician Support Line' followed by the phone number '1 (888) 409-0141'. Below that, it says 'Helping our colleagues all over the U.S. on the front lines of COVID-19', 'Free & Confidential | No appointment necessary', and 'Open 7 days a week | 8:00AM - 12:00AM EST'. A 'Call Now' button is located at the bottom right of the banner.

About News & Updates PSL In The Media f

Volunteer Portal

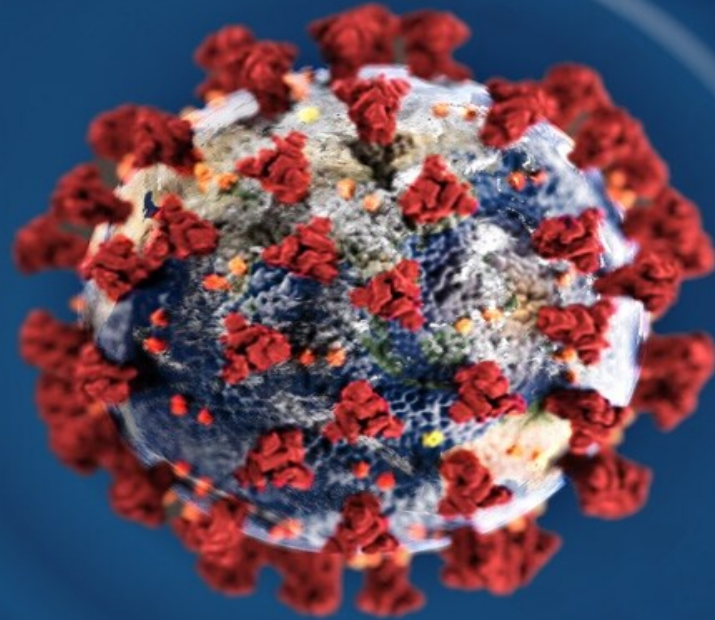
# Physician Support Line

## 1 (888) 409-0141

Helping our colleagues all over the U.S. on the front lines of COVID-19  
Free & Confidential | No appointment necessary  
Open 7 days a week | 8:00AM - 12:00AM EST

Call Now

# AOA Resources



[www.osteopathic.org/covid-19](http://www.osteopathic.org/covid-19)

# On-demand Covid -19 Webinars

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- The CARES Act and the Paycheck Protection Program (PPP): Key Considerations for Physicians and Their Practices
- Federal Financial Relief for Physicians During the COVID-19 Emergency
- Telemedicine – Successfully practicing medicine from a distance  
Navigating HIPAA and Telemedicine during COVID19
- Get Paid for Telehealth; New Rules for Documentation and Technology
- Billing and Coding Under New Telehealth Rules

~~~~~ <https://aoaonlinelearning.osteopathic.org> ~~~~~

# Upcoming Webinars

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How to Rebuild Your Practice Now and After COVID-19

**May 7 7:00 PM CT** ~

Managing Your Online Presence

**May 13 7:00 PM CT**

Updated Telemedicine Coding & Billing

**TBD**

COVID-19 Impact on Employed Physicians

**TBD**

Reopening your Medical Practice

**TBD**

<https://aoaonlinelearning.osteopathic.org>



# Telemedicine Platforms

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## *Remote Monitoring of COVID-19 Patients*

**Ceras Health** – Patients download the Ceras app and enter vitals three times a day. Readings are monitored by a Ceras RN. If the readings raise an alert, Ceras will notify the patient and provider for follow up. Consult with Ceras on your state reimbursement. No implementation fee for AOA members  
<https://cerashealth.com/aoa.html> - 877-723-7277

## *Free COVID video consultations*

**Bluestream Health** is offering AOA members free access to HIPAA-compliant video sessions with patients during the COVID-19 crisis. Bluestream will create a platform for the provider to send a secure invite to your patient via text or email. The patient clicks on the link to begin a HIPAA-compliant video session with provider. [membervalue@osteopathic.org](mailto:membervalue@osteopathic.org) to receive the link.

Find links at [osteopathic.org/membervalue](https://osteopathic.org/membervalue)

Questions? [membervalue@osteopathic.org](mailto:membervalue@osteopathic.org)

# To obtain CME Credit

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<https://aoaonlinelearning.osteopathic.org>

## Welcome to the AOA!

This login is for **All** osteopathic physicians (current and former members), osteopathic students, and AOA staff. Please use your osteopathic.org credentials to login. Otherwise, please use the Sign Up link below.



### AOA Online Learning

The American Osteopathic Organization's Online CME platform

#### Username

#### Password

# Questions & Answers

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**Physician Services Department**

1-312-202-8194

[physicianservices@osteopathic.org](mailto:physicianservices@osteopathic.org)

# THANK YOU

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