HEALTH & WELLNESS DURING THE PANDEMIC

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Health & Wellness During the Pandemic

American Osteopathic Association

with Virgil Hughes

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About me...

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?
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
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?

- 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?
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
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
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

- 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?
THANK YOU!
You are supported and valued.
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AOA Resources

www.osteopathic.org/covid-19
On-demand Covid-19 Webinars

- 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

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

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Telemedicine Platforms

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](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. Email membervalue@osteopathic.org to receive the link.

Find links at osteopathic.org/membervalue

Questions? membervalue@osteopathic.org
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Questions & Answers

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