

SUPPORTING YOUR BEHAVIORAL HEALTH

During the Coronavirus Pandemic

1 Access behavioral health service and tools

- If you have an existing behavioral health clinician, maintain the relationship via phone or video visits.
- If you don't have a clinician, use behavioral health telemedicine tools if available.
- Try appropriate [online cognitive behavioral therapy exercises](#) to reduce stress and anxiety.



2 Take healthy actions

- Maintain or increase physical activity (with appropriate social distancing) to stay mentally and physically healthy. Adults should aim for at least 2.5–5 hours per week of moderate-intensity activity with added muscle-strengthening activities 2 or more days per week.
- Eat a balanced diet that includes fruits and vegetables, whole grains, low-fat dairy and lean protein, with limited saturated fats and trans fats, added sugars and sodium. Drink plenty of water.
- Try to get at least 7 hours of sleep each night.
- Explore new hobbies and maintain or expand current ones.

3 Stay connected

- Stay engaged with co-workers, family and friends in a safe manner. Technology can help. Remember, social distancing does not mean social isolation!
- Combine physical activity and social engagement through healthy competitions such as steps challenges.
- Structure your day to include several telephonic and online connections. When possible, try to use video features – seeing others is important!



For BCBSMA Member Assistance

Call the BCBSMA Coronavirus Help Line: 1-888-372-1970
Or visit your Coronavirus Resource Center: <https://home.bluecrossma.com/coronavirus>