

NEWS/UPDATES

Announcing the
Launch of HumanaCare's
New Member/
Employee Portal
and Mobile App

ACCESS THE NEW PORTAL:

humanacare.com/humanalife

Enter access code: humanacare

ACCESS THE NEW MOBILE APP:

Scan this QR Code or visit

humanacare.com/humanalife

from your mobile device.



ACCESS HUMANACARE
24 HOURS A DAY, ANYWHERE
IN NORTH AMERICA.

1-800-661-8193

www.humanacare.com



Staying Healthy – Mentally & Physically Throughout the Winter Months During Covid-19

While the pandemic continues to spread across Canada and the world, we must continue to care for our bodies by maintaining a healthy lifestyle. It's normal to experience some worry or anxiety. The key is to recognize that ongoing anxiety and worry may result in increased physical or psychological stress. Now is just as important as ever to learn ways to cope and make a shift towards a healthier lifestyle. >>

Staying Healthy – Mentally & Physically Throughout the Winter Months During Covid-19

Here are a few simple strategies you can use:

TAKE CARE OF YOUR BODY

- If you work shift work, rest between shifts. If you work in an office setting, take breaks! It's important to eat healthy and stay physically active. Try to avoid substance use such as smoking, vaping, caffeine or alcohol consumption – all of these can have a negative effect on your health.

TAKE CARE OF YOUR MENTAL HEALTH

- Find a daily self-care or wellness activity. You can create a routine that you can do in the comfort of your home.
- Some examples may be: relaxation or breathing exercises, calling colleagues for a laugh or talk, journal writing, reading, dancing or meditation (there are many free suggestions if you search online).



STAY CONNECTED

- Technology has allowed many ways of staying connected during this challenging time of physically distancing and regulations. Keep connected with family and friends virtually on a regular basis, check in with neighbours (from a distance) and keep connected with your colleagues and managers for social supports.

While there is no specific food or supplement that can prevent you from catching COVID-19, you can improve your immune function with proper nutrition to help keep you healthy. Try simple changes like increasing your water intake and adding fresh fruits and vegetables, lean proteins and fiber rich whole grains into your diet.

Even though we are heading into the dark days of winter, don't forget you need to move your body daily. There are many wonderful (and even free) exercise suggestions available online to help guide you through simple exercise routines. Yoga, stretching and simple cardio enhancing movements will make large changes for your physical and mental wellbeing. On tolerable days, head outside for a walk (make sure to maintain distance!) for fresh air and sunshine.