



CareFirst Wellness Resources

Self-care tools, tips, and resources



These are stressful times. Feeling off-kilter while navigating this new world of COVID-19 telework, homeschooling, and isolation? Take a moment. Take a breath. Take time for self-care. Explore CareFirst's broad range of self-care resources, including one-on-one programs, articles, and more.

Taking Care of Yourself

With our new normal, we're staying at home and practicing social distancing — and finding ways to stay positive and healthy is more important than ever. It's not easy. New routines can take time. So be gentle with yourself. Luckily, there are ways to feel connected, engaged and proactive, even during this time.

Move your body. Being active can help lift your mood and support your immune system. Walk around the neighborhood (but be sure to keep social distancing). You can also check into [fitness resources](#) from your CareFirst health plan.

Eat good food. Enjoy your fruits, vegetables and whole foods. Eating healthy foods is a delicious way to help your body's immune system. It may boost your energy and mood too. Check out CareFirst's [nutrition resources](#) during the COVID-19 pandemic.

Get your rest. Good sleep is key to good health. Take time to slow down, breathe and sleep well. It's amazing what good rest can do for your emotional health.

Free Online Wellness Resources & One-on-One Health Coaching

Access CareFirst's online [health library](#) for tips & articles related to numerous wellness topics:

- [Managing stress](#)
- [Mental Health](#)
- [Weight management](#)
- [Smoking cessation](#)
- [Back & neck care](#)

Or, enroll in lifestyle coaching to help identify opportunities to improve your health and well-being in your daily life.

To enroll in stress management, weight management, healthy eating or smoking cessation lifestyle coaching, call [1-877-260-3253](tel:1-877-260-3253), [option 7](#).

Disease Management Coaching



If you are living with a chronic condition, taking care of your health is more important than ever. Disease management coaching can help you better understand your treatment, medications and symptoms. This confidential coaching is conducted by licensed nurses who are specially trained in the following conditions:

- Asthma
- Diabetes
- Coronary artery disease
- Congestive heart failure
- Chronic obstructive pulmonary disease
- Chronic low back pain
- Osteoarthritis
- Atrial fibrillation
- Irritable bowel syndrome
- Fibromyalgia

To enroll in disease management coaching, call **1-877-260-3253, option 7**.

Video Visit

With **CareFirst Video Visit**, you can get the care you need when and where you need it. From sudden colds to allergy woes, simply sign in to connect with a doctor on your smartphone, tablet or computer right away.

CareFirst has expanded video visits to include mental health (therapy & psychiatry, including medication management), urgent care, diet & nutrition & breastfeeding support during this time. Schedule a visit and meet virtually with a licensed professional from the comfort of your home.

If you think you might have been exposed to COVID-19 or have symptoms such as fever, cough or difficulty breathing, be sure to call your doctor right away.

Free 24/7 Nurse Line

Speak with a registered nurse, discuss your symptoms and get recommendations for the most appropriate care. Contact the Nurse Line any time at **800-535-9700**.

Mental Health Support

Living your best life involves good physical and mental health. Emotional well-being is important at every stage in life, from adolescence through adulthood.



Through CareFirst, you have access to specialized services and programs to help you get well, if and when you need assistance related to:

- Depression
- Drug or alcohol dependence
- Stress
- Work-Life balance
- Eating disorders

If you or someone close to you needs support or help making an appointment, call **800-245-7013** or visit carefirst.com/mcg.

How to Get Mental Health Support Right Away

If you need help right away — for yourself or a loved one — call 911 or use the emergency numbers below.

National Domestic Violence Hotline	National Suicide Prevention Lifeline
<p>1-800-799-7233 1-800-787-3224 (TTY)</p>	<p>1-800-273-8255 1-800-799-4889 (TTY)</p>
<p>Call for crisis intervention, information and referrals to local services for victims of domestic violence.</p>	<p>If you or someone you know is in suicidal crisis emotional distress, get emergency help right a Contact the lifeline for 24/7, free and confider support and crisis intervention.</p>

COVID-19 Prevention & Safety

Despite the severity of the coronavirus outbreak, we can play an active role in making sure our families don't get sick. As the saying goes, an ounce of prevention beats a pound of cure. So, what steps can you take to help keep coronavirus at bay? CareFirst provides [helpful safety & prevention tips](#) so you can stay informed and be prepared.

Additional COVID-19 Resources

CareFirst continues to evaluate all available information and coordinate with state and local health resources to support readiness and response efforts. Their [Coronavirus Resource Center](#) will be updated as news is released. Check back often to keep up to date on new information and the actions CareFirst is taking for your health and safety.

Questions?

For more information, visit www.carefirst.com or contact CareFirst by phone at **1-888-417-8385**.