

Optimizing Employee Health

Up to 60% of Americans have at least one chronic condition

Source: Home Health Care News

Over half of those with chronic diseases are afraid of going to the doctor for fear of catching COVID

Source: Patient Engagement

Physical activity has declined by 48% since COVID

Source: Evidation

91% increase in general anxiety disorder; 163% increase in depression; 25% increase in addiction

Since Feb. 2020 Source: Total Brain, Et Al

Many people could benefit from telehealth, but over 50% don't access it

Source: Evidation

Vaccines/immunizations are critical to the health of children and adults

Source: CDC



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As employees build self-awareness, they increasingly recognize the importance of managing stress and self-care, connecting to their vision and values, taking active steps towards change, and addressing barriers and obstacles.

~The Journal of Values-based Leadership

Taking a toll on your health

Are you maintaining regular contact with your medical providers for chronic health conditions such as heart disease, diabetes, asthma, depression, cancer, etc.?

Are you taking care of your emotional and mental well-being? Are you engaging in self-care activities such as reaching out to a friend, journaling, or mindfulness meditation?

Are you exercising regularly and maintaining a healthy diet? Are you eating and drinking more? Have you lost or gained weight?

Are you making sure you and your children are receiving needed immunizations?

If any of these behaviors concern you, consider this:

Your condition may worsen without provider contact.

Seek help, take your medications, reach out.

Regular exercise, even a short walk, improves health.

Review your immunizations and update as necessary.

Anthem Blue Cross Blue Shield: 833-914-0825

Download Anthem's mobile app: Sydney Health

GuidanceResources (EAP): 855-401-9273



**Washoe County
School District**