



## COVID-19: Addressing your concerns

Your health and well-being are our top priority. We believe that helping you stay informed means giving you useful guidance, resources, and tools so you can better protect yourself and your loved ones. One way we do this is to share new and updated information:

### **Taking extra precautions when your risk is higher for getting sick from COVID-19**

It is important to take extra precautions if you or a loved one are at higher risk of getting very sick from COVID-19. Who is at higher risk? If you are over age 65 or have high blood pressure, severe obesity, lung disease, diabetes, heart disease, cancer, or any condition that compromises your immune system (including anyone taking medicine that suppresses the immune system), you might be at higher risk. If you're at risk, these [tips and resources](#) can help you stay safe.

### **Making the right choices about your medications**

Keeping up with your medications while adjusting to a different lifestyle and schedule is important. Here are a few [simple ways to maintain your day-to-day medication routine](#).

### **Guidance for essential employees**

As an essential employee, you play a vital role in servicing our communities during the ongoing COVID-19 pandemic. Your extraordinary commitment and courage are extremely appreciated in our communities. Provided are [tips and recommendations to help keep](#) you and your family healthy.

As the COVID-19 pandemic continues, one thing will remain the same. We will make every effort to show our deep commitment to the health and well-being of you and your family.

— Your Anthem service team