

## Adjusting to lifestyle changes

The COVID-19 pandemic continues to change what we consider normal – our schedules, where we work, how we interact and what we do to stay healthy. There are so many unknowns that it can be unsettling. Whether you are returning to your job or trying to set new lifestyle habits, these guiding principles can make adapting to change a little simpler.



[Smart strategies as you head back to the workplace](#)

Tips for staying safe when you return to your workplace.



[8 health habits to stop the spread of COVID-19](#)

A visual reminder of safe health practices during the pandemic.



[What to expect during your next doctor visit](#)

How things will likely be different for in-person care and appointments.

We appreciate everything you are doing to help prevent the spread of COVID-19 in your community. We will continue to do our part by sharing important health guidelines to help you make informed decisions on how to stay safe at work, at home, or wherever you need to be.