



COVID-19: Well-being check

We are committed to providing you with the most relevant information available to focus on your safety, health and emotional well-being. Our hope is that these resources and tips will guide you to helpful information you can use during this time.



[A salute to nurses for National Nurses Week:](#)

We recognize their care and sacrifices during COVID-19 and encourage you to show your appreciation.



[Living alone right now has unique challenges.](#)

May is Mental Health Month. These tips can help with your emotional well-being and loneliness while on your own.



[Should you check your temperature?](#)

Learn who's advised to take and track temperature readings, plus tips for doing it accurately.

In these uncertain times, we want to assure you that we will continue to share information and updates about benefits, services and resources that help support your physical and emotional health.