



# Wellness Education Helpline

*Information to help you make healthy decisions.*



## COVID-19 Updates

- Understanding the different vaccines
- Symptoms
- Testing
- Recommendations following a COVID-19 exposure or possible exposure
- Vaccine boosters



## General Medical Information

- Chronic medical conditions (diabetes, heart disease, hypertension, etc.)
- Preventative care
- Medications
- Linkages to primary and specialty care providers
- Prepare for an appointment
- Understanding care instructions



## Health and Wellness

- Healthy eating on a budget
- Strategies for staying fit
- Relaxation and meditation tools
- Sleep techniques



## Confidential

- Communications will be handled in a safe and non-judgmental manner
- All messages will be returned within 1-2 business days

Helpline staff only provide educational information. If you need medical or emergency care, contact your healthcare provider or call 911.

**For more information:**

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