



During these uncertain times, it's common to feel your **stress and anxiety levels rise.**

Don't worry, HMC HealthWorks is here to help! We can connect you to telehealth providers during the Coronavirus pandemic, so you can get the help you need without leaving your home.



Why should you use a telehealth provider during coronavirus pandemic?

People can spread the virus without showing any symptoms. That's why it's so critical to avoid crowds and stay at least 6 feet away from others, as well as wash or disinfect your hands, and stop touching your face.

We are here to help if you or your family are struggling **call 800.461.9179**

