

# The Allergy & Asthma Clinic

[www.TheAllergyClinic.com](http://www.TheAllergyClinic.com)

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Newsletter

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## Taking care of our mental and physical health as the COVID-19 pandemic continues

It's important to know about coping strategies that help reduce stress and promote mental well-being during this time. Here are a few practical ways to help you destress and take charge of your mental health.

### 1. Prioritize exercise

Exercise releases endorphins. Endorphins are neurotransmitters that, when released, help decrease pain sensations and boost feelings of euphoria. Exercise helps reduce stress hormones like cortisol. While cortisol plays a crucial role in our body's function, high levels of the hormone can lead to stress, high blood pressure, and cognitive problems. Aim for 30 minutes of physical activity per day at least 5 days a week. Use what you have – you don't need fancy equipment. Brisk walking or taking the stairs is great exercise. If you're exercising outdoors, remember to practice social distancing and wear a mask.

### 2. Take news and social media breaks

Most of us want to stay up to date on all of the developments of COVID-19. However, overexposure to negative news can send our stress levels through the roof. Also remember that not everything that's said about COVID-19 is necessarily true. If scrolling through news feeds has you feeling especially blue, you are not alone. In fact, some reports suggest seven out of ten U.S. adults think that taking a break from the news is necessary for improving mental well-being.

### 3. Connect virtually with loved ones

During this difficult time, we need the support of our friends and family. Yet, with stay at home recommendations and social distancing guidelines, seeing our loved ones can seem impossible. You can still connect with those most important to you through virtual hangouts over video chat software like Google Hangouts, Zoom or others. Try a video chat instead of using the phone. Being able to see one another face-to-face has positive effects like reinforcing a sense of community.

## 2020 Flu Shot Reminder

It is not too late to get your 2020 Flu Shot. Getting your flu shot this year is one of the most important things you can do for your health and others, especially in the middle of the COVID-19 pandemic.

## Insurance Checkup

It's time to do an annual review of your insurance plan to make sure you are aware of any changes that may occur in the new year. Make certain that your plan allows you access to our clinic and that we have accurate updated information. Your

plan may require a referral. And remember -- most insurance plans have a time limit for filing claims after which they may not cover your medical expenses. So make sure we have your new insurance information if you have any changes taking place in 2021. In addition, many insurance carriers are switching to digital insurance cards which are an electronic copy of your proof of insurance. It has all the same information that a typical printed version has. Download the card to your smartphone, so you'll always have it even if your cell signal or internet connection goes bad. To ensure that the Clinic has your new information on file please upload an image of your card to the Patient Portal. If you have any questions with regard to your insurance coverage, our insurance specialists are ready to assist you in getting the full benefit out of your 2021 health plan to which you are entitled. Give us a call today! We're here to help.



The San Mateo Clinic will be open for ALLERGY SHOTS on  
Wednesday, December 23, 2020  
from 9:00am-3:30pm

In observance of the Christmas Holiday the Clinic will be closed on  
Thursday December 24, 2020 and Friday December 25, 2020

In observance of New Year's the Clinic will be closing at 12pm on  
Thursday December 31, 2020 and will closed on Friday January 1,  
2021.

All of us at The Allergy & Asthma Clinic wish you and your loved ones a Happy Healthy Holiday Season!