

# KNOW YOUR BENEFITS.

From



## Managing Your Chronic Condition During the COVID-19 Pandemic

If you're one of the 133 million Americans with a chronic condition, you've probably experienced disruptions to how you manage your condition due to the coronavirus (COVID-19) pandemic.

Despite the challenges presented by the COVID-19 pandemic, managing your chronic condition shouldn't be put on the back burner.

### **Following the Doctor's Orders Has Never Been More Important**

Patients who do not follow their doctors' orders, especially patients with chronic conditions, may experience health complications, rapid disease progression, decreased quality of life and even premature death.

Not following orders can include not filling a prescription, not taking medication as directed and not attending or scheduling a follow-up

appointment. Fortunately, there are some simple ways you can manage your condition during quarantine:

- **Use telehealth services**—Telemedicine makes it possible for you to talk to a doctor about your condition, receive a prescription and obtain treatment recommendations from the comfort and safety of your home. As a reminder, telemedicine shouldn't be used for emergency care situations.

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- **Don't forget to fill or take prescribed medication**—Keeping up with prescribed medications is essential for successfully managing a chronic condition. If you're unable to go or uncomfortable going into a pharmacy to fill or pick up a prescription, transfer your prescription to a pharmacy that has a drive-thru option. You may also be able to sign up for a mail-order pharmacy service to get your medicine delivered to your doorstep.
- **Lead a healthy lifestyle**—Combining a healthy lifestyle with your treatment may be able to help you better manage your condition. Some simple things you can do during the pandemic include eating a well-balanced diet, exercising, reducing stress and avoiding tobacco and excessive alcohol consumption.

### **Prioritize Your Health**

Failing to keep up with your chronic condition treatment can put you at risk for long-term consequences. Using telemedicine, drive-thru and mail-order pharmacy services, and leading a healthy lifestyle throughout the pandemic can help you prioritize your health.

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