



Virtual Care, Anywhere.



Virtual Care, Anywhere.

## 5 Steps to Managing Your Stress Level

Start feeling better today

Feeling tense, anxious, or worried? There are steps you can take to manage your stress level and find the best ways to cope. Here's how:

### 1. Take inventory of the stresses in your life.

Everyone deals with stress – what kinds of stress do you encounter every day?

### 2. List the ways you typically manage stress.

Good or bad, everybody has coping strategies. What do you do?

### 3. Decide which strategies work and which don't.

Which techniques are healthy and beneficial and which aren't?

### 4. Get objective feedback.

Talk to a neutral third party about the stress in your life and how you're dealing with it. A behavioral health therapist can help you develop tools and techniques to better manage stress and adjust to any life changes you might be facing

### 5. Put your healthy stress management plan into action.

Once you've identified the best ways to manage the stresses in your life, you can

Managing stress or life changes can be overwhelming, but it's easier than ever to get help right in the comfort of your own home. Thanks to your health system, you have access to MDLIVE's behavioral health services.

Just sign in and make an appointment to talk to a therapist via secure video or phone from your home, office or on the go.

### It's quality virtual care, anywhere.

Whether you're looking for long-term therapy or simply need a one-time check-in on your health and wellness, MDLIVE's behavioral health services are safe, confidential, and convenient. There's no travel time, no office visit, and no chance of running into anyone in the waiting room. Just log in, choose a therapist you'd like to talk to, and schedule your appointment.

To activate your benefit and receive convenient care 24/7/365, you'll need to first register. Visit **[MDLIVE.com/company](https://MDLIVE.com/company)** and learn more about all the services MDLIVE provides and any out-of-pocket costs or co-pay.

begin developing a happier and healthier perspective.

If you think you have a sinus infection, don't worry! Thanks to your employer, you have access to MDLIVE.

**Need care? Speak to a board-certified MDLIVE doctor on average in less than 10 minutes**

There's no need to wait days for an appointment or to struggle in to urgent care – just sign in and talk to a doctor via secure video, phone, or the MDLIVE app from your home, office, or on the go. Most of the time antibiotics aren't needed, but if they are, your MDLIVE doctor can send an e-prescription to your local pharmacy. It's quality virtual care, anywhere.

To activate your benefit and receive convenient care 24/7/365, you'll need to first register. Visit **MDLIVE.com/company** and learn more about all the services MDLIVE provides, and any out-of-pocket cost or co-pay.

**Have a cold that's just not getting better?**

If you're experiencing these symptoms, you're might have acute sinusitis – inflammation of the sinuses:

- Bad breath or loss of smell
- Cough, often worse at night
- Fatigue and general feeling of being unwell
- Fever
- Headache
- Pressure-like pain, pain behind the eyes, toothache, or facial tenderness
- Nasal stuffiness and discharge
- Sore throat and postnasal drip

MDLIVE does not replace the primary care physician. MDLIVE is not an insurance product nor a prescription fulfillment warehouse. MDLIVE operates subject to state regulation and may not be available in certain states. MDLIVE does not guarantee that a prescription will be written. MDLIVE does not prescribe DEA controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. MDLIVE physicians reserve the right to deny care for potential misuse of services. MDLIVE interactive audio consultations with store and forward technology are available 24/7/365, while video consultations are available during the hours of 7 am to 9 pm 7 days a week or by scheduled availability. MDLIVE and the MDLIVE logo are registered trademarks of MDLIVE, Inc. and may not be used without written permission. For complete terms of use visit [www.mdlive.com/pages/terms.html](http://www.mdlive.com/pages/terms.html) 120115

Activate your account online or by phone.

**MDLIVE.com/company**

+1 (XXX) XXX XXXX



Download the MDLIVE App

