

Mental wellbeing: Flattening the second curve

Maintaining mental wellbeing right now is more important, and more challenging, than ever. We can help.



Some groups are especially vulnerable to emotional health issues due to their age or occupation.

72%

increase in feelings of distress reported by health care workers¹

62%

of Americans are anxious about the possibility of family and loved ones getting coronavirus²

43%

of adults aged 60 or older report feeling lonely³

We're working to flatten the second curve of COVID-19-related mental wellbeing issues by providing resources to help meet each individual's changing needs and unique circumstances.

For all

- **24/7 crisis support:** Free, confidential counseling by phone through our Resources For Living[®] program
- **Telemedicine:** Real-time virtual provider care available via Skype, FaceTime[®] voice and video calling, and other platforms
- **Basic needs support:** Access to resources to help with meal delivery, long-distance caregiving, prescription delivery and more
- **Stress management:** Podcasts, webinars and other education and support tools

For health care workers

Health care workers in particular are under tremendous pressure. They face trauma every day, caring for patients, watching colleagues struggle and worrying about the health of themselves and their families.

Health care workers on the front lines for treating COVID-19 patients reported increased symptoms of:

↑ **Depression** 50%¹ ↑ **Anxiety** 45%¹ ↑ **Insomnia** 34%¹

We offer resources specifically designed to meet health care workers' unique needs, including:

- **Ongoing support:** Free mental health services for hospital-based employees through our partnership with Give an Hour[®]
- **Training modules:** Digital mental health training modules for those on the front lines

Go to [CVSHealth.com/secondcurve](https://www.CVSHealth.com/secondcurve)

The time to flatten the second curve is now.

#SecondCurve

¹Lai J, Ma S, Wang Y et al. Factors associated with mental health outcomes among health care workers exposed to coronavirus disease 2019. The Journal of the American Medical Association. March 23, 2020; 3(3): e203976.

²The American Psychiatric Association. New poll: COVID-19 impacting mental well-being: Americans feeling anxious, especially for loved ones; older adults are less anxious. The American Psychiatric Association. March 25, 2020. Available at: <https://www.psychiatry.org/newsroom/news-releases/new-poll-covid-19-impacting-mental-well-being-americans-feeling-anxious-especially-for-loved-ones-older-adults-are-less-anxious>. Accessed April 30, 2020.

³The National Academies of Sciences, Engineering and Medicine. Social isolation and loneliness in older adults: Opportunities for the health care system. Washington, DC: The National Academies Press; February 27, 2020: 32.

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