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## Maintain preventive care during the pandemic

The most effective way to maintain your health is by staying on top of recommended preventive care. During the COVID-19 pandemic, visiting your doctor may look different from usual and may take extra time to coordinate, but these tips can help you remain proactive about your care.

[Find out more >>](#)



## Make the most of the rest of your summer

With summer winding down, you may be wondering where the time went. This may be especially true if COVID-19 ruined your travel plans and interrupted your usual summer festivities. However, that doesn't mean the fun is over! Squeeze in a bit more fun this summer with the help of these tips.



## Counter quarantine fatigue

The ongoing pandemic and continued loss of things from a simple handshake to get-togethers combined with the postponement of resuming our daily lives can deeply affect our mood, motivation and energy. When you're treading water and trying to stay afloat for the long haul, these tips can help you build stamina to keep on a more even keel.

[Learn how >>](#)

[Read now >>](#)



## Immunization Awareness Month

Learn about the 2020 recommended childhood and adult vaccination schedules and a link for vaccinations during the COVID-19 pandemic.

[Click here >>](#)



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