

Will you provide more guidance on which foods go where in your plate example?

Please reach out to a Crossover Health Coach through the patient portal and we can go over that in more detail with you. The vegetable portion of the plate is where we want our leafy greens, salad, brussels sprouts, broccoli, cauliflower, and really fibrous veggies. The complex carbohydrates quarter of the plate should be your grain foods and root vegetables, and then the protein section could be meat, seafood, tofu, legumes, beans, or whatever protein source you prefer.

How do you cope with anxiety during this time?

In today’s webinar, Camilla recommended practicing self care and having self compassion to help with stress management. For more anxiety management tips, watch the recorded Crossover Health webinar “Coping with COVID-19” on our resource page (<https://covid19.crossoverhealth.com/>). All of our behavioral health specialists are available for virtual appointments and you can schedule these through the online patient portal. We are here to support you, and our behavioral health professionals are here to help you with your anxiety.

Do you have any tips on how to find useful materials, such as hand sanitizers, soap, and toilet paper?

I think it really varies on what part of the country you’re in. We’ve heard smaller mom and pop grocery stores tend to have stock because the larger stores are being bombarded right now. Some distilleries are now making sanitizer, too. Our best advice here is to keep an eye out, ask friends and families where they’ve had luck finding some, and try going early to stores as many replenish their stocks overnight. You can also try calling stores ahead of time to see what items they have in stock.

How can I schedule an appointment with you if my employer is not a Crossover Health client? My friend is a Crossover Health member and told me about this talk. My friend and I have the same health insurance, but different employers. How does the eligibility work?

If you are not an eligible member patient for Crossover through your employer’s health benefits package, and need medical attention or advice, please seek care in your local community or health insurance network.

The content on this webinar is intended to be helpful to anyone looking for health information, and specifically as it pertains to COVID-19.