

**We miss the time we get to share with you
during face-to-face visits.**

The Member Advisory Council Meetings have allowed us to enjoy fun activities and share stories with each of you.

We look forward to the day when we can see you again!

Please stay safe and remember you can contact us any time if you have questions regarding your health care.



**Banner
University Family Care**

2701 E. Elvira Rd.
Tucson, Arizona 85756



Stay Connected!

www.facebook.com/BANNERUHP
www.BannerUFC/ALTCS.com
Download Banner's Pyx Health App

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**We just wanted to take the time to say...
We've missed you!**

ALTCS Member Advisory Council (MAC)

Staying Healthy During a Pandemic: Mind, Body & Soul



Mind

Coping with loneliness

Try these tips to stay connected and positive.

Reach out virtually

Call, text, or video chat with friends and family. Host a virtual gathering with family or friends using an app like FaceTime, WhatsApp, or Zoom.

Explore apps that let you play games with others

Games can be a fun way to connect with friends. And they're also a good way to relieve stress.

Take care of your health

Try to get up and go to bed at your usual times. And remember to eat healthy foods and be active.

Don't forget that you have unlimited access to the Banner's Pysx mobile App!

Soul

4 minutes of mindfulness to kickstart your day.

Step 1 - Affirmation

Repeat "thank you" three times. This sets the tone of gratitude for the day.

Step 2 - Breath

Focus on your breaths and think "inhale" on your inhale, and "exhale" on your exhale. Do these 10 times.

Step 3 - Intention

Set your intention for the day by repeating this: "i am energized and ready for the day." repeat that three times.

Body

STRETCH IT OUT!

Overhead Bend and Reach

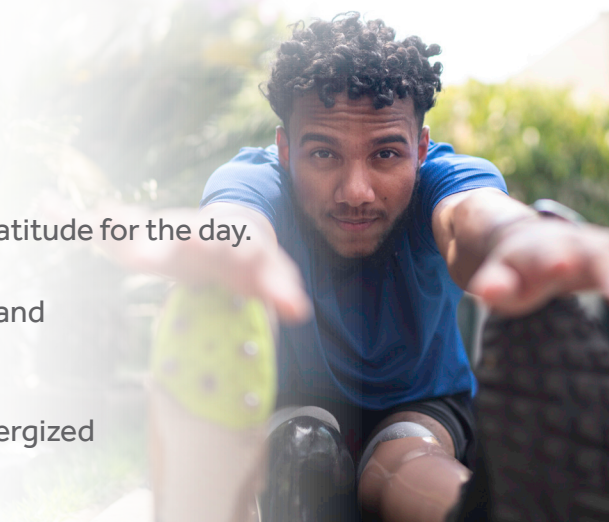
1. Raise both arms above your head
2. Lower your right arm and lean to the right
Feel the stretch in your left side
3. Hold for at least 15 seconds
4. Return to your original position with your arms over your head
5. Drop your left arm and lean to the left
6. Repeat 2 to 4 times toward each side

NOTE: Please consult a physician before starting any exercise regimen.

Remember to mask up



The Arizona Department of Health Services has partnered with Hanes to provide masks at no cost to Arizona's most vulnerable population. Visit the Arizona Department of Health Services website at WWW.AZDHS.GOV for more information.



HEALTHY TIP

Easy and simple breakfast ideas

Instant oatmeal: Make it with fat-free or low-fat milk instead of water.

Yogurt parfait: Layer fat-free or low-fat plain yogurt with your crunchy cereal and blueberries.

Breakfast smoothie: Blend low-fat milk, frozen strawberries and a banana.

Toaster waffle: Toast and top with nut butter and apple slices.

Banana roll-up: Spread peanut butter on a whole-wheat tortilla. Add a peeled, whole banana and roll it up.