

# Health, Fitness & Beauty Guide

## How to save money on prescriptions if you lost coverage

(StatePoint) Many Americans are feeling the effects of job loss and furloughs as a result of the COVID-19 pandemic. For people with a chronic condition, loss of insurance coverage can create additional stress during this uncertain time. However, it's vitally important for them to stay adherent to their medication to maintain their health and to reduce their risk of complications from COVID-19.

Fortunately, there are ways that people can obtain their medications affordably and predictably even if they have lost coverage.

One program is called Express Scripts Parachute Rx, which offers deep discounts on prescription medications, capping costs at \$25 for a 30-day supply of ge-

nerics, and \$75 for a 30-day supply of select brand-name medications for eligible customers. There are more than 40 brand-name medications and thousands of generic medicines available through the program, treating reproductive health, as well as conditions such as asthma, diabetes, glaucoma, heart disease, migraine, non-opioid pain management, seizures and thyroid conditions. The program, which is available for a limited time, is not health insurance and does not require an enrollment fee or commitment to participate.

Get discounted medications delivered to your home

To take advantage of the Express Scripts Parachute Rx program, visit [www.express-scripts.com/parachuterx](http://www.express-scripts.com/parachuterx)

to view the list of available medications, eligibility requirements and restrictions. Once you've checked medication prices, select the home delivery option.

Also, if you are an Express Scripts' plan member who is losing coverage, you can transition your prescriptions to Parachute Rx by contacting the number on the back of your prescription card.

Pick up medications at your local pharmacy

There are more than 50,000 retail pharmacies, including national chains such as Walgreens, CVS and Rite Aid, and thousands of grocers and local community pharmacies that are participating in the Parachute Rx program. Your local pharmacist can check if discounts are available for your prescription, or you can visit [www.express-scripts.com/parachuterx](http://www.express-scripts.com/parachuterx). Additionally, customer service is available seven days a week at 877.644.0212 to answer any questions you may have

about the program.

Affordable access to medication can help you come out of this crisis healthy and ready to return to work. For those whose lives have been upended by this pandemic, there are programs available that can offer a softer landing.

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## Coping with stress

(StatePoint) Stress is an important and natural stimulant that compels us to adapt to a new environment or lifestyle change. It causes a physiological response that helps us either flee or fight the threat or stressor. But spending too much time on high alert can have damaging health effects.

Prolonged, unwanted and unmanageable stresses like the ones so many people are

facing during the pandemic can take a toll, causing anxiety, irritability, nervousness, sleeplessness and digestive upsets. Stress can also aggravate or even trigger chronic diseases.

Here are some easy, natural ways to cope:

1. Write a gratitude list. Grab a blank piece of paper and write down a list of things that you are grateful for. This has been proven to drastically improve one's mood and completely change their perspective. You might even consider making this a daily habit and keeping a journal.

2. Do a random act of kindness. Consider donating to an organization feeding those in need or asking an elderly neighbor if you can pick anything up for them at the store. Give a colleague a compliment. It feels good to do good.

3. Reach out to someone you haven't talked to in a while. Think about that person you used to be close to but just haven't had the time to catch up with. Go ahead and give them a call or arrange to video chat! They will appreciate hearing from you, and reconnecting can put you both in a much better mood.

4. Go for a walk. Step outside and enjoy the fresh air.

5. Meditate. You don't need to invest a lot of time. Meditating for even just five to 10 minutes can reduce stress

and anxiety.

6. Use homeopathy. Homeopathic medicines offer a simple, low-risk solution as they do not suppress the cause of stress itself, but provide enough relief to help you face it and react appropriately.

"Solutions are not always simple. Stress pills, or anxiolytics, relieve tension and some physical symptoms of stress, but unfortunately, they have unwanted side effects, like drowsiness, and can be habit-forming," says Dr. Ken Redcross, author of "Bond: The 4 Cornerstones of a Lasting and Caring Relationship with Your Doctor," and founder of Redcross Concierge. "However, homeopathic medicines provide an easy, lower-risk treatment option."

Consider using Sedalia from Boiron to relieve nervousness, hypersensitivity and fatigue due to everyday stress, and Quietude to address occasional sleeplessness or restless sleep. Claims for these products are based on traditional homeopathic practice, not accepted medical evidence. They are not FDA evaluated. To learn more, visit [shop.BoironUSA.com](http://shop.BoironUSA.com).

While a certain amount of stress is normal and natural, too much of it for too long can have harmful health impacts. To cope safely, take natural steps to relieve tension and worry.

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## Discover the potential immune-system benefits of vitamin D

(NewsUSA) - A healthy immune system is important at all times, but especially so in these days of the novel coronavirus and heightened awareness about the spread of germs.

You can support a healthy immune system by eating well, getting plenty of sleep, and exercising. Supplements with vitamins that support the immune system, such as vitamin D, may help, too. Sunlight remains a key source of vitamin D, but supplements may be increasingly beneficial as people are less able to get outside. This is especially true for those who live in the northern hemi-

sphere.

Vitamin D has the science to back up its potential as an immune-system support. In 2017, the British Medical Journal published a meta-analysis of 25 studies in which vitamin D showed the potential to protect against acute respiratory tract infections, especially among individuals who were also deficient in vitamin D.

In addition, Dr. Tom Frieden, former director of the Centers for Disease Control and Prevention, said in an interview with Fox News in March that taking a multivitamin containing vitamin D or a vitamin D supplement

was good practice for overall health, and it certainly couldn't hurt when it comes to helping to boost immune resistance to infection.

However, not all vitamin D supplements are created equal. A vitamin D supplement must be easily absorbed by the body in order to provide much value. Many vitamin D supplements offer poorly absorbed forms of vitamin D in doses far too low to replenish a vitamin D deficit, much less offer therapeutic benefits for the immune system.

It's best to choose a supplement that includes vitamin D3, which is the most easily

absorbed form of vitamin D, as well as Vitamin K2, such as the supplement produced by Lively Vitamin Co. Their product, Solar Power, combines vitamins D3 and K2 to provide the body with maximum therapeutic value. This combination improves total absorption rates and utilization in the body.

A blend of these two vitamins is engineered to help promote a healthy immune system and cardiovascular health. But the benefits don't stop there. Vitamin D3 supplements like Solar Power can also help the body absorb calcium and build stronger bones to help prevent osteo-



porosis. Vitamin D even plays a role in regulating mood and helping to reduce seasonal depression.

However, be sure to check for possible drug interactions with any prescription medi-

cations you are taking before you take vitamin D or other supplements.

For more information about vitamin D and other ways to boost your immunity, visit [findyourhealthyplace.com](http://findyourhealthyplace.com).

## Wellness Trends to watch for

(NAPSI)—According to the National Institutes of Health, only about 20 percent of your life expectancy is dictated by your genes; the rest depends on your lifestyle. Increasingly, people look to improve the length and quality of their life through certain products and habits. Here's a look at six popular roads to wellness:

1. Back to nature. Dr. Chloe Evans of the Shetland, Scotland National Health Service says getting out into nature can help alleviate conditions ranging from high blood pressure to depression. "The benefits (of nature) are that it is free, easily accessible, allows increased connection with surroundings which hopefully leads to improved physical and mental health for individuals," she says.

2. Personalize nutrition.

When it comes to maintaining a healthful weight and well-being, foods that are good or bad for one person may not be for another. Personalized diets can help.

3. Dress for health success. New technologies may let clothes correct your environment. Engineers from MIT created a "smart" jacket that automatically adjusts itself to suit your body temperature, the outside temperature and your movements.

4. CBD is in. No longer illegal under the Controlled Substances Act, cannabidiol (CBD)—which doesn't induce a psychoactive effect—is increasingly used to target specific ailments.

5. Aromatherapy makes scents. At the Cleveland Clinic's Innovations Lab, researchers came up with

plant-based aromatherapeutic solutions to treat specific symptoms, such as pain, nausea and anxiety. Recent studies of people with knee replacements suggest the right scent can reduce pain and relieve anxiety.

6. Be smart about supplements. "High-quality supplements and vitamins, herbs and homeopathy, and sports nutrition products can be trusted partners in your natural wellness lifestyle," explains Michael Murray, N.D. Dr. Murray is considered one of the world's leading authorities on natural medicine. He has published more than 30 books including "The Textbook of Natural Medicine," used by hundreds of thousands of healthcare professionals the world over.