



## **McGohan Brabender Daily Update**

Today is Thursday, April 23, 2020

### **IMPORTANT REMINDER ACTION POSSIBLY REQUIRED**

Employers sponsoring group health plans are obligated to notify their employees and family members when changes occur to the group health plan, such as the changes made recently in response to the COVID-19 pandemic. Please alert your employees of those changes as soon as possible, if you haven't already. It is advisable to use the materials already produced by your carrier/TPA because the communication acts as a Summary of Material Modification (SMM), and an employer could be responsible for misstated benefits. Resources are available under the carrier section of our COVID-19 Resource Center on our website.

[Click Here for McGohan Brabender's COVID-19 Resource Center](#)

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**JOYAGES: GRIEF WITH COVID-19**

## ***GRIEF LOOKS DIFFERENT DURING COVID-19***

For many of us, grief is only associated with the loss of a loved one. But many of us feel this nagging worry during COVID-19; and it's hard to put a finger on exactly what is driving that. Does this sound like you? You may be experiencing a phenomenon called "anticipatory grief." Do you remember when you were punished as a kid—how the anticipation was usually worse than the punishment itself? Well, the same can be true with our thoughts. When we grieve things that haven't happened yet, like a job loss, sickness, or loss of normalcy, sometimes we actually feel worse than if those worries were to actually come to fruition.

[It's Okay to Feel Grief Right Now](#)

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## **TIPS TO AVOID LONELINESS**

As we continue to stay at home, possibly alone, it may start to take an unhealthy toll on us. Being alone isn't the same as loneliness. Being lonely can bring on psychological changes that could affect us physically. It may bring on stress that can lead to sleeplessness, binge eating, poor hygiene, early steps to bigger problems. Click and remind yourself of these good tips to stay healthy and happy.

[Overcome Loneliness during Pandemic](#)

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# **OBESITY: THE EPIDEMIC DURING THE PANDEMIC**

I don't know about you, but I never figured I would have a stocked fridge in my "office." I mean, seriously, it is in my sight, all day long. Take a minute to remind yourself exactly the clinical definition of obesity, and take action if necessary. This pandemic is causing us to be creative with our exercise, our shopping, and even our cooking since we have had to adjust our hours. Just do the best you can; knowledge is an incredible tool.

[Your Wellness Matters](#)

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## **SPECIAL LEARNING WEBINAR**

### **Thursday, April 30th**

***LEADING THROUGH DISRUPTION***

In this “new-Coronavirus world”, the words of Charles Darwin have never been more true: “It is not the strongest of the species that survives, nor the most intelligent, but rather the one most adaptable to change.” Spots are still available for this MB Special Webinar.

**Thursday, April 30th, 10:00 AM - 11:30 AM**

[Please Click Here to Register for Webinar](#)

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