



McGohan Brabender Daily COVID-19 Update

Today is Thursday, April 9, 2020

Telemedicine - Not Just for Pandemics Anymore

Side Affects Podcast - Shane Foss

COVID-19 has changed the health care process but our *Side Affects* guest, Shane Foss, Hooray Health CEO, has ideas on how telemedicine provides a reasonable, low-cost option to allow the uninsured to be seen by medical professionals. Telemedicine has been around, but like this pandemic, digital health usage has spread because of the convenience, and of course, the need. Tune in to hear Shane's ideas for tele-health now and for the future.

[Side Affects with Shane Foss](#)

JOYAGES: VIRTUAL ESCAPES
"Dealing with Worry During COVID-19"

During this time of social distancing and uncertainty, your mental health is more important than ever. Is COVID-19 stressing you out? Do you need assistance dealing with worry and anxiety during this time? Watch and listen to Dr. Brent Taylor as he shares three simple steps to reduce the stress caused by the quarantine of COVID-19. McGohan Brabender wants to provide you with steps you can take today to reduce stress, be more productive, and worry less. Click and relax.

[Joyages Video: Don't Stress About It](#)

Special Learning Center 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](#)

MB COVID-19 RESOURCE CENTER

The curve may be flattening a bit, but hospitals and doctors are still getting hit strong. If you have any symptoms, your doctor may request you take some early

action at home. These tips are good to manage AND avoid getting the symptoms in the first place.

[10 Ways to Manage Respiratory Symptoms at Home](#)

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

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