

Rally Wellness Coaching[®] COVID-19 FAQ

What is coronavirus (COVID-19)?

Coronaviruses are a family of viruses that can cause illness in both animals and people. The 2003 SARS outbreak, also known as Severe Acute Respiratory Syndrome, is a well-known coronavirus. In January of 2020, the World Health Organization (WHO) announced a new coronavirus outbreak, now called COVID-19, which was first detected in China. While it is still too early to fully understand COVID-19, our number-one priority is to support the health and safety of our team members and patients.

What is the Rally Wellness Coaching team doing to address COVID-19 concerns?

The Rally Wellness Coaching team is closely following the guidance and protocols issued by the Centers for Disease Control and Prevention (CDC) and state and local public health departments in supporting our customers' needs. We are also closely monitoring developments with the COVID-19 pandemic, and have teams of clinical and operational experts working around the clock.

Since it is extra important during this time for your participants to reduce the risk of getting sick with this disease, Rally is committed to providing the most up-to-date information on how they can stay healthy and manage stress and social isolation during these challenging times. Monitoring research and recommendations from experts from the CDC, World Health Organization and the NIH will continue to be a high priority. We understand that this is a rapidly evolving situation and Rally is doing everything possible to support the health of those we are privileged to serve.



Resources:

The U.S. Centers for Disease Control and Prevention (CDC) is the primary source for the latest updates on COVID-19. For the most current information, please visit their site: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Risk/complication: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

Interim guidance: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html>
National Institute of Health: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html>

Know the Risks of Smoking and COVID-19

While much is still unknown about the COVID-2019 disease, risk factors include advanced age as well as chronic lung disease, diabetes and chronic kidney disease, among other conditions. Importantly, use of tobacco may add to the risks. Smoking tobacco is well known to be a significant risk factor for the development of chronic lung and heart problems. This means that it's more important than ever to think about becoming free of tobacco and following an overall healthy lifestyle by managing stress, eating well and getting a good night sleep.

Rally Wellness Coaching Commitment

Rally Wellness Coaching is committed to promoting a healthy lifestyle through our tools and one-on-one supports. Rally Wellness Coaching uses an evidence-based combination of physical, psychological and behavioral strategies to help participants lead healthier lives. A critical mix of phone-based coaching, online secure chat, online learning, and support tools are available to our participants.

Rally Wellness Coaching health topics include:

- Family Wellness
- Healthy Heart
- General Wellness
- Diabetes Lifestyle
- Fit for Life
- Quit Tobacco
- Weight and Wellness
- Sleep Well
- Stress Less
- Eat Smart
- Happiness
- Meditation
- Financial Wellbeing

The information and therapeutic approaches in this article are provided for informational and/or educational purposes only. They are not meant to be used in place of professional clinical consultations for individual health needs.



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