



**Wespath**

BENEFITS | INVESTMENTS

## Build Your Virus Defense System

Here are some helpful tips you can do at any time to build your body's immune system.



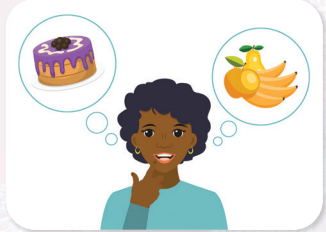
### Get to bed earlier

Getting under the covers earlier improves your chances of a better night's sleep.



### Address ongoing stress

The Optum Public Crisis Line is available to anyone **24/7** at **1-866-342-6892**



### Eat more!

Immunity-boosting foods such as fruits, nuts, vegetables and grains



### Take brisk walks and other moderate activities

While practicing social distancing

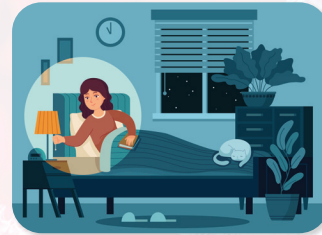


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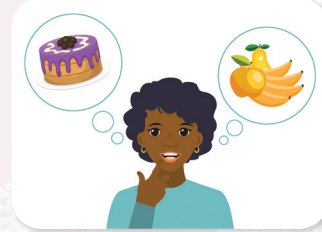
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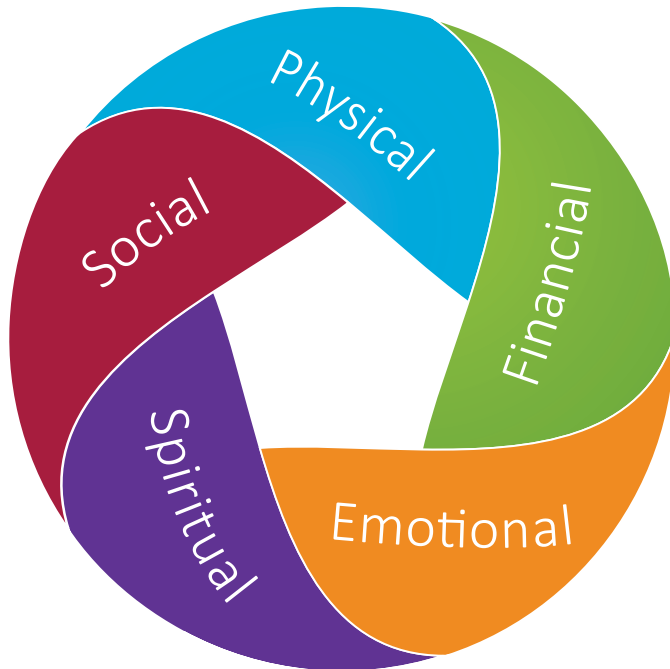


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# DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



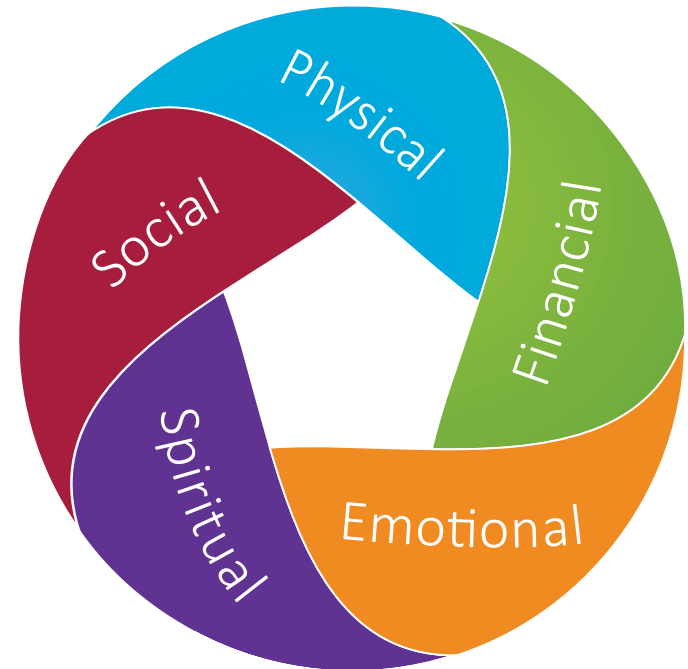
Find more health and well-being information at  
[wspath.org/benefits](https://wspath.org/benefits).

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# DIMENSIONS

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