

Dear Valued Client:

As we continue to navigate the current COVID-19 outbreak, we want to assure you that our staff at Dr. Kunkle-Miller and Associates is here for you and will continue to offer guidance and counseling via virtual sessions.

***Virtual sessions are covered by your medical insurance.** You and your therapist will decide the best method to use for your virtual sessions.*

Some insurance companies are waiving copays and deductibles. We know that UPMC is waiving for all plans. Other insurances such as Highmark are only offering this for certain plans, so please call your insurance company and ask them if you are still responsible for your copay and/or deductible for outpatient behavioral health services and let your therapist or our office know.

We recognize that this is a difficult time and would like to invite you to join Dr. Kunkle-Miller 3:00 pm daily for her Facebook live. She will be giving life advice with tips on how to cope and take of yourself. Log into Facebook and click [here](#). Make sure to push the Like button to stay updated. We also have health tips on [Pinterest](#).

There are a lot of free online programs that can help you maintain your patience and optimism during these trying times. We suggest the following applications: Calm, Headspace, Mindfulness, Simple Habit or Daily Om.

Make sure to take a daily walk (even if it is raining) and to drink warm liquids. Create a serene and calm space for yourself to pray, meditate or read inspirational books.

Although much continues to change weekly, your health and safety is our top priority. We recommend the following for prevention in the spread of COVID-19:

- 1. Wash your hands with soap and warm water for at least 20 seconds. An alcohol-based hand sanitizer is a good alternative when washing isn't possible.*
- 2. Wipe down surfaces and countertops in common areas of your home with disinfecting wipes or sprays.*

3. Refrain from going places where you could be in close proximity to people. Avoid being within 6 feet of anyone. And self-quarantine if you have traveled.

Again, if you have any questions or need to schedule an appointment, please don't hesitate to reach out to us. We are here for you.

*Be well,
Dr. Kunkle-Miller and Associates*