

Enjoy healthier holidays!



Be your best self this holiday.

We don't take holidays off. OC24health offers quality care for you and your family 24/7.

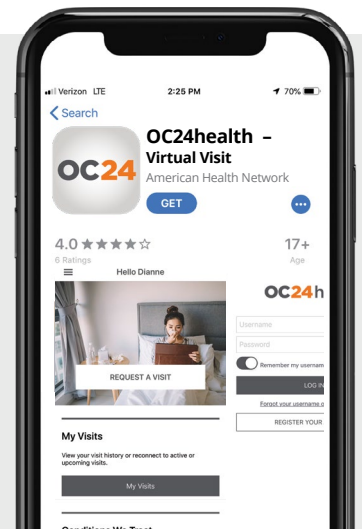
Don't let sickness get in the way of your holiday plans.

Stay healthy with these five easy tips:

1. Boost your immunity by getting enough sleep
2. Stay hydrated
3. Wash your hands A LOT
4. Always carry hand sanitizer
5. Enjoy plenty of fruits and vegetables to keep your immune system strong*

If you do get sick this season, remember OC24health provides you access to a provider anytime, anywhere.

*<https://www.verywellfit.com/>



[OC24health.com](https://www.OC24health.com) | [Download the app](#) | [855.617.2116](tel:855.617.2116)

Use your account to:

- Talk to a doctor/provider 24/7, anytime, anywhere.
- Get a diagnosis of your symptoms, treatment plan, and a prescription when needed.
- Download the app and enjoy the convenience of quality care on the go.



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If you or a covered dependent has a fever, cough or shortness of breath, call your doctor right away or video chat with one of our doctors or providers 24/7 through the OC24 app.

Staying informed can keep our communities safe. For the most up-to-date information about COVID-19, visit the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov.