



Make #TimeForCare

With COVID-19 still in many parts of the country, staying home can help you stay safe. But it's also important to keep healthy, especially if you have diabetes, cancer, a heart problem or other serious medical conditions.

"The number one concern I have is the underlying progression of chronic diseases and how that may impact how long people live, or even the quality of life they have now," says Garth Graham, MD, MPH, Vice President, Community Health & Impact, CVS Health®.

With this concern in mind, Dr. Graham is encouraging individuals to prioritize all their health care needs and emphasizing the importance of seeking preventive care and ongoing treatment for chronic diseases.

To read the full article, get helpful health tips and connect with specialists and other providers, go to [Aetna.com/TimeForCare](https://www.aetna.com/TimeForCare) today.

¹Time for Care: CVS Health and Morning Consult Study, June 2020.

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90.03.578.1 (8/20)

Nearly
60%

of people with **chronic conditions** are concerned that the pandemic has negatively affected their own health or the health of someone in their household.¹

