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In the midst of flu season and concerns about Coronavirus, we want to remind you of resources and tools to keep you and your loved ones healthy.

## Telemedicine and Healthcare

Speak with a doctor quickly and without having to go to the office! Both Kaiser and Anthem members have access to medical professionals through telemedicine, details below. Additionally, the testing and treatment of Coronavirus is 100% covered by Pepperdine plans.

### Live Health Online:

A quick and free sign-up gives Anthem members and non-members 24/7 access to doctors through LiveHealth Online (\$10 for Anthem HMO members, \$59 for non-members). Once on the platform, most people can video chat with a doctor through their smartphone, tablet, or computer in 10 minutes or less. Access the LiveHealth Online app, visit, [livehealthonline.com](https://livehealthonline.com), or call 1-844-784-8409 (7 AM - 11 PM).

### Kaiser:

Kaiser members can schedule a telephone or video appointment and expect their doctor to call in a one-hour window. Typically, members must have had at least one face-to-face visit in the past. Call the number on the back of your membership card or visit [kp.org/getcare](https://kp.org/getcare).

## Practice Healthy Habits

- Remember to stay home if you are sick and seek medical care if your symptoms do not improve quickly.
- Wash your hands and disinfect frequently touched objects and surfaces.
- Take care of yourself by drinking plenty of fluids, getting enough sleep, and eating nutritious foods.

## Foods to Boost Your Immune System

**Vitamin C:**

Guava, Papaya, Strawberry, Kiwi, Cantaloupe, Orange, and Grapefruit

**Carotenoids:**

Carrots, Sweet Potatoes, Spinach, Kale, Collard Greens, and Tomatoes

**Bioflavonoids:**

Berries, Cherries, Grapes, True Fruit Juices, True Teas (not herbal tea), Grains, Celery, Parsley, Grapefruit, Orange, Apple Skin, Onion, Endive, Radish, Tomato, Leek, Broccoli, and Red Wine

**Garlic:**

Recipes found in most cookbooks

**Vitamin E:**

Seeds, Healthy Vegetable Oils, and Grains

**Zinc:**

Oysters, Chard, Beef, Turkey (dark meat), and Beans

**Selenium:**

Tuna, Red Snapper, Lobster, Shrimp, Whole Grains, Brown Rice, Egg Yolk, Cottage Cheese, Chicken (white meat), Sunflower Seeds, Garlic, Brazil Nuts, and Lamb Chops

**Omega-3 Fatty Acids:**

Flax Oil and Fatty Fish (Salmon, Tuna, and Sardines)

This information is offered by the [Dr. Sears WELLNESS INSTITUTE](#).

For additional information and assistance,  
please contact Human Resources at (310) 506-4397.



24255 Pacific Coast Highway, Malibu, CA 90263 | Phone: 310.506.4000

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