

## TRANSCRIPT AUGUST 6 2020 PENNY COVID UPDATE

[MUSIC PLAYING] Hi. I'm Penny Wheeler. I have the great privilege of being the CEO and president of Allina Health. I wanted to take this opportunity to answer some of the questions that we've received from both patients and members of our communities that we serve.

As the COVID cases grow, a lot of people are asking us how they can do their part.

We've seen some increasing cases in Minnesota and Wisconsin. And we know, after we've been going through this since March, that people are experiencing some caution fatigue. Collective efforts and sacrifices we've all made over the last several months has really made a tremendous difference. They've helped us slow the spread. And even though there might be some fatigue in following these things, they are so important, and maybe more important than ever. So please, please, please advocate for and follow the public health measures in protecting ourselves and others.

We have started to change the language. What first got coined as social distancing, we call physical distancing. And that's because, especially at a time that's more isolating for many, social connections are really desperately needed. That's how we stay connected as our human family, and that actually helps us stay well. We intentionally changed that because we're seeing the firsthand impact of the loss of our social connectedness, and we're hearing people worry and have fears that are compounded by limited activities and this loss of those social connections.

So we embrace, at Allina, whole-person care. Care for the mind, body, spirit, and community connections is fundamentally important to overall wellness. So please stay connected to other people and the activities that you love. Even as we have had to reimagine many aspects of how we do that in order to stay healthy, that social connection is essential to our well-being and our overall health.

One way Allina Health employees have been staying connected is through caring acts for our community. So the extent that you can care for others during this time, it makes a whole difference in us staying connected and actually us serving. For example, more than 24,000 diapers and 50,000 wipes and enough formula to make 3,000 bottles were donated by our employees in just three weeks, especially after people were facing shortages because their local stores were impacted and/or destroyed by the unrest that followed the tragic death of George Floyd. Caring for others in our community is a way to stay well.

Help us guide you to when you need to seek care. We have many, many online resources that can help guide you about how to access care-- many times virtually-- for what is causing some of your symptoms and challenges. Please remember that Allina Health is always here to support you, to support the whole you.

[MUSIC FADING]

hoose to see us in person or virtually, we are here to care for you.