



COVID-19

Please visit our Tools & Resource page to help you prepare and respond.

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Daily texts could improve diet in patients with CKD

Survey data showed patients with chronic kidney disease who received a daily text about healthful cooking, food choices, dining out and overcoming barriers to a better diet read 90% of the messages and 100% found them useful and easy to understand, researchers reported at the virtual National Kidney Foundation meeting.

[Read full article »](#)



A Glimpse into the Future of Cybersecurity

The events of the present can often tell us a lot about the future. For a look into what the cybersecurity landscape could look like in the coming decade.

[Read full article »](#)



8 Health Technologies to Watch For

The market for health and fitness wearables is exploding, as highlighted at South by Southwest in March. Consider these examples of emerging health technology, which were on display at the conference:

[Read full article »](#)

Know someone who needs healthcare coverage?

Contact an ACA Navigator for help!

Important Reportable Changes to the Marketplace

Log on to HealthCare.gov or call 1-800-318-2596 (TTY: 1-855-889-4325) to update any of the following life changes when they occur.



Address, name, phone number, or email address



Citizenship status (gain citizenship or lawful presence?)



Household size (marriage, divorce, death, birth, adoption)



Member of federally recognized American Indian or Alaska Native tribe



Income (new job? second job? lost job? retired?)



Incarceration status



Loss or change in health coverage



Newly eligible for Medicare (through disability or age i.e. turning 65)

Why You Should Report a Life Change

- Your tax credit might change — it could be higher or lower and change your monthly premium and/or cost-sharing amount.
- You or a family member could qualify for a Special Enrollment Period (SEP)

[Schedule an Appointment with an ACA Navigator](#)



Connecting in Technology

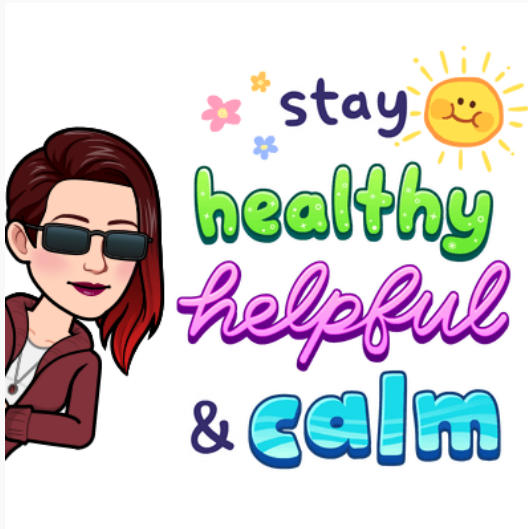
Webinar 1 - Southeastern Telehealth Resource Center

Webinar 2 - Cureo

Webinar 3 - CareClix scheduled for April 8 at 10a

Webinar 4 - Bright Heart Health scheduled for April 15 at 10a

<http://www.hpcnef.org/connecting-in-technology-webinar-series/>



For more information on how to
connect with the St. Johns River
Rural Health Network

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