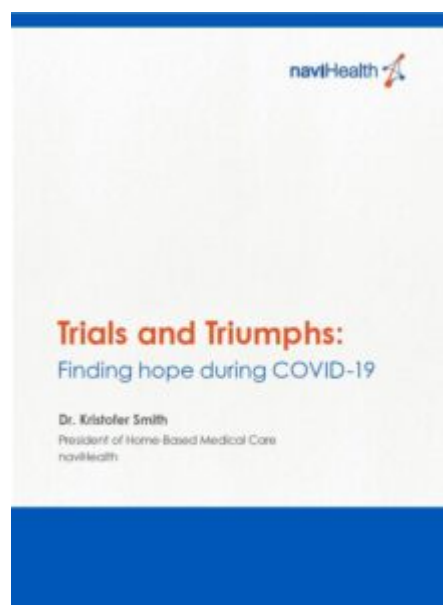


My, how time flies - the naviHealth Essential Insights blog is celebrating turning four-years-old throughout the month of February! As a thank-you for following along and subscribing to our newsletter over these past four years, we would like to offer you a complimentary ebook **“Trials and Triumphs: Finding hope during COVID-19.”** Not a subscriber? Click [here](#) to receive our weekly newsletter.

[Click here to download a free copy of “Trials and Triumphs: Finding hope during COVID-19.”](#)



**Title:** “Trials and Triumphs: Finding hope during COVID-19”

**Summary:** *As the world steps back, healthcare professionals from around the globe are going above and beyond to serve those in need during this COVID-19 crisis. Dr. Kristofer Smith, naviHealth’s President of Home-Based Medical Care, is one of these dedicated workers, tirelessly answering the call to volunteer for the cause despite not practicing acute care medicine in over a decade. These are his daily stories - uncut and untouched, as told from the front lines.*

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