

| Audio | Visual |
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| Music | Tips to better cope with confinement to keep your vitality |
| | A man appears, he is in his kitchen eating a salad. A text appears saying: Eat healthy with well-balanced meals. |
| | The man drinks water and text appears saying: Stay hydrated. |
| | The man is doing lunges and a text appears saying: Exercise regularly. |
| | The man is smoking and drinking a glass of wine, red cross appears, then the text appears saying: Avoid smoking and alcohol. |
| | The man has in his hands a pill and text appears saying: Keep taking your medication. |
| | The man is in his bed and the alarm clock rings, then the text appears saying: Keep regular routines and schedules. |
| | The man is listening to some music with his headphones and some musical notes appear. The text appears saying: Spend time doing things you enjoy like reading, cooking or listening to favorite radio programs or watching TV. |
| | The man is opening his windows and the text appears saying: Spend time with the windows open to let fresh air in. |
| | The man is holding his mobile phone and some emojis appear. Then the text appears saying: Stay in touch with those around you over the phone by post or online. |
| | The man is doing a meditation posture and the text appears saying: Remain calm, do meditation and take deep breaths. |
| | The Sanofi logo and the references appear. |