

Maintaining Wellbeing During the COVID-19 Pandemic

As we continue to learn new details daily about the coronavirus pandemic, we are compiling resources to help support employers as you encounter questions from employees during this time.

General Health and Wellbeing Needs

- **United Way- 211** is a comprehensive source of local social services, available 24/7 to help people access local resources and services to address any needs, including food and nutrition programs, utilities assistance, health care access, mental health resources, etc. <https://www.unitedway.org/our-impact/featured-programs/2-1-1>
- **Telemedicine services**, if available under your medical health plan.
- Provide phone numbers for hotlines and web addresses for local health departments
- [What to Do If You Are Sick?](#) Advice offered by the Centers for Disease Control and Prevention (CDC)
- [Proper Handwashing Technique](#) offered by the CDC about when and how to wash your hands

Address Nutritional Needs

- Provide information on grocery stores and restaurants that offer curbside pick-up or delivery.
- Check with local restaurants as some may be selling their food items in bulk.
- Local grocery stores are offering specific shopping hours for at risk populations.
- Consider meal delivery services such as [Splendid Spoon](#), [Home Chef](#), or [Hello Fresh](#).
- Reach out to local organizations that are distributing food in your area such as food pantries, school districts, and churches.
- Educate on shelf-stable foods and ideas for creating health recipes.
 - Academy of Nutrition and Dietetics: [Getting Groceries During Quarantine](#)
 - [Staying Home Due to the Coronavirus? Here's What to Stock in Your Fridge and Pantry](#)
 - [Shelf Stable Meals from Your Pantry](#)
 - American Society for Nutrition:
 - [Making Health and Nutrition a Priority During the Coronavirus \(COVID-19\) Pandemic](#)
 - [3 Steps You Can Take to Stay Healthy During the Coronavirus \(COVID-19\) Pandemic](#)

Addressing Medication Needs

People with chronic condition, such as diabetes, may be at higher risk for complications related to COVID-19.

Diabetes

- Payment assistance for insulin: www.insulinhelp.org
- American Association of Clinical Endocrinology: [Prescription Affordability Resource Center](#)
- Association of Diabetes Care & Education Specialists: [Insulin Cost-Saving Resource Guide](#)
- Assistance for **Type 1 Diabetes** prescription and insulin costs:
 - Juvenile Diabetes Research Association: [Help with Your Diabetes Prescription and Insulin Costs](#)
 - Beyond Type 1: [Coronavirus \(COVID-19\) and Diabetes-What You Should Know](#)

Medication Assistance/Discount Prescription Programs

- FamilyWize: [Prescription Discount Card](#)
- GoodRx: [Prescription Discount Card](#)
- NeedyMeds: [Prescription Discount Card](#)
- SingleCare: [Prescription Discount Card](#)

Work from Home Resources

The shift from working from home in response to social isolation mandates related to COVID-19 can be challenging in terms of maintaining healthy habits and staying engaged with work.

- [Work from Home Playbook](#) from Virgin Pulse can help build healthy habits while working from home. It includes resources on productivity, sleep, mental health, and physical health.

Mental Health Resources

With the uncertainty and disruption of normal life due to the spread of COVID-19, these resources may be helpful in managing any related stress and anxiety that you or your employees may be experiencing.

- Promote EAP resources
- [Big Health](#) is offering access to two of their programs, **Sleepio and Daylight**, free of charge to help participants achieve better sleep and manage anxiety.

- [Headspace](#) is offering a free section within their app called, Weathering the Storm, with meditation, sleep, and movement exercises to help guide people during these difficult times.
- [Calm](#) has created a free resource page, Calm Free Resources, offering meditations, music, talks and more to support mental and emotional wellbeing.
- [Wisdom Labs](#) is offering free 90-day access to their **Wise@Work** app, which supports employee mental, emotional, and social wellbeing while working remotely.

Resources for Families

With long-term school closures and social distancing, a vast majority of employees are trying to figure out work life balance while working from home, homeschooling children, and caring for their family's needs.

- Encourage employees to stay connected to friends and families, while social distancing, by using video chat apps such as FaceTime, Zoom, Facebook Messenger.
- **Child Mind:** [Supporting Families During COVID-19](#) offers resources related to helping children cope with the stress and anxiety of these changes

Educational and Fun Family Resources

- [Lunch Doodles](#) with Mo Williems, author and illustrator, offers tips to draw, doodle, and new ways of writing.
- [Beyond the Chalkboard](#) offers hundreds of free activities to teach during these homeschool transitions.
- [100 Ways to Play](#) offered by Boston Children's Museum, is a list of ways to play together
- [Scholastic Learn at Home](#) offers day by day projects to keep kids reading, thinking and growing.
- [Cincinnati Zoo Home Safaris](#) start everyday at 3pm on Facebook
- [Louvre Online](#) Tours offer virtual tours of the museum's exhibition rooms and galleries.
- [Virtual Concerts](#) with many different genres of artists who are offering virtual daily streams of live concerts.
- **Children's Museums at Home**
 - [Children's Museum Indianapolis](#)
 - [Boston Children's Museum](#)
- **Animal Webcams** at Zoos and Aquariums to watch the animals live from home:
 - [Tennessee Aquarium at Home](#)
 - [Monterey Bay Aquarium](#)
 - [San Diego Zoo](#)
 - [Smithsonian's National Zoo and Conservation Biology Institute](#)
 - [Houston Zoo](#)