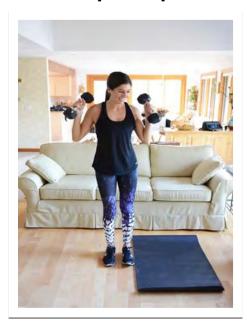
# Helpful Tips and Resources to Stay Well While Telecommuting



## Physical Health

You can stay active while staying home! Free fitness apps can be a great way to stay active. Even if you don't have any equipment, you can still get in a good workout. Check out the list below!

- Down Dog: the app and website are free through July 1 with your Salve email. It includes Yoga, HIIT, Barre, and 7-minute workouts.
- Daily Workouts Fitness Trainer: Ideal for simple home workouts. 100+ exercises that vary between 5 to 30minute workouts.
- Daily Yoga: 500+ poses, and 200+ classes in HD video. For yoga newbies, advanced practitioners, and everyone in between can find their flow with Daily Yoga.

### **Emotional Health**

With these challenging times, many individuals are understandably feeling uncertain and anxious. Please note that there is help.

Please click or call:

- <u>Coastline EAP</u> 1-800-445-1195 Username: salveregina
- Tufts Health Plan Telehealth
- United Way of RI 211
- CDC Managing Stress & Anxiety
- American Psychiatric Association
- Workplace Mental Health
- <u>National Suicide Prevention Lifeline</u> 1-800-273-8255
- 911

# State & Government Information/Resources (click on each item below for link)

- RI Department of Health
- RI Unemployment Insurance
- RI Temporary Disability Insurance
- RI Temporary Caregivers Insurance
- RI free "grab and go" meals for children
- US Centers for Disease Control and Prevention
- President Trump's Guidelines for America
- World Health Organization



Take a walk

# □ TIAA

#### Financial Health

Although the recent market swings can cause stress and anxiety, guidance from the industry is to stay calm and "stay the course." Click <u>HERE</u> to read a message on market volatility and your portfolio from TIAA President, Roger Ferguson.

Please also remember that you can access your TIAA account anytime at <a href="https://www.tiaa.org">www.tiaa.org</a> and/or you may call TIAA's counseling center at 800-842-2776.



## Benefit Plan Links:

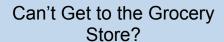
- Tufts Health Plan
- Tufts Health Plan Virtual Doctor Access
- OptumRx Prescription Coverage
- Benefit Strategies Flexible Spending and Health Savings Accounts
- <u>AFLAC Supplemental Insurance Plans</u>
- Coastline Employee Assistance Plan
- TIAA Retirement Plan
- Beacon Mutual Insurance Company Proper Work styles





# Virtual Tours to Keep the Family Busy

- Via Google Doc Link 30 Virtual Field Trips [docs.google.com]
- Monterey Bay Aquarium [montereybayaquarium.org] Live cams of animals
- Virtual Farm [origin.americandairy.com] tours grouped by age!
- Museums, Operas, & Symphonies [cntraveler.com]
- 12 Museums Offering Virtual Tours [travelandleisure.com]
- National Parks Tours [totallythebomb.com]
- Concerts [npr.org]



Sign up to have your groceries delivered from STOP & SHOP



For more information or resources please contact the Office of Human Resources at humanresources@salve.edu.