

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 30-minute 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:

- [Coastline EAP](#) 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](#)
- [National Suicide Prevention Lifeline](#)
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



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 [HERE](#) 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 www.tiaa.org 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](#)
- [AFLAC – Supplemental Insurance Plans](#)
- [Coastline Employee Assistance Plan](#)
- [TIAA Retirement Plan](#)
- [Beacon Mutual Insurance Company Proper Work styles](#)

Check to see if your local pharmacy is offering delivery for prescriptions.

[CLICK HERE](#)



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 \[npr.org\]](#)

Can't Get to the Grocery Store?

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.