



Staying Healthy, While Staying at Home

Marsh & McLennan Agency (MMA) has developed a list of no-cost resources to help your employees stay healthy while staying at home. These resources include at-home specific content on topics including physical activity, mental health, nutrition, ergonomics, and more.

PHYSICAL ACTIVITY & EXERCISE

Core Power Yoga

- Free access to a collection of yoga and meditation classes through Core Power on Demand.
<https://www.corepoweryogaondemand.com/>

CrossFit at Home

- Provides free access to various workout and nutrition videos to preserve your health at home.
<https://www.crossfit.com/at-home>

Daily Burn

- Sign up for a free 30 day trial and receive access to full body workouts daily, which include cardio, yoga, dance, Pilates and more.
- Will require credit card information for the free trial. https://dailyburn.com/register/a33196/index.html?partner=yh1&mttype=102&subid=nonbrand&google_link&msclkid=2bde48092db31ed08bd3167dc1f47595

Down Dog

- Down Dog is making all of their apps – Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout completely free until April 1, 2020. <https://www.downdogapp.com/>
- Offering free access until July 1, 2020 for all students and teachers (K-12 and college).
- To access the free school membership, please sign up with your .edu email address. If your school does not use .edu emails, please write to us at schools@downdogapp.com.

Ekhart Yoga

- Offering 12 free yoga and meditation classes, specifically designed to help relieve stress and anxiety. <https://tryekhartyoga.com/free-relief-classes/>

Fitness Blender

- Offers free workout videos based on difficulty, focus, and equipment available. <https://www.fitnessblender.com/>

Grokker

- Unlimited access now thru April 30, 2020. Grokker provides 4,000+ videos regardless of skill level, abilities, and goals. Videos include the topics of fitness, mindfulness, and nutrition. <https://grokker.com/individuals>
- Will require credit card information for the free trial.

Nike Run Club

- Need to get outside for a bit or have a treadmill at home? This free app helps you track your run and allows access to guided runs hosted by coaches or Headspace. <https://www.nike.com/nrc-app>

ObéFitness

- Live fitness classes with a 30 day free trial (use code ATHOME)
- Will require credit card information for the free trial. <https://www.obefitness.com/users/sign-up>

Peloton

- Their digital app is free for 90 days and you do not have to have a Peloton to use it. Not only do they offer bike and treadmill classes, but they offer outdoor walking/running classes, strength, yoga and meditation. <https://www.onepeloton.com/cigital/checkout/digital90d>

Planet Fitness

- Free online classes for two weeks, beginning March 16, 2020. The workouts will be live-streamed at 6 p.m. CT each day. If you cannot make it live, the workouts will be available on-demand. <https://www.planetfitness.com/>

Wellbeats

- Free access to Wellbeats on line fitness classes through April 30. Get started at <https://portal.wellbeats.com/#/idleor> through the app on the App Store or Google Play store (select 'Register Via Code' and enter invitation code 57a4df63)

Pop Sugar Fitness

- A free YouTube exercise channel that offers fitness tutorials and workouts. <https://www.popsugar.com/fitness/>

Additional Resources

- A list of free workout apps is here: <https://www.yahoo.com/lifestyle/free-workout-apps-social-distancing-coronavirus-184514493.html>

MENTAL HEALTH

Total Brain

- Free access and is designed to train your brain to manage mental health; get started at <https://app.totalbrain.com/enter/consumertrial> or through the app on the App Store or Google Play store. If downloading the app, use the code "consumertrial"

Healbright

- Free mental health program designed to address the stress caused by the COVID-19 Pandemic. This free online course is designed to help you reduce stress and develop resilience from home

Betterhelp

- Affordable, private online counseling. Talk with a licensed, professional therapist online about depression, anger, stress, anxiety, grief, and more.
- <https://www.betterhelp.com/>

Calm

- Meditations and resources on this page are free of charge
- Calm has provided handpicked content to support your mental and emotional wellness through this time.
- Resources on the page will be updated regularly <https://www.calm.com/signup-flow>

Headspace

- Free meditations with topics like sleep and movement exercises to help you out, however you are feeling.
- Available as a webpage and an app. <https://www.headspace.com/subscriptions>

Simple Habit

- Components of this meditation platform are free to all.
- They have announced free premium memberships to those impacted by the pandemic and can no longer afford to pay.
 - If you are interested in this offering email help@simplehabit.com
 - Access includes free entire meditation collections through the end of April <https://www.simplehabit.com/>

Take a Break!

- Free meditations for deep relaxation and stress relief
- <https://apps.apple.com/us/app/take-a-break-meditations-for-stress-relief/id453857236>

Talkspace

- Free therapist-led support groups via Facebook
- COVID-19 Anxiety Resource Center
- If you're interested in joining, special discounting is made available
https://www.facebook.com/pg/Talkspacetherapy/groups/?ref=page_internal

Make It Ok

- Resources, podcasts, toolkits, stories and more. <https://makeitok.org/>

Mental Health America (MHA)

- To aid individuals and communities during this time, MHA has compiled a range of resources and information on mental health.
- <https://mhanational.org/>
 - Topics include:
 - Mental Health Information For Disease Outbreaks
 - Financial Support
 - Tools And Information On Anxiety
 - Tools To Connect With Others
 - Resources For Immediate Response

National Alliance on Mental Illness (NAMI)

- NAMI provides resources, information, education and more around mental health.
<https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>
- COVID-19 Information and Resources
 - This guide put together by NAMI, is filled with commonly asked questions when it comes to mental health resources and how to get support in every aspect of our lives.
- Looking for guidance on how help yourself or your loved ones? Call the NAMI Helpline:
 - Monday-Friday, 10:00 a.m. to 6:00 p.m., EST (800) 950-6264

University of Minnesota – Earl E. Bakken Center for Spirituality and Healing

- Free mindfulness and resiliency webinars
- Mindfulness at Work course
- The Bakken Center for Spirituality and Healing Workshop Series
- <https://www.csh.umn.edu/community/free-webinars>

Additional Resources

- A list of free mental health apps is here: <https://psychcentral.com/blog/top-10-free-mental-health-apps/>
- Supporting Family Members in Crisis (10:53)
- Reduce Anxiety Using the 4-7-8 Breath (4:08)
- Link to strategies to managing anxiety associated with COVID-19 <http://www.virusanxiety.com>

NUTRITION

Bon Appetit

- Strategies for eating while working at home are shared in this article from Bon Appetit: <https://www.bonappetit.com/story/working-from-home-eating-strategy>

Healthline

- Ideas for healthy snacks for energy and productivity from Healthline: <https://www.healthline.com/nutrition/healthy-snacks-for-work>

ERGONOMICS

Cornell University

- MMA's Risk & Loss Advisors have provided us with their recommendation from Cornell University regarding ergonomics at home: <http://ergo.human.cornell.edu/ErgoTips2013/index.html>

Physera

- Tips on at-home ergonomic workstations: <https://blog.physera.com/ergonomwhat-helping-your-remote-workforce-set-up-a-home-office-4aab26d5a102>

OTHER RESOURCES

Kids/Learning at Home

- Scholastic Book Company offers learning at home, by age group: <https://classroommagazines.scholastic.com/support/learnathome.html>
- XO LP is providing free coloring sheets: <https://xolp.com/printable>

EAP

- Leverage your internal EAP services and resources. These are typically available from your Long Term Disability or Medical carrier.

Working from Home

- From Alex/Je Iwision and YouTube: 5 Tips for Working From Home

Crisis Management & Suicide Prevention Hotlines

- Hopeline Text Service: Text "Hopeline" to 741-741
- National Suicide Prevention Lifeline
 - ✓ 1-800-273-TALK (8255) (Español) 1-888-628-9454

