Security Wellbeing Programs

Foundation Emergency Financial Assistance

- Emergency Food Assistance
- Emergency Childcare Assistance

Dave Ramsey SmartDollar Financial Wellness Program

Online financial wellness program offered 24/7 FREE for *all* Trilogy employees.

Emergency Temp Lodging & Childcare: Free & Discounted Rates

Trilogy WeeCare Discount Childcare Program

WeeCare is a partnership with KinderCare is focusing on serving children ages 6 weeks to 12 years. Includes below market tuition rates, and you can include a subsidy to help cover the costs. **List of Essential KinderCare Centers**

Aunt Bertha Community Resources:

Find local resources to support by entering your zip code to search for free or reduced cost services in their area such as medical care, food, housing and more.

COVID19 Deferred Mortgage Payments:

Many banks offering 90 to 120 day deferments on mortgage loans. Check to see if your bank is one of them.

Federal Housing Finance Agency COVID- 19 Assistance

City/State Specific Resources

Louisville COVID-19 Crisis Hub (Greater Louisville):

Resources for residents in the greater Louisville area

Detroit area COVID-19 City Resources:

Free meals for children up to 18 years and seniors, transportation, housing information and more

Indianapolis COVID-19 Resources

Meals, worker, utilities support and more

Fort Wayne COVID-19 Resources:

Meals, utility and banking updates and services

Cincinnati Children's Hospital Family Friendly Live Well-being events and Resources:

Virtual resources including live webinars such as Musical Mornings, Art with Mr. Chad, and more

Cincinnati Freestore Foodbank COVID-19 Updates & Resources

State of Ohio Public Health COVID-19 Resources for Economic Support

Indianapolis area COVID-19 Volunteer & Donation Opportunities

Mid/Central Ohio CAP4Kids Food Security Programs:

Food resources in the Columbus area

Hands On Central Ohio:

Connecting residents with social, public and government assistance

Purpose Wellbeing Programs

Inspired Sundays

A weekly service dedicated to joining us in faith, even as we are apart.

Marketplace Chaplains

You may want to speak in confidence with a spiritual leader about a variety of issues in your life, and this is available here.

The Science of Well-Being Free Yale Educational Online Course

COVID-19 Convalescent Plasma Program:

American Red Cross needs blood and plasma donations

Relief Emergency Medical Supply Program

Consider donating to our front-line health care workers for needed medical supplies

Ways to Donate or Help during COVID-19:

NYT article on best not-for-profit programs impacting those who need it most

Health Wellbeing Programs

Anthem's LiveHealth Online Virtual Visit Program 24/7 Nurse line: 800-700-9184
Need care in a hurry, don't stress, log on to LiveHealth Online. Includes general practice, pediatrics, allergy, lactation, mental health & psychiatry at no cost until June 14, 2020.

DirectPath 877-548-7714: The advocates at DirectPath are here to help you work through questions about medical benefits, medical procedures, payments, translation services, etc!

Disaster Distress Helpline: 800-985-5900
This 24/7/365 service provides crisis counseling for people going through both natural and human-caused disasters. It's free, multilingual and confidential. You can also text TalkWithUs to 66746.

Virgin Pulse

- **COVID-19 Practical Guide to Well-Being**
- **Zipongo** create your own customized meal plan and get access to more than 1 million recipes. Get groceries and meals delivered to your home, through Instacart, as well as create a shopping list to make your trips to the grocery quick and easy. Access through the Programs page on your Virgin Pulse account. Enjoy at no cost until May 31, 2020.
- **Whil through Virgin Pulse**: Designed to help users overcome stress, anxiety, excel in the workplace, improve leadership abilities and more. Use the Whil platform under our BeWell EAP to earn VP credits. Also, VP is offering Whil to members at no cost until May 31, 2020.

Trilogy BeWell EAP Manager's Guide: discover tools & resources available to assist your employees in time of need.

Tobacco & Nicotine Cessation Programs

Clickotine Mobile App: see instructions on TrilogyFIT Cessation page and use code: HDFRFF for free mobile quit service that includes FREE Nicotine Replacement Therapies (NRT's) for Trilogy insured employees & their dependents.

- Free NRT's, Chantix & Zyban (up to 180 days) through Trilogy Benefits
- **State Quitline Information** :800-QUIT-NOW: Free resources, coaching and quit aides (as available) are offered through your state Quit Tobacco Program

Planet Fitness Free Fitness Classes: available to everyone, regardless of PF membership.

- **Mobile App w/ 500 exercises**
- **PF Live Workouts M-F 7p**
- **PF Youtube past workouts**

TrilogyFIT FB Live Mini-workouts: check out the weekly schedule posted on our Trilogy FIT Facebook page.

LARK Less Stress Program for Frontline Employees Artificial Intelligence (AI) directed stress management program from your smart phone. Free until June 30.

BeWell EAP : 800-424-4039

- **Includes 5 free counseling sessions for employee & household members**
- **BeWell** Free unlimited coaching for weight loss, mild substance abuse, sleep, stress & more.
- **Whil through Magellan** includes more than 250+ trainings to help guide you through stress, anxiety, depression and more. Unlimited access now-June 30, 2020. Update 4/20: All employees and their household members may access Whil using a work or personal email address. Please use this link: https://connect.whil.com/sponsor/trilogyhs.
- **Digital Behavioral Cognitive Therapy**: web-based counseling program
  - **Fearfighter** aids managing anxiety, panic, phobia as part of the DBCT
  - **Moodcalmer** aids managing depression as part of the DBCT
- **BeWell Monthly Financial & Emotional Support Webinars** learn how to manage your money during this crisis or other tips to support money management.
- **2020 Momentum Engage**: receive resources and monthly newsletter directly into your inbox with tools to manage stress, work-life balance, and more