

# Health Wellbeing Programs

## Anthem's Live Health Online Virtual

Visit Program : Includes general practice, pediatrics, allergy, lactation, mental health & psychiatry at no cost until June 14, 2020.

**Anthem 24/7 Nurse line: 800-7009184**

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.
- [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](#)
- [2020 Momentum Engage](#): receive resources and monthly newsletter directly into your inbox with tools to manage stress, work-life balance, and more

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

## Tobacco & Nicotine Cessation Programs

- [Clickotine Mobile App](#): see instructions on [TrilogyFIT Cessation page](#) and use code: HDFRFF to use this 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](#) – 800QUIT-NOW: Free resources, coaching and quit aides (as available) are offered through your state Quit Tobacco Program

## **Disaster Distress Helpline – 800-9855900:**

This 24/7/365 service from the Substance Abuse and Mental Health Services Administration provides crisis counseling for people going through both natural and humancaused disasters. It's free, multilingual and confidential. You can also text TalkWithUs to 66746.

**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

## Virgin Pulse COVID-19 Practical Guide to Well-Being

- [WHIL Emotional Intelligence 101](#): learn basics of emotional intelligence
- [WHIL Yoga 101 training](#): learn basics of yoga practice
- [WHIL Mindfulness 101](#): learn basics of mindfulness practice & meditation

# **Security Wellbeing Programs**

## **Foundation Emergency Financial Assistance**

- Emergency Food Assistance
- Emergency Childcare Assistance
- Emergency Temp Lodging ○ Free & Discounted Rates

## **Trilogy WeeCare Discount Childcare**

**Program:** partnership between THS and Kindercare

**Essential Care Centers** – KinderCare has chosen to focus on 425 centers (with more being added weekly) to focus on serving our community's essential employees for children ages 6 weeks to 12 years. Your employees would have access to these centers at below market tuition rates, and you can include a subsidy to help cover the costs. (click the link to be taken to the list of essential centers that is updated weekly)

## **Dave Ramsey Financial Peace University Free 14-day Trial**

## **COVID19 Deferred Mortgage**

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

## **Federal Housing Finance Agency COVID-19 Assistance**

## **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**

## **Mid/Central Ohio CAP4Kids Food**

**Security Programs:** food and meal resources in the greater Columbus area

**Hands On Central Ohio:** connecting residents with social, public and government assistance

## **Childcare and Hotel Covid-19 Locations and Availability**

# **Purpose Wellbeing Programs**

[Inspired Sundays](#) – a weekly service dedicated to joining us in faith, even as we are apart.

- Weekly virtual service to encourage and inspire our Trilogy Family when we are unable to physically gather.

[The Science of Well-Being Free Yale Educational Online Course](#)

[Indianapolis area COVID-19 Volunteer & Donation Opportunities](#)

[COVID-19 Convalescent Plasma Program](#): American Red Cross needs blood and plasma donations

[Direct 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](#): New York Times article on best national not-for-profit program impacting those who need it most

