

# 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* Trilog 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 September 13, 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](#)

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 resiliency training, stress, anxiety, depression and more. Unlimited access for all employees (includes PRN) now-August 31, 2020. <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