

## Stay Strong. Stay Positive. Stay Connected. Stay Healthy.

The following are free or discounted resources designed to help you stay strong, stay positive, stay connected and stay healthy as we all adjust to the current reality. Please see some of the unique offerings below and let us know if we may be of any further assistance. These resources are updated regularly, with most promotions extend through the summer.



[One free month access](#) to live virtual interactive mindfulness programs to help develop skills proven to reduce stress and building social connections.



[A collection](#) of meditations, sleep stories, music and more to support your mental and emotional wellness through this time.



Offering mental health care via clinically-driven online services. [Medical workers can get access to a free month](#) of the Unlimited Messaging Plus plan, online therapy that includes unlimited text, video, and audio messaging with a licensed therapist.



[Free meditation app](#) access for all K-12 teachers, school administrators and support staff.



[YMCA 360](#) provides free access to on-demand videos of YMCA instructor taught fitness classes. Classes are for kids, adults and seniors.



An on demand fitness benefit. Get 500+ high quality 1-60 minute videos for every age, interest and ability. Download the app or visit the website portal: [Portal.wellbeats.com](http://Portal.wellbeats.com). Offer ends on April 30. Use this passcode to register: 57a4df63.



Access sleep training program at no cost. [Contact dayzz](#) and request an organizational access code to help make your members happier, safer and more productive.



Through July 1, get unlimited access to [exercise therapy programs](#). Health coaches and care team are provided for remote support to help you with joint and muscle pain. Reach out to [support@simpletherapy.com](mailto:support@simpletherapy.com) to set up.



[Stay healthy and engaged](#) while working from home! Get tools and resources to help people build healthy habits for productivity, mindfulness, resilience, sleep nutrition and physical activity.



To support our clients, members and our broader community we are focusing our energy and efforts on providing the tools and resources you and your people need to navigate the outbreak of COVID-19. [Check out data insights, employer toolkits and member support.](#)



Information from [mySugr](#) that is specific for diabetics during the COVID-19 pandemic. Information includes multiple links to sites from CDC and Roche Diagnostics.



Providing your employees with resources to build their financial stability is vital at this time. Pete the Planner offers resources (free and paid) that can help build financial confidence in your workforce during this time of need such as: daily webcast: [Recession Proof your Finances in 30 Days](#) (also available on [Facebook](#).) Other offerings include the [Hey Money](#) app, which is a direct to consumer option. Employees can find a discount code on daily webcasts.



[Coronavirus Test Finder: Get Tested for COVID-19 Near You](#)