



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/>

Cross Fit 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&mtype=102&sub_id=nonbrand&grp=sitelink&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://try.ekhartyoga.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/digital/checkout/digital-90d>

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/#/idle> or 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-10 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://xo-lp.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/Jellyvision and YouTube: 5 Tips for Working From Home

Crisis Management & Suicide Prevention Hotlines

- Hopeline Text Service: Text "Hopeline" to 741741
- National Suicide Prevention Lifeline
 - ✓ 1-800-273- (TALK) 8255 (En Español – 1-888-628-9454)

- Rape, Abuse, and Incest National Network (RAINN): 1-800-656-4673
 - ✓ 24-hour Chat: online.rainn.org
 - ✓ 24-hour Chat (Español): ohl.rainn.org/es/
 - www.rainn.org/get-help/national-sexual-assault-hotline
 - Teen Crisis Line: 310-855-4673
 - ✓ Text TEEN to 839863
 - ✓ Email at teenlineonline.org/talk-now
 - www.teenlineonline.org/
 - The Trevor Project (LGBTQ Crisis and Suicide Hotline): 1-866-488-7386
 - ✓ www.thetrevorproject.org/section/get-help
 - U.S. Department of Veterans Affairs
 - ✓ Veterans Crisis Line 1-800-273-8255
 - ✓ www.mentalhealth.va.gov/
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ADDRESSING THE CORONAVIRUS OUTBREAK

Marsh & McLennan Agency is there for our clients, colleagues, and communities in the moments that matter. The Coronavirus pandemic is top of mind for companies and their employees. The threat of COVID-19 has grown increasingly real, infecting countries all over the world, spreading across boundaries and oceans, and rattling the global economy. Let MMA be your trusted resource during this challenging time, reach out to us today to see how we can help. MarshMMA.com

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