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Mental/Emotional Well-being Resources

KEPRO Employee Assistance Plan – EAP

Help for coping with stress related to the COVID-19 outbreak or other life matters is available through the KEPRO Employee Assistance Plan via phone at 844-243-4440 or online at EAPHelplink.com (company code is **USGCares**). These services are available to all full and part time employees and their families and other members of their household.

Kepro provides four free counseling sessions per individual per issue at no cost. Phone counseling and in-person counseling are available. Kepro also provides additional [products and services](#) at no cost such as:

- Legal and Financial Services
- Childcare and eldercare referrals and advice
- Grief and loss support
- Taxpayer information

The KEPRO EAP is available 24/7/365 to offer telephonic support to you and your family members at 844-243-4440.

Kepro also offers online resources such as webinars and trainings on topics ranging from mental health to parenting to maintaining your composure amidst the pandemic panic (on the website go to online seminars, and past online seminars for 2020). Access Kepro's website at EAPHelplink.com (company code is **USGCares**).

Telehealth Mental Health Options

You can see a licensed therapist from the privacy of your home. Through Anthem's [LiveHealth Online Psychology](#) you can schedule a 45-minute therapy visit, with appointments at extended hours and on weekends. You can also see a psychiatrist for medication management. Fees range from \$75 - \$95.

United Way 2-1-1

Dial 211 and get answers to whatever question you may have about Northeast Georgia community resources available to you. Resources include mental health services that operate with sliding fee scales, and many more.

- Dial: 2-1-1
- Text: *898211
- Get help online: <http://referweb.net/uwng/>

Georgia Crisis and Access Line

For immediate access to routine or crisis services, please call the Georgia Crisis and Access Line (GCAL) at 1-800-715-4225. GCAL is available 24 hours a day, 7 days a week and 365 days a year to help you or someone you care for in a crisis. GCAL can also help you to access a State Funded provider in your area in a non-emergency as well.

National Helplines

Disaster Distress Helpline (SAMSHA) at 800-985-5990

National Suicide Prevention Lifeline at 800-273-8255

Text MHFA to 741741 to talk to a Crisis Text Line counselor

Kaiser Permanente Self-care Resources

Kaiser Permanente offers a broad range of self-care resources **available to everyone regardless of your healthcare coverage**. Resources include app, audio activities, self-assessments, articles and more. Go to jp.org/selfcare.

Medical Help

Both Anthem and Kaiser Permanente offer telehealth options. If you have non-emergency healthcare concerns, telehealth can be a good option. While COVID-19 cannot be confirmed through virtual or remote care, provider teams can help with screening symptoms, assign risk, answer questions and recommend the next steps. **All telehealth visits will be covered at 100% with no out of pocket costs for all USG healthcare plans including those unrelated to COVID-19.**

Anthem members

LiveHealth On-line

Kaiser HMO members

Call 404-365-0966 or access kp.org

For employees not enrolled in the USG Healthcare plan, a telehealth option is available through [LiveHealth On-line](#) at \$59 per visit. For acute, non-serious medical concerns, you may consider a retail health clinic or a quick care center.

Free virtual COVID-19 screenings offered by Augusta University Health System

If you are experiencing symptoms such as fever, cough, or shortness of breath, you can receive a free screening for the COVID-19 virus through Augusta University Health System's AU Health Express Care app. **Please be aware that this is a screening to help employees determine their next steps, not a test to determine actual contraction of the COVID-19 virus.**

Screenings are available 24 hours a day, seven days a week, at no cost, and no appointment required. Users will log into the app from home. Screenings are done by a provider who is a physician, nurse practitioner, or physician's assistant and trained to screen for COVID-19. **Please note: A positive screening does not mean you have COVID-19.**

Patients who screen positive will be told about appropriate next steps, which could include visiting a testing site. Patients who screen negative are provided their visit summary and will be given guidance on next steps for treatment of their symptoms.

AU cannot guarantee perfect screening results, but is confident that its medical professionals are using the most up-to-date and latest COVID-19 screening practices.

The app is available for download on iPhone and Android. Links to the virtual screening app are available at www.augustahealth.org/COVID19.

For those without access to technology, please call AU Health's COVID-19 hotline at 706-721-1852. A desktop version or application for download can also be found at www.augustahealth.org/COVID19.

Resources specific to emotional or mental health issues due to the pandemic

If you are experiencing heightened levels of anxiety in the pandemic context, you are not alone. Public health experts throughout the world offer the following guidance in this regard, including:

- Contact a mental health professional if your anxiety begins to interfere with your daily activities.
- Manage and limit COVID-19 media consumption.

- Schedule and maintain self-care.
- Develop new plans to maintain social connections in the context of social distancing.
- Talk to others about your thoughts and feelings.

More details can be found at:

- [Centers for Disease Control and Prevention](#) recommendations for managing anxiety and stress during the COVID-19 pandemic
- [American Psychological Association](#) podcast on coronavirus anxiety
- [American Psychological Association](#) suggestions for pandemic media consumption
- [World Health Organization](#) guidance for medical considerations with an extensive section for caretakers of dependents
- [Harvard Medical School](#) blog format suggestions for coping with pandemic anxiety including specific physical and metacognitive activities that can help.
- [Mental Health First Aid](#) has compiled resources to aid people in caring for their own and their loved one's mental health. Topics include "How Do I Know Someone is Experiencing Anxiety or Depression?"; "How to Help Someone with Anxiety or Depression During COVID-19."
- [Suicide Prevention Resource Center](#) has resources to support mental health and coping with the coronavirus.
- [The Wellness Society](#) has a [Coronavirus Anxiety Workbook](#) with information, tools, assessments, and additional resources for building resilience during difficult times.

Free Mindfulness Apps and Programs

Mindfulness Moment – Participate in a daily mindfulness moment with your campus community. Every day at 9 a.m., Kiz Adams, UGA's well-being coordinator, will lead a short (less than 10-minute) mindfulness practice. You can join via Zoom at <https://zoom.us/j/246032955>.

Mindful – Mindful is an online platform which offers free resources, guided practices, articles, and much more. Go to www.mindful.org.

Simple Habit – is a free meditation app that mainly offers bite-sized meditation sessions for anxiety, relaxation, relationships, career, parenting, and more. Through the end of April 2020, Simple Habit is giving users free premium memberships. The platform even has meditation plans and collections designed specifically for stress and anxiety related to the COVID-19 pandemic.

Headspace – has a huge range of guided meditations available on its free platform. You can upgrade for a fee.

Calm – you can sign up for the free mindfulness app or upgrade for more features for a fee.

eMLife – is offering free access to its daily mindfulness training, eMLife Oasis. Live and recorded sessions are taught by mindfulness experts. There is also a mobile app available, look for eMLife in the app store. Go to <https://vibe.emindful.com/signup/oasis?bmid=6b52cd0d92ad> to register for free 90-day access.

Financial Well-being Resources

[Kepro Employee Assistance Program](#) – offers a free 30-minute consultation with a qualified financial consultant that can assist with a variety of financial concerns.

United Way 2-1-1

Dial 211 and get answers to whatever question you may have about Northeast Georgia community resources available to you for short term financial assistance, housing, and transportation.

- Dial: 2-1-1
- Text: *898211
- Get help online: <http://referweb.net/uwng/>

Free Individual Financial Coaching Assistance

USG has partnered with several financial investment companies to provide professional financial advising at no cost. Representatives are available to answer employees' questions and concerns about the market, how to prepare for retirement, advice for reducing debt, and other financial concerns.

Call below to set up an in-person or telephone appointment.

- Fidelity : 1-800-343-0860
- TIAA: 1-800-732-8353 or online at <http://getguidance.fidelity.com>
- AIG Retirement (Valic): 1-866-279-1444
- CAPTRUST: 800-967-9948 or online at www.captrustadvice.com

Emergency Loan Relief Plans - Georgia United Credit Union is offering emergency loan relief plans. If you have been negatively impacted by COVID-19 and need loan relief, please email loanrelief@gucu.org to learn more about your options.

USG Well-being Webinars

USG Well-being hosts "Money Monday," a well-being webinar once a month on financial topics such as eliminating debt, avoiding investing mistakes, and preparing for retirement. These webinars are the last Monday of every month. To get a list of topics covered each month and to register for the webinar go to www.usg.edu/well-being/events.

Physical Well-being

USG Well-being Rewards Program – The USG Well-being Reward Program is an online portal, hosted by Virgin Pulse, which allows users to access their current level of health and then suggests programs that can be completed on their platform to improve their health. The platform also has a means of tracking various healthy habits, like taking the stairs, getting enough sleep, and more. Any benefits-eligible employee can sign up for the program at ourwellbeing.usg.edu or by downloading the Virgin Pulse mobile app and registering. If you receive your health benefits from a USG provider, you can also earn up to \$100 for participating in the program. Spouses that receive their benefits through a USG provider can also participate.

Online Digital Coaching (via "Journeys") and Phone Coaching are available through the USG Well-being Rewards program. Journeys are daily, self-guided courses to help you build healthy habits. Phone coaching gives you access to a personal health coach that can help you reach your individual well-being goals. Complete a digital coaching journey and you can earn \$25. Work with a personal health coach over the telephone and you can earn \$15 for each call, up to 4 calls. Once logged into the portal, click on the heart icon labeled "Health" to get started.

Guidelines for Staying Active During the Coronavirus Pandemic - Based on **currently available recommendations** from the Centers for Disease Control and Prevention, the American College of Sports Medicine has issued [these recommendations](#) in regard to physical activity during the COVID-19 pandemic.

Free Online Fitness Classes— The benefits of staying physically active are well documented – from preventing disease, to maintaining a proper weight, to stress reduction. There are many opportunities to participate in group exercise remotely.

- **Noontime Pilates and Yoga classes** - Kiz Adams, UGA's Well-being coordinator, is offering free 45-minute Pilates and yoga classes at noon each day via Zoom. Kiz has been a certified Pilates instructor for almost 20 years. Click on this link to join in: <https://zoom.us/j/745316447>

Many national fitness studios are offering free online classes during the pandemic:

- **YMCA** – The YMCA organization is offering more than 60 free online exercise classes and youth programs. Among the classes are boot camp, Barre, yoga, weightlifting, tai chi and more. The classes are available at ymca360.org.
- **Planet Fitness** – regardless of whether you're a member of the gym, Planet Fitness will be hosting a series of free fitness classes dubbed "Home Work-Ins," streaming live on its Facebook page every day. Tune in a 7 p.m. EST for a 20-minute class led by Planet Fitness-certified trainers, including special guests like *The Biggest Loser* coach, Erica Lugo.
- **P.Volve** - P.volve will be sharing free live workouts on Instagram Live and YouTube 3 times a day (8 a.m., 1 p.m., and 6 p.m.). Each IG Live/YouTube workout will be 15 – 20 minutes long and led by P.volve's top instructors.
- **CorePower Yoga** – CorePower Yoga will be offering free classes free for folks working out a home. Users have the option of Choosing C1 classes (perfect for beginners), C2 classes (focused on more challenging postures), or Sculpt classes (a mix of strength-training moves and yoga sequences). Go to CorePower Yoga On Demand at <https://www.corepoweryogaondemand.com/keep-up-your-practice>.
- **OrangeTheory** – Orange Theory has free at home workouts posted on their website every day at <https://www.orangetheory.com/en-au/member-communication-regarding-coronavirus/>.

USG Well-being Webinars

USG Well-being hosts well-being webinars once a month on health and well-being topics such as creating a good work/life balance, weight management, and sleep. The Well-being Wednesday webinars are the second Wednesday of every month. To get a list of topics covered each month and to register for the webinar go to www.usg.edu/well-being/events.

