

# Employee Resources

## Health Resources

- 24/7 Free stress and Emotional Support 1-866-342-6892 (United Healthcare)
- HealthCheck 360 Hotline 855-716-2588 (All your COVID-19 Questions)
- Sanvello, a leading provider of digital and tele-mental health solutions to individuals, announced **free premium access** to its app. This offer makes Sanvello's clinically validated techniques, coping tools and peer support free to anyone impacted by COVID-19 for the duration of the crisis. Sanvello can be downloaded on the App store. **This is a great resource for employers to offer out to their employees during this time.**
- Yale's free online happiness course: is available **free here**.

## Home Schooling of Children

- Offers leaning at home, by age groups.  
*<https://classroommagazines.scholastic.com/support/learnathome.html>*
- **Free Printable Coloring Sheets:** Knowing so many kids (and kids at heart) will be home these next few weeks, XO-LP has loaded up with FREE printable coloring sheets. *<https://xo-lp.com/printable>*
- *[abcmouse.com](https://www.abcmouse.com)* (Free downloads, learning app for kids)

## Physical Fitness/Entertainment

- Peloton is making their digital app free for 90 days and you don't have to have a Peloton to use it. Not only do they offer bike and treadmill classes - but they offer a ton of outdoor walking/running classes, strength, yoga and one of my favs - meditations. *<https://www.onepeloton.com/app>*
- **FitOn (Free Fitness App)** - *<https://fitonapp.com/posts/>*
- **Live Stream Broadway plays:**  
*<https://www.insider.com/stream-broadway-musicals-plays-for-free-online-limited-time-coronavirus-2020-3>*
- **Virtual concerts to watch for free:**  
*<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>*
- 2 months of FREE YOGA  
*<https://www.doyogawithme.com/content/coronavirus-covid19-offer-2-months-free>*

## Financial Resources

- Two Free Week Trial - Dave Ramsey *<https://www.daveramsey.com/store/hope>*

## Working from Home

- See C&B Resource Center for Tips, Tricks and additional resources for employees working from Home.

Access Cottingham & Butler Client Resource Center

