

Coronavirus (COVID-19) Health Resource Guide



The Coronavirus (COVID-19) pandemic is top of mind for many of our TaleMed team members. Whether you're responding to the crisis directly or been affected by assignment cancellations, TaleMed is here for you.

We have compiled a list of physical and mental health resources for you to access during this time.

National Health Resources

Centers for Disease Control and Prevention (CDC)

The Centers for Disease Control and Prevention (CDC) is closely monitoring this situation and is working with the World Health Organization (WHO) and state and local public health partners to respond to COVID-19. Specific resources on the CDC and WHO websites include, but are not limited to:

- [Guidance for travelers](#)
- [Symptoms if you think you are sick](#)
- [Older Adults & Medical Conditions information](#)
- [Myth busters](#)
- [A map of public health laboratory testing for COVID-19](#)
- [Information for healthcare professionals](#)

[NursingCE.com COVID-19 online course](#) - This free online course has the most up-to-date science currently available regarding the pathophysiology, symptomatology and management of COVID-19. The course is available for continuing education credit.

We also have resources available on our website, please visit TaleMed's COVID-19 Resource Page: www.TaleMed.com

Exercise & Physical Activity

Take advantage of free or low-cost resources to maintain your physical fitness and overall well-being during the crisis.

Core Power Yoga

Free access to a collection of yoga and meditation classes through Core Power on Demand. <http://www.corepoweryoga.com/yoga-on-demand>

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/movements>

Daily Burn

Sign up for a free 30-day trial and receive access to full body workouts daily, including cardio, yoga, dance, Pilates and more. Credit card information required for the free trial. <https://dailyburn.com/landing#!home>

Ekhart Yoga

Offering 12 free yoga and meditation classes, specifically designed to help relieve stress and anxiety. <https://relief.ekhartyoga.com/>

Fitness Blender

Offers free workout videos based on difficulty, focus, and equipment available.

<https://www.fitnessblender.com/videos>

Gold's AMP

Providing free access to over 600 audio and video workouts to keep you moving through May 2020.

Use promo code FIT60

<https://goldsamp.com/promo/>

Grokker

Unlimited access now thru May 31, 2020. Grokker provides 4,000+ videos regardless of skill level, abilities, and goals. Videos include the topics of fitness, mindfulness, and nutrition. Credit card information required for the free trial.

<https://grokker.com/individuals>

Nike Run Club

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/>

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/app>

Pop Sugar Fitness

A free YouTube exercise channel that offers fitness tutorials and workouts.

<https://www.youtube.com/user/popsugartvfit/about>

Additional Resources

A list of free workout apps can be found here:

<https://www.yahoo.com/lifestyle/free-workout-apps-social-distancing-coronavirus-184514493.html>

A How to Exercise at Home article can be found here: <https://makeyourbodywork.com/how-to-exercise-at-home/>

Mental Health

Yale

Provides a popular happiness course which is available free online.

<https://www.coursera.org/learn/the-science-of-well-being>

Modern Health

Provides free mindfulness, relaxation, stress management, anxiety and skill building resources through their website.

https://community.modernhealth.com/?utm_source=Broker+Newsletters&utm_campaign=d33e4bbdda-EMAIL_CAMPAIGN_2020_03_26_03_36&utm_medium=email&utm_term=0_4b092ddd93-d33e4bbdda-111680828

Total Brain

Free access and is designed to train your brain to manage mental health. Get started on their site or through the app on the App Store or Google Play store. If downloading the app, use the code "consumertrial".

<https://app.totalbrain.com/enter/consumertrial>

Healbright

Free mental health program designed to address the stress caused by the COVID-19 Pandemic. This free online course is designed to help you reduce stress and develop resilience from home.

https://healbright.com/p/self-care-under-quarantine?utm_campaign=Wellness%20Tips&utm_source=hs_email&utm_medium=email&utm_content=84973011&hsenc=p2ANqtz--WD4XorxP4I5Rzk9SzALGdqZv6rnqdWw7o2Fj_vZ5oGXQXF8Ti3q7NQTSPKfdxTF8-vx4w-m8P6Fbxzlp03ia34D1f8g&hsmi=84973011

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. Calm indicates that resources on their page will be updated regularly.

<https://www.calm.com/blog/take-a-deep-breath>

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>

Take a Break!

Free meditation for deep relaxation and stress relief.

<https://apps.apple.com/us/app/take-break-guided-meditations/id453857236>

Talkspace

Free therapist-led support groups via Facebook. If you're interested in joining, special discounting is made available.

https://lp.talkspace.com/try/cv-anxiety?utm_source=blog&utm_medium=blog_inline-link&utm_campaign=1004U&utm_content=cv&ga=2.52496299.260199681.1584718243-2139888168.1584718243

Make It Ok

Website providing resources, podcasts, toolkits, stories and more around mental illness.

<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.

Topics include:

- Mental Health Information For Disease Outbreaks
 - Financial Support
 - Tools And Information On Anxiety
 - Tools To Connect With Others
- <https://mhanational.org/covid19>

Resources For Immediate Response

[National Alliance on Mental Illness \(NAMI\)](#)

NAMI provides resources, information, education and more around mental health. This guide includes commonly asked questions when it comes to mental health resources. Also available, the NAMI Helpline Monday through Friday, 10:00 a.m. to 6:00 p.m., EST at (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>

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. Contact information at www.teenlineonline.org/talk-now
- 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/

Prescription Resources

The drugstores listed below provide prescription delivery services nationwide. Check the websites to be sure each store delivers in your area.

- CVS Prescription Delivery
- Walgreen’s Prescription Delivery
- Wegmans Prescription Delivery
- Walmart Prescription Delivery

The following websites can also provide discounts and drug rebates for prescription drugs.

- www.needymeds.org Find help with the cost of medicine
- www.gskforyou.com: Help with GSK medications and vaccines for qualified patients
- www.rxpharmacycoupons.com: Search for drug coupons to use at your local pharmacy
- www.goodrx.com: Compare Rx prices, print free coupons and save on your medications
- www.internetdrugcoupons.com: Hundreds of free manufacturer drug coupons

TaleMed is here for you throughout the crisis. Talk to our team today if there is anything we can do to help you. We also have resources available on our website, please visit TaleMed’s COVID-19 Resource Page.

www.TaleMed.com