



Staying well while working remotely: Well-being resources guide

Keeping you well and well-informed™



**Blue Cross
Blue Shield**
of Rhode Island



Many of us are working remotely right now—and caring for family members, supervising schoolwork, and running a household at the same time. Now more than ever, staying healthy is important. Here are resources and links that can help you manage your emotional, physical, social, and financial well-being.

EMOTIONAL WELL-BEING



Calming kids' worries about coronavirus

Many children are feeling anxious or have questions regarding the coronavirus. Our Rhode Ahead publication features advice from Margaret Paccione, PhD of Bradley Hospital on how to address your children's fears in an age-appropriate manner. [Learn more here.](#)



Tips for parents and caregivers

Terms like social distancing and flattening the curve are part of our everyday conversations, and everyone is wondering about the "new normal." These tips from Margaret Paccione, PhD of Bradley Hospital can help you cope with coronavirus—along with resources you can access if you're feeling overwhelmed. [Read the article](#) in our Rhode Ahead publication.



**DOCTORS
ONLINE**

Need to talk to someone?

Doctors Online, a telehealth service that may be available with your health plan, now offers scheduled appointments with licensed therapists and board-certified psychiatrists. While not intended for emergencies, Doctors Online lets you speak with a trained professional from the comfort and privacy of your home via your phone, laptop, or tablet. You can use Doctors Online 24/7 for common health concerns as well. See page 5 to learn more. Ask your employer if Doctors Online is available to you.

To get started, download the app and register. Search "Drs. Online" from the [Apple App Store](#) or [Google Play](#)* or visit [drs-online.com](#).



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If you need assistance with finding food, paying your bills, or other essential services, check out [211](#), a vital service from the United Way. Professionals are available to help you find the support you need.

Doctors Online is a telemedicine service provided by American Well®, an independent company that administers Doctors Online on behalf of Blue Cross & Blue Shield of Rhode Island.

PHYSICAL WELL-BEING



Bring the gym to you

- Your Blue StoreSM virtual classes – Your Blue Store fitness classes are favorites with our members, and right now you can enjoy them from the comfort of your home. Try a virtual barre class, Pilates, or yoga. There's no need to register. Visit our Facebook page for details.
- Live fitness with Blue365[®] – An exclusive benefit of your BCBSRI health plan, Blue365 offers big savings on live, virtual yoga, fitness, and meditation classes. You'll find the [details here](#). To learn about other savings opportunities with Blue365, turn to page 5.
- Local and national gyms – Planet Fitness, Anytime Fitness, certain YMCA locations, and other gyms may be offering free or low-cost virtual events. Visit their social media platforms, such as Facebook or Instagram, or websites to learn what's available.

Get active with the Virgin Pulse app

Physical activity is a great way to relieve stress, support your health, and stay balanced. If offered as part of your health plan, the Virgin Pulse app can help you get motivated and get going. Virgin Pulse also offers these helpful programs:

- Whil – Reduce stress while improving your well-being, performance, relationships, and sleep.
- Mindfulness 101 – Learn the basics of a mindfulness and meditation practice.
- Yoga 101 – Learn the basics of a yoga practice in the beginner movement program.

To get started, sign up at join.VirginPulse.com or download the Virgin Pulse app from the [Apple App Store](#) or [Google Play](#).^{*} Choose Blue Cross & Blue Shield of Rhode Island as your sponsor, then connect your Fitbit[®] or other wearable device.



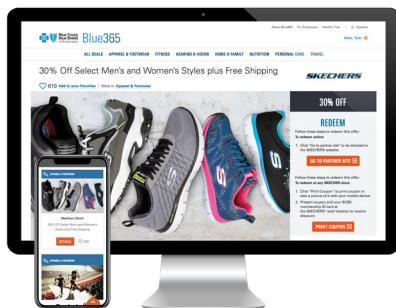
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PHYSICAL WELL-BEING (CONT.)



Help your family stay active at home

If going to a park or playground isn't an option, there are still ways you and your family can stay active. Here are **17 ideas** to keep moving, stay healthy, and have some fun.



Enjoy big savings on health and fitness

Blue365® offers members-only savings on health and fitness gear, gyms, meal services, and much more. There's no charge to register, and you can sign up for email alerts tailored to your preferences, so you'll never miss out on a great deal. **Learn more here.**



Ergonomics

Your new home office might not be as comfortably set up as your workspace in the office. It is important to periodically review your workstation for ergonomic risks that may decrease your comfort, efficiency, and productivity. **This checklist** is designed to help keep you on track so you can focus on work and not your discomfort.



Farmers markets to go

Even if you can't visit a farmers market in person, you can still enjoy the goodness of fresh, local food through these mobile services.

Farm Fresh RI is currently offering curbside pickup and limited delivery to Rhode Island residents. To learn more about their Market Mobile service, visit **www.farmfreshri.org/homedelivery**.

The **WhatsGood** online market offers home delivery throughout Rhode Island from local farms. Visit **www.sourcewhatsgood.com** for ordering and delivery details.



Find new, pantry-friendly meal ideas

When it's time to make dinner and you're out of ideas, a well-stocked pantry can be your mealtime MVP. **Read this article** for some delicious new meal ideas crafted from pantry basics. You'll also find a downloadable shopping list to bring the next time you venture to the grocery store—just remember to bring your mask as well and maintain your social distance.

Sign up to video chat with a doctor 24/7

If you do get sick, seeing a doctor in-person may not be an option. For help with common, non-emergency health issues such as allergies, urinary tract infection, or sinus problems, Doctors Online is a great alternative. Doctors Online lets you chat with a board-certified doctor 24/7 on your smartphone, tablet, or computer. You can also schedule visits with licensed therapists and board-certified psychiatrists.

Getting started is easy. Download the app and register now, so it's ready when you need it. Search "Drs. Online" from the **Apple App Store** or **Google Play*** or visit **drs-online.com**.





Free activities to enjoy with your kids

Need some fresh ideas for fun, educational activities you can share with your kids? There are lots of places offering virtual field trips, such as Mystic Aquarium, Plymouth Plantation, zoos, and museums. Check their Facebook pages and websites for more information.

You can also check out [this link](#) for other ideas for virtual field trips. Plus, local art companies such as Casey's Fun Faces and others are offering painting, drawing, and even cooking classes free of charge. Visit their Facebook pages and websites to learn more.



Connect with coworkers

At least once a week, schedule 10-minute “coffee break” phone calls with your coworkers to catch up. Making that human connection can go a long way in helping to alleviate any feelings of isolation you may be experiencing.

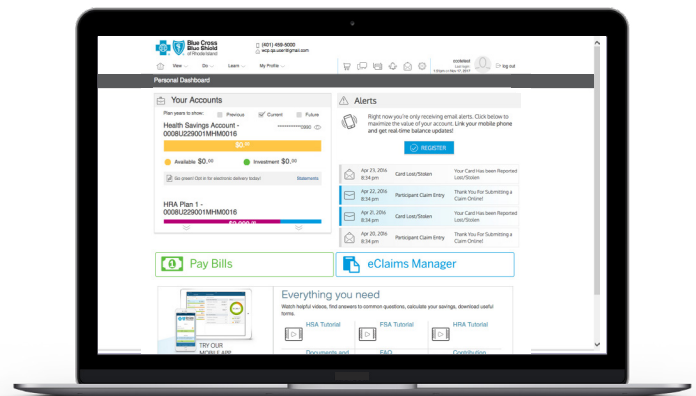


HSA/FSA changes

The new Coronavirus Aid, Relief, and Economic Security (CARES) Act made these changes to health savings accounts (HSAs), health reimbursement accounts (HRAs), and flexible spending accounts (FSAs):

- Now you can use your account to pay for over-the-counter (OTC) medications without a prescription.
- You also can use your account to pay for menstrual care products.
- Telemedicine services, like BCBSRI Doctors Online, can be covered before you meet your deductible on a high-deductible health plan, for a limited time. To increase access to care during the COVID-19 pandemic, BCBSRI is temporarily covering in-network telemedicine services at no cost to you.

These changes have various restrictions and may change. Please contact your employer or the BCBSRI Customer Service team if you have any questions.





Keep up with COVID-19 developments

For the latest news regarding your health plan benefits, as well as links to the Centers for Disease Control (CDC) and other resources, visit the **BCBSRI website**. Information is updated regularly, so bookmark the page and check back often.

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05/20 IER-427202