


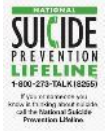





## Well-Being Apps for At-Home Use – April 2020

You may have your own favorite apps and services you like to use, but here are a few free/inexpensive options if you're looking for something new!

APP/SERVICE	DESCRIPTION	AREAS OF WELL-BEING	PRICING	LOGO AND LINK
<b>National Alliance on Mental Illness (NAMI) Helpline</b>	Resources for anxiety and stress because of COVID-19. If you need immediate help, call: 800-950-6264	CRISIS	FREE	 National Alliance on Mental Illness
<b>Dial 211</b>	If you need assistance finding food, paying housing bills, accessing free childcare, or other essential services, dial 211 to speak to someone who can help. 211 is available in most states on a 24-hour basis to connect residents to a wide variety of human services or social services across the state.	CRISIS	FREE	 Get Connected. Get Help.™
<b>CDC</b>	Published tips to help adults and children manage stress and anxiety with COVID-19.	CRISIS	FREE	 CENTERS FOR DISEASE CONTROL AND PREVENTION
<b>National Suicide Prevention Lifeline</b>	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call: 1-800-273-TALK (8255).	CRISIS	FREE	 NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) FOLLOW US ON TWITTER @NCSPEL FOLLOW US ON FACEBOOK @NCSPEL FOLLOW US ON INSTAGRAM @NCSPEL FOLLOW US ON YOUTUBE @NCSPEL
<b>7-Minute Workout</b>	Quick, no-equipment necessary workouts	Fitness	FREE Subscription available	
<b>HIIT Workouts</b>	High intensity, quick (4-15 minute) workouts that can be done at home	Fitness	FREE	
<b>Butt Workout and Fitness</b>	Beach butt, butt lifting, booty shaper...you get the idea	Fitness	FREE	





<b>Aaptiv</b>	Personal training app that produces audio-based instruction for home, gym, and outdoor workouts	Fitness	<b>FREE (limited access)</b> \$14.99/month or \$99.99/year	
<b>CARROT Fit</b>	Harsh-but-hilarious workout plans	Fitness	<b>FREE</b>	
<b>FitOn</b>	Quick at-home workouts	Fitness	<b>FREE</b>	
<b>Peloton</b>	Access to full library of classes available through the Peloton app including yoga, meditation, strength, cycling, running, and more	Fitness	<b>90-day FREE trial</b> \$12.99/month	
<b>ClassPass</b>	Access to over 1,000 audio and video workouts and live-stream classes	Fitness	<b>FREE through June 30</b> \$15-\$139/month	
<b>Grokker</b>	Access to library of videos, including fitness, mental health, nutrition, sleep, and financial wellness.	Fitness Emotional	<b>FREE through April 30</b> \$14.99/month	
<b>8Fit</b>	Customized fitness and nutrition plan	Fitness	<b>14-day FREE trial</b> \$79.99/year	
<b>MyFitness Pal</b>	Food diary that tracks calories, nutrition, and exercise; syncs with other fitness apps	Fitness	<b>FREE (limited access)</b> \$9.99/month or \$49.99/year	
<b>WW (formerly Weight Watchers)</b>	Weight loss program that provides recipes, nutrition plans, and online community	Fitness	\$0 for first 3 months (if you sign up before 4/6/20) \$3.22/week (digital) \$6.92/week (workshop) \$12.69/week (coaching)	

<b>Labdoor</b>	Provides information on the truth about the role of supplements and COVID-19.	Fitness	<b>FREE</b>	
<b>Virgin Pulse</b>	Well-being guide for COVID-19, which includes resources on reducing stress, staying alive, being productive, sleeping well, eating healthy, and facts about COVID-19.	Fitness Emotional	<b>FREE</b>	
<b>Daily Yoga</b>	Daily yoga exercises	Fitness Emotional	<b>FREE (limited content)</b> \$9.99/month or \$199/lifetime	
<b>CorePower Yoga</b>	On demand yoga classes	Fitness Emotional	<b>FREE (limited content)</b> \$19.99/month	
<b>Headspace</b>	Mindfulness and meditation sessions to help with stress, anxiety, sleep, and more <i>Currently offering some meditation lessons for free in response to COVID-19</i>	Emotional Sleep	<b>14-day FREE trial</b> \$12.99/month or \$69.99/year	
<b>Dayzz</b>	Receive a training plan, daily tips, messages, and challenges to help improve sleep	Sleep	<b>90-day FREE trial</b> <i>Access code required</i>	
<b>Calm</b>	Meditation app focusing on sleep	Emotional Sleep	<b>7-day FREE trial</b> \$69.99/year	
<b>Sleepio</b>	Cognitive behavioral therapy (CBT) for sleep	Sleep	<b>\$300/year</b>	
<b>Meditopia</b>	Mindfulness, meditation, and music app aimed at improving resilience and decreasing stress/anxiety	Emotional	<b>\$60/year</b>	
<b>Reflectly</b>	AI driven mindfulness journal	Emotional	<b>7-day FREE trial</b> \$29.99-\$79.99/year	

<b>Happify</b>	Mental health app focused on taking control of your feelings and thoughts. <a href="#">Free yoga sessions every Thursday at 5pm ET via Facebook Live.</a>	Emotional	<b>FREE</b> \$139.99/year for Premium version	
<b>Mental Health First Aid of USA</b>	Updates and resources on dealing with mental health concerns during the COVID-19 crisis. #BeTheDifference	Emotional	<b>FREE</b>	
<b>Sanvello</b>	Clinically validated techniques for dealing with stress, anxiety, and depression. Currently offering Premium access for free in response to COVID-19.	Emotional	<b>FREE</b>	
<b>Meru Health</b>	Free resources on how to cope with the COVID-19 crisis.	Emotional	<b>FREE</b>	
<b>Sonic Boom</b>	Offering a free, self-paced, online course – <i>Mental Wellness Under Quarantine.</i>	Emotional	<b>FREE</b>	
<b>Lyra</b>	Have created a “Work from Home Checklist” to help promote productivity, effectiveness, and mental well-being during these tough times. They also wrote a blogpost on <a href="#">How to Support Your Kids in the Age of Coronavirus: 7 Therapist-Approved Tips</a>	Emotional	<b>FREE</b>	
<b>Tiny Habits</b>	Live and recorded sessions on various topics that address healthy habits to form during COVID-19. Sample topics: Tiny Habits for Staying Upbeat on Lockdown, Tiny Habits for Kids at Home, Tiny Habits to Stop Touching Your Face	Emotional Caregiving	<b>FREE</b>	
<b>Employee Assistance Program (EAP)</b>	Voluntary, work-based program that offers free and confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/or work-related problems.	Emotional Financial	<b>Typically FREE</b>	Check with your employer about your company’s EAP resource
<b>Enrich</b>	Free financial education sessions and tracking.	Financial	<b>FREE</b>	

<b>In Good Company (by Mass Mutual)</b>	Series of remote workshops lead by financial professionals	Financial	<b>FREE</b>	
<b>Care.com</b>	Resources for childcare, senior care, pet care, and home care	Caregiving	<b>FREE (basic)</b> \$156/year (premium)	
<b>Cariloop</b>	Dedicated care coach and 24/7 access to the portal where you and your family can securely store files and communicate with your coach.	Caregiving	<b>\$599 per six months</b>	
<b>Wellthy</b>	Free version includes access to Wellthy's family care planning software and unlimited invitations for friends and family to join your online Care Project. Premium version includes free amenities plus a dedicated professional Care Coordinator Private, secure document storage, fully managed medication and provider trackers, and additional discounts if caring for more than one individual.	Caregiving	<b>FREE online access</b> \$300/month for private care coordinator access	
<b>The Journal's List of Free Resources for Schools During COVID-19 Outbreak</b>	Lengthy list of resources provided by educational technology companies to help your children stay occupied (and help you stay sane) while they stay home from school.	Caregiving	<b>FREE</b>	
<b>Khan Academy</b>	Free lessons in math, science and humanities from kindergarten through the early years of college.	Caregiving	<b>FREE</b>	
<b>Scholastic Learn at Home</b>	Free educational resources for kids in pre-K through grade 9.	Caregiving	<b>FREE</b>	
<b>Teladoc</b>	Talk to a doctor, therapist, or medical expert anywhere you are by phone or video, including virtual screenings for COVID-19.	Preventive	<b>Appointments may be covered by your health plan</b> \$49/appointment (without insurance)	



<b>Doctor on Demand</b>	Free online assessment tool based on CDC guidelines for determining your level of risk for contracting COVID-19.	Preventive	<b>FREE</b>	
<b>Shatterproof</b>	Resources on dealing with addiction and recovery during the COVID-19 crisis.	Addiction	<b>FREE</b>	
<b>DynamiCare</b>	Daily online recovery support meetings at 12pm Eastern time. Meetings are hosted by peers in recovery and allies, and are open to anyone in the community. No registration is required.	Addiction	<b>FREE</b>	
<b>In the Rooms</b>	Global online community that gives recovering addicts a place to meet and socialize when they're not in face-to-face meetings.	Addiction	<b>FREE</b>	

*Please be advised that any and all information, comments, analysis, and/or recommendations set forth above relative to the possible impact of COVID-19 on potential insurance coverage or other policy implications are intended solely for informational purposes and should not be relied upon as legal or medical advice. As an insurance broker, we have no authority to make coverage decisions as that ability rests solely with the issuing carrier. Therefore, all claims should be submitted to the carrier for evaluation. The positions expressed herein are opinions only and are not to be construed as any form of guarantee or warranty. Finally, given the extremely dynamic and rapidly evolving COVID-19 situation, comments above do not take into account any applicable pending or future legislation introduced with the intent to override, alter or amend current policy language.*