

Take Care of Your People and Build Resilience



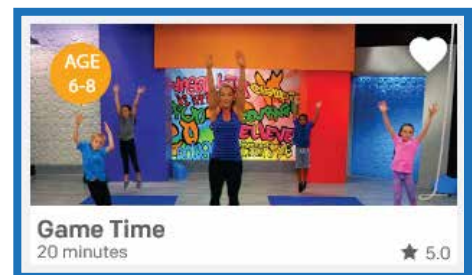
Helping your employees and their family members navigate stress, fear and anxiety is extremely important right now. To enable our clients to provide trusted resources quickly, our HUB Health & Performance team has vetted numerous options and recommends the following companies who have agreed to offer their resources at no-cost for a limited period of time.

Wellbeats

Wellbeats – On demand fitness, nutrition, and mindfulness classes

Wellbeats includes a full library of more than 500 on-demand classes free of charge to HUB employers through April 30, 2020. This program includes fitness options for the whole family.

- 500+ high quality, 1-60 minute videos
- 30 channels, no equipment options, for every age, interest and ability
- Recommendation engine used to personalize and serve up content Highly certified, relatable instructors
- Safe and education based



Got kids? Choose from a plethora of options to keep them engaged and moving!

Step 1: Download the Wellbeats App or visit the website portal: <https://wellbeats.com/>

Step 2: Select 'Register Via Code' and enter invitation code: **57a4df63**

Step 3: Play a fitness class!

Calm

Calm – On demand meditation to support emotional wellbeing

Click [here](#) to access curated content hand-picked to support for better sleep, relaxation and meditation, free of charge.



headspace

Headspace – Stress management resources to manage stress and anxiety

- [Mini Meditation](#)
- [Mindful Hand Washing](#)
- [30 Days to Mindfulness Poster](#)

Headspace's "Weathering the Storm" Collection: Under the Explore Tab of the Headspace app you'll find a free collection of guided meditations and exercises specifically designed to help manage stress, anxiety, and uncertainty through mindfulness.

Step 1: Download the Headspace app

Step 2: Click on the 'Explore' icon on the bottom menu

Step 3: Click on the blue 'Weathering the Storm' box

Step 4: Select one of the free guided meditations

These resources are not intended as medical advice; they are tools to help promote good mental and physical health. If anxiety or stress interferes with your employees' ability to function or care for themselves or their families, they should seek immediate professional help. Encourage them to check in with their personal physician, contact your company-sponsored Employee Assistance Program (EAP), call the National Suicide Prevention Lifeline (1-800-273-8255) or Crisis Text Line by texting "start" to 741-741.