

## **COVID-19 Distribution Center**

[Get the Shot](#)

[COVID Supply Ordering](#)

[Distribution Center Request Form Instructions](#)

## **INFORMATION REGARDING COVID-19**

[State of Ohio - COVID-19](#)

[Summit County Public Health - COVID-19](#)

[CDC - COVID-19 Fact Sheet](#)

[CDC - COVID-19 Sick Fact Sheet](#)

[Creative Safety Supply - Distancing Guide](#)

[Family First Coronavirus Response Act \(FFCRA\)](#)

[FFCRA - Policy and Procedure](#)

[Child Guidance & Family Solutions TAPS - COVID-19](#)

[Take Action - How to Be Safe & Resilient](#)

[WW - Stay Healthy](#)

[Zipongo - Foodsmart Coronavirus Toolkit](#)

[Summit Live 365 - Online Streaming Events and Activities](#)

[First Stop Health - COVID-19 FAQ's](#)

[ADM - Self-Care for Professionals During COVID-19](#)

[Hopewell Health Centers - Trauma Informed Family Engagement and Handle with Care Virtual Session](#)

[Coronavirus Anxiety Workbook&nbsp;](#)

[The Risks - Know Them - Avoid Them](#)

[Lincoln Financial Group - Where does Disability Benefits Fit COVID-19](#)

[Fitness On Demand - Home Workout Strategies](#)

## **COUNTY**

[Vaccine Information](#)

[County of Summit Stay at Home Advisory Update \(11-25-2020\)](#)

[County of Summit Stay at Home Advisory \(11-19-2020\)](#)

[Level 3 - Directors Orders](#)

[Level 3 - Emergency & Facial Coverings](#)

[Entry Screening Policy](#)

[Daily Entry Screening Questionnaire](#)

[Temperature Self-Test Affidavit](#)

[County of Summit HRD Policies](#)

## **EASE@WORK**

When you hover over 'Blog' on the [EASE@Work](#) website, you will find On-Demand Webinars, Upcoming Live Webinars, Handouts and Quick Tip Clips.

[Ease@Work&nbsp;Total Well-being](#)

[Coping with Burnout](#)

[Marketplace for Home Discounts](#)

[Back to School](#)

## **MEDICAL MUTUAL**

Members can get their prescription filled as they normally would.

Medical Mutual will allow early refills, should a member want to receive their medication early. Pharmacies have been given the ability to use their judgement to allow an exception for early refills.

Members can receive the plan allowance for the day supply at retail pharmacies and through mail order. If a member experiences any issues trying to refill their medication and is unable to get it, they should call the Rx Information number listed on their ID card.

[MMO - Coronavirus \(COVID-19\) How to protect yourself, your family and your community](#)

## RESOURCES FOR SUMMIT COUNTY RESIDENTS

Announcement from the Executive's Office Public of Information:

In Summit County, resources are available to help residents get through difficult times. Please take the time to take care of yourselves and direct others to resources.

### 2-1-1

United Way's 2-1-1 offers a database of over 16,000 local services. Call 2-1-1 or go online to 211Summit.org. [ADM](#) Anyone feeling overwhelmed or troubled by COVID-19, or any situation requiring emotional support, can call ADM's local

**330-434-9144**

the

**s Textline- text 4HOPE to 741-741**

for anonymous, round the clock support.

[www.admboard.org](http://www.admboard.org)

**Crisis Hotline at**

or use

**Crisi**

**Ease@Work** (Summit County Employees)

During this time we understand there could be other concerns and we care about the employees well-being so please make sure all employees are aware [Ease@Work](#) is there if they should need their services. They may be reached at 1-800-521-3273 or [www.easeatwork.com](http://www.easeatwork.com)

### **National Lifeline**

Crisis intervention and free emotional support are available from the National Suicide Prevention Lifeline. This helpline is **available 24/7** if you need confidential assistance during a time of emotional distress for you or a loved one. The hotline can be reached at 1-800-273-8255 or online at [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## **TIPS FROM WELLNESS IQ**

### **Team Tips:**

**Show & Tell** – Schedule regular conference calls with video to show off your current situation, as crazy as it may be! Pets, kids, a cool office space or even your favorite pajama pants! Embrace this unique situation by getting to know a new side of your teammates and taking a few minutes to laugh together.

Virtual Lunch and Learn - Replace lunch meetings with meal delivery services such as Grub hub, DoorDash or Uber Eats. Interested in pairing this with a WellnessIQ lunch and learn? Let us know [here](#) !

**Participate in a team or company-wide challenge** - Company-wide challenges can foster camaraderie and awareness and help employees focus on daily goals and tasks to support their health and happiness. Whether you band together to donate to a greater cause, or do an at-home workout to keep yourself (and team) accountable, connecting people across your organization through wellbeing challenges gives them the opportunity to take action together

and continue the focus on people, culture and values.

**Take the Mindful Approach** – Check out [these tips from Headspace](#) for taking a mindful approach to helping your team through the current global crisis.

### Individual Tips:

**Communicate** - Regardless of the unique disruptions you are dealing with at home, communicating with leadership is essential to the success of your daily role. Getting the job done may look different from one person to the next, so transparency and communication is key. This in itself will relieve additional stress.

**Mental Wellness Under Quarantine** – Join Healbright’s free on-demand mental wellness course geared specifically towards this hardship. Sign up [here](#)

**Meditate** – There is no better time than now to take a step toward a healthier, happier life. Learn to meditate with [Headspace](#) or [Calm](#) for free!

### VIRGIN PULSE

[Virgin Pulse Partnership Offerings](#)

[Virgin Pulse - COVID-19 in the Workplace: Prevention is Key](#)

[Wellbeats - Virtual Fitness Access \(through April\)](#)

[Virgin Pulse - Get the Facts: COVID-19 Resource Guide](#)

[Virgin Pulse - Working from Home Tips](#)

[Virgin Pulse - Exercise Dice](#)

[Virgin Pulse - Nutrition and Food to Fuel Your Mind and Body](#)

[Virgin Pulse -&nbsp;How fo Find Focus While You Work from Home](#)

[Zipongo - What to Eat If You Get COVID-19](#)

[Headspace - 10 Days to a Healthier, Happier You](#)

**What is COVID-19 and How Does it Spread?**

[Share Facts, Not Fear](#)



[About Coronavirus Disease 2019 \(COVID-19\)](#)

[Basic Protective Measures Against the New Coronavirus](#)

## **Breaking Updates and Travel Notices**

[Coronavirus Disease 2019 Situation Summary: USA](#)

[COVID-19 Updates from the World Health Organization](#)

[Coronavirus Disease 2019 Information for Travel](#)

[Additional Resources Workplace Safety and Preparedness](#)

[World Health Organization: Coronavirus Q&A](#)

## **JELLYVISION**

[Jellyvision - Flattening the Curve: That Graph Explained](#)

[Jellyvision - When and How to Get Tested for COVID-19](#)

[Jellyvision - Working from Home](#)

## **OPTUM BANK**

[Optum Bank - IRS Guidance on FSA Regulations](#)

[Optum Bank - Coronavirus Aid, Relief, and Economic Security \(CARES\) Act health account provisions](#)

## **HUNTINGTON BANK**

Huntington Bank is offering several relief programs for customers to defer loan payments and waive fees. [www.Huntington.com/coronavirus](http://www.Huntington.com/coronavirus)

Bartender emergency assistance program available to all bartenders or the spouse or child of a bartender. [USBG Emergency Fund](#)

A crisis relief fund to direct money to organizations leading on-the-ground efforts in the restaurant community, to provide zero-interest loans to businesses to maintain payroll during closure or re-open once this crisis has passed, and to establish a relief fund for individual

workers facing economic hardships or health crises as a direct result of COVID-19.

[RWCF Crisis Relief Fund](#)

Providing free, cash assistance to restaurant workers, delivery drivers and other tipped workers and service workers — who are seeing their income decline during this disaster or are not able to work because of quarantines or other health concerns. [OFW Emergency Fund](#)

CORE grants support to children of food and beverage service employees navigating life-altering circumstances. [CORE Gives](#)

RentAssistance provides a directory of rental assistance agencies and organizations that will help you pay your rent. Some listings are government organizations other are non-profits and charities that offer rental assistance programs. [Rent Assistance](#)

## CLEVELAND CLINIC

The Cleveland Clinic is offering a [Coronavirus Online Testing](#) for those who feel they are at risk.

[Cleveland Clinic - Express Care Online](#)

[Cleveland Clinic - Express Care Online Telemedicine](#)

## YMCA

[Online Fitness Classes](#)

## **BOWFLEX**

[How to Cope with Today's News](#)

[Healthy Recipe](#)

[Staying Active At-Home](#)

[Upper Body Home Workout](#)