



BENEFITS & WELLNESS

# COVID-19 RESOURCES

Check out the multiple options available to you and your family for assistance during this time.

## MEDICAL & HEALTH RESOURCES- AVAILABLE 24/7

### Ascension Online Care

Go to [www.ascension.org/onlinecare](http://www.ascension.org/onlinecare) and enter the code HERITAGE during the registration process. This code will waive the online visit fee.

#### **Ascension Hotline**

You can also call the free National **Ascension COVID-19 Hotline** at **(833) 978-0649**. A nurse will triage your symptoms and offer education and/or an online visit with a doctor, if needed.

### Anthem LiveHealth Online

Go to [www.livehealthonline.com](http://www.livehealthonline.com). You'll need your Member ID number from your Anthem ID card to waive the online visit fee.

Not offered in: Texas, Louisiana, Arkansas or Alaska

#### **Access Your ID Card**

Your ID card is available at [www.anthem.com](http://www.anthem.com) (login or register if you're a first-time visitor). You can also access your ID card via the Sydney app. Instructions for downloading the app are available on [anthem.com](http://anthem.com).



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## MENTAL HEALTH & EMOTIONAL SUPPORT

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### Free Telehealth Visits Through March 31

These include mental health needs. As a reminder, these visits are covered at no cost to you by The Heritage Group.

- If you regularly see a mental health professional, contact your provider as many are offering virtual visits during this time.
- If you have a preexisting mental health condition, the CDC recommends continuing treatment while being mindful of new or worsening symptoms.
- Find additional information on the [Substance Abuse and Mental Health Services website](#).

### Suicide Prevention Resources

You are not alone, and it's okay to ask for help. The Crisis Text Line is available 24/7 to help you work through anxious thoughts and feelings. To seek help or just talk to someone without fear of judgment, contact the [Crisis Text Line](#). Text **HOME** to **741741** or contact the [Lifeline](#) at **(800) 273-TALK (8255)**.

### Domestic Abuse Resources

If you're a victim or survivor of domestic abuse and need support, call **(800) 799-7233**. If you're unable to speak safely, you can visit the [National Domestic Violence Hotline](#) or text **LOVEIS** to **22522**.

### Perspective Employee Assistance Program (EAP)

Call **(800) 456-6327** or go to [www.perspectivesltd.com](http://www.perspectivesltd.com) anytime and enter the following login information:

- USERNAME: MON501
- PASSWORD: perspectives

### Indianapolis Employee Wellness Center

You can also engage a counselor through our Indy Clinic. To schedule an appointment with the counselor, please call **(317) 713-0430** or go to [www.stvincent.org/heritage](http://www.stvincent.org/heritage).



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## FINANCIAL SUPPORT AND RESOURCES

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### ONE Heritage Fund

The ONE Heritage Fund is available to help employees who are facing financial hardship following a national emergency, like the COVID-19 epidemic, with a tax-free grant of up to \$5,000. If you would like to apply for a grant, you can contact the Emergency Assistance Foundation, who administers the ONE Heritage Fund, at **(888) 303-4369** or go to [www.OneHeritageFund.com](http://www.OneHeritageFund.com) and click on the *Apply for a Grant* button at the bottom of the page. Documentation is required during the application process.

### ONE Heritage Immediate Response Program Grants Available for Unexpected Childcare Expenses Due to the COVID-19 Pandemic

If you have children ages pre-K-12 at home, you can apply now through the end of April for a one-time, tax-free grant of \$500 to help with unexpected childcare expenses as a result of the COVID-19 pandemic. (Expenses must be incurred between **March 1, 2020** and **April 30, 2021** and documentation is required.) Call HR Shared Services at **(800) 303-0408** to get started! Visit [thgrp.com/elearning](http://thgrp.com/elearning) for more info and other resources.

### Access Free Online Tutoring

We have partnered with TutorMe to provide 2 hours of free online tutoring per employee each week through **November 30, 2021**. You and other learners in your household can connect with a live tutor in under 30 seconds on over 300 subjects – 24 hours a day! Please contact [MyHeritageLearning@thgrp.com](mailto:MyHeritageLearning@thgrp.com) if you have not received an email with your username and password.

### Unemployment

From time-to-time the federal government has allowed states to change their unemployment benefits laws to provide benefits for situations related to COVID-19.

Contact your state's unemployment insurance program for more information and to apply for benefits. For the federal government's unemployment information, go to <https://www.usa.gov/unemployment>.

### Internet Connectivity

If you need assistance with internet access, [Charter Communications](#) and [Comcast](#) are both offering 60 days of free service for new customers who meet eligibility requirements.

### Childcare Assistance

State Family and Social Services Administrations are a great place to find child care assistance. For example, Indiana provides the following resources for families: [Child Care Resource and Referral Agency Map](#) and [Brighter Futures](#).



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## CREDIBLE SOURCES FOR COVID-19 INFORMATION

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01

[U.S. Centers for Disease Control and Prevention \(CDC\)](#)

02

[World Health Organization \(WHO\)](#)

03

[U.S. Department of Labor: Occupational Safety and Health Administration](#)