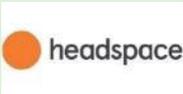


Well-Being Apps for At-Home Use – April 6, 2020

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
7-Minute Workout	Quick, no-equipment necessary workouts	Fitness	FREE Subscription available	
HIIT Workouts	High intensity, quick (4-15 minute) workouts that can be done at home	Fitness	FREE	
Butt Workout and Fitness	Beach butt, butt lifting, booty shaper...you get the idea	Fitness	FREE	
Aaptiv	Personal training app that produces audio-based instruction for home, gym, and outdoor workouts	Fitness	FREE (limited access) \$14.99/month or \$99.99/year	
CARROT Fit	Harsh-but-hilarious workout plans	Fitness	FREE	
FitOn	Quick at-home workouts	Fitness	FREE	
Peloton	Access to full library of classes available through the Peloton app including yoga, meditation, strength, cycling, running, and more	Fitness	90-day FREE trial \$12.99/month	
ClassPass	Access to over 1,000 audio and video workouts and live-stream classes	Fitness	FREE through June 30 \$15-\$139/month	classpass
Grokker	Access to library of videos, including fitness, mental health, nutrition, sleep, and financial wellness.	Fitness Emotional	FREE through April 30 \$14.99/month	Grokker
8Fit	Customized fitness and nutrition plan	Fitness	14-day FREE trial \$79.99/year	

MyFitness Pal	Food diary that tracks calories, nutrition, and exercise; syncs with other fitness apps	Fitness	FREE (limited access) \$9.99/month or \$49.99/year	
WW (formerly Weight Watchers)	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)	
Virgin Pulse	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	FREE	
Daily Yoga	Daily yoga exercises	Fitness Emotional	FREE (limited content) \$9.99/month or \$199/lifetime	
Headspace	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	14-day FREE trial \$12.99/month or \$69.99/year	
Dayzz	Receive a training plan, daily tips, messages, and challenges to help improve sleep	Sleep	90-day FREE trial <i>Access code required</i>	
Calm	Meditation app focusing on sleep	Emotional Sleep	7-day FREE trial \$69.99/year	
Sleepio	Cognitive behavioral therapy (CBT) for sleep	Sleep	\$300/year	
Meditopia	Mindfulness, meditation, and music app aimed at improving resilience and decreasing stress/anxiety	Emotional	\$60/year	
Reflectly	AI driven mindfulness journal	Emotional	7-day FREE trial \$29.99-\$79.99/year	

Happify	Mental health app focused on taking control of your feelings and thoughts. Free yoga sessions every Thursday at 5pm ET via Facebook Live.	Emotional	FREE \$139.99/year for Premium version	
Mental Health First Aid of USA	Updates and resources on dealing with mental health concerns during the COVID-19 crisis. #BeTheDifference	Emotional	FREE	
Sanvello	Clinically validated techniques for dealing with stress, anxiety, and depression. Currently offering Premium access for free in response to COVID-19.	Emotional	FREE	
Meru Health	Free resources on how to cope with the COVID-19 crisis.	Emotional	FREE	
Sonic Boom	Offering a free, self-paced, online course – <i>Mental Wellness Under Quarantine.</i>	Emotional	FREE	
Lyra	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 How to Support Your Kids in the Age of Coronavirus: 7 Therapist-Approved Tips	Emotional	FREE	
Tiny Habits	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	FREE	Tiny Habits
Employee Assistance Program (EAP)	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	Typically FREE	Check with your employer about your company’s EAP resource
Enrich	Free financial education sessions and tracking.	Financial	FREE	
In Good Company (by Mass Mutual)	Series of remote workshops lead by financial professionals	Financial	FREE	

Care.com	Resources for childcare, senior care, pet care, and home care	Caregiving	FREE (basic) \$156/year (premium)	
Cariloop	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	\$599 per six months	
Wellthy	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	FREE online access \$300/month for private care coordinator access	
The Journal's List of Free Resources for Schools During COVID-19 Outbreak	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	FREE	
Khan Academy	Free lessons in math, science and humanities from kindergarten through the early years of college.	Caregiving	FREE	
Teladoc	Talk to a doctor, therapist, or medical expert anywhere you are by phone or video, including virtual screenings for COVID-19.	Preventive	Appointments may be covered by your health plan \$49/appointment (without insurance)	
Shatterproof	Resources on dealing with addiction and recovery during the COVID-19 crisis.	Addiction	FREE	
DynamiCare	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	FREE	

In the Rooms	Global online community that gives recovering addicts a place to meet and socialize when they're not in face-to-face meetings.	Addiction	FREE	
National Alliance on Mental Illness (NAMI) Helpline	Resources for anxiety and stress because of COVID-19. If you need immediate help, call: 800-950-6264	CRISIS	FREE	
Dial 211	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	
CDC	Published tips to help adults and children manage stress and anxiety with COVID-19.	CRISIS	FREE	
National Suicide Prevention Lifeline	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	

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 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.