

## 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              | <b>FREE</b>   | <br>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              | <b>FREE</b>   | <br>Get Connected. Get Help.™   |
| <b>CDC</b>   | Published tips to help adults and children manage stress and anxiety with COVID-19.   | CRISIS              | <b>FREE</b>   | <br>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              | <b>FREE</b>   | <br>1-800-273-TALK (8255)<br>If you or someone you know is thinking about suicide, call the National Suicide Prevention Lifeline. |
| <b>7-Minute Workout</b>                                    | Quick, no-equipment necessary workouts  | Fitness             | <b>FREE</b><br>Subscription available                         |    |
| <b>HIIT Workouts</b>                                       | High intensity, quick (4-15 minute) workouts that can be done at home   | Fitness             | <b>FREE</b>   |   |
| <b>Butt Workout and Fitness</b>                            | Beach butt, butt lifting, booty shaper...you get the idea   | Fitness             | <b>FREE</b>   |   |
| <b>Aaptiv</b>  | Personal training app that produces audio-based instruction for home, gym, and outdoor workouts   | Fitness             | <b>FREE (limited access)</b><br>\$14.99/month or \$99.99/year |   |

4/09/2020



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| <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><br>\$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><br>\$15-\$139/month   |    |
| <b>Grokker</b>                               | Access to library of videos, including fitness, mental health, nutrition, sleep, and financial wellness.  | Fitness<br>Emotional | <b>FREE through April 30</b><br>\$14.99/month   |    |
| <b>8Fit</b>                                  | Customized fitness and nutrition plan   | Fitness              | <b>14-day FREE trial</b><br>\$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><br>\$9.99/month or<br>\$49.99/year   |    |
| <b>WW<br/>(formerly<br/>Weight Watchers)</b> | Weight loss program that provides recipes, nutrition plans, and online community  | Fitness              | \$0 for first 3 months<br>(if you sign up before<br>4/6/20)<br>\$3.22/week (digital)<br>\$6.92/week (workshop)<br>\$12.69/week (coaching) |  |
| <b>Daily Yoga</b>                            | Daily yoga exercises  | Fitness<br>Emotional | <b>FREE (limited content)</b><br>\$9.99/month or<br>\$199/lifetime  |  |
| <b>Headspace</b>                             | Mindfulness and meditation sessions to help with stress, anxiety, sleep, and more<br><i>Currently offering some meditation lessons for free in response to COVID-19</i> | Emotional<br>Sleep   | <b>14-day FREE trial</b><br>\$12.99/month or<br>\$69.99/year  |  |

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| <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><br>\$29.99-\$79.99/year         |    |
| <b>Dayzz</b>   | Receive a training plan, daily tips, messages, and challenges to help improve sleep  | Sleep                  | <b>90-day FREE trial</b><br><i>Access code required</i> |    |
| <b>Calm</b>  | Meditation app focusing on sleep   | Emotional<br>Sleep     | <b>7-day FREE trial</b><br>\$69.99/year                 |    |
| <b>Sleepio</b>   | Cognitive behavioral therapy (CBT) for sleep   | Sleep                  | <b>\$300/year</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<br>Financial | <b>Typically FREE</b>                                   | Check with your employer about your company's EAP resource                            |
| <b>Mental Health First Aid of USA</b>  | Updates and resources on dealing with mental health concerns during the COVID-19 crisis.<br>#BeTheDifference   | Emotional              | <b>FREE</b>   |    |
| <b>Care.com</b>  | Resources for childcare, senior care, pet care, and home care  | Caregiving             | <b>FREE (basic)</b><br>\$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>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>   |  |



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| <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<br>Private, secure document storage, fully managed medication and provider trackers, and additional discounts if caring for more than one individual. | Caregiving | <b>FREE</b> online access<br>\$300/month for private care coordinator access                   |   |
| <b>Khan Academy</b> | Free lessons in math, science and humanities from kindergarten through the early years of college.  | 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><br>\$49/appointment (without insurance) |   |
| <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.<br>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 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.*