

Another way we're supporting members through this time; offering emotional support

As we approach 6 weeks under the "Stay safe, Stay Home" order, we know you and your employees are trying to find the new normal and adjust to this current climate. While some employees may be adjusting well, we know others may not be. Fear and anxiety related to COVID-19 is normal, but it's important that you and your employees have resources to help maintain a healthy mind and body.

That's why Priority Health is helping employees with resources like virtual care for behavioral health, reading material to help them feel less alone and mental wellness tools to manage stress and bolster mental health.

We've created a webpage dedicated to [Employee wellbeing resources](#) in your Employer Center, to support you and your workforce during this time. You'll find online resources, a download for our mental health guide and more.

VISIT EMPLOYEE WELLBEING RESOURCES

Virtual mental wellness resource

We encourage you to try this free virtual mental wellness tool now available to all members. [myStrength](#) offers easy activities to help you manage stress and social isolation. You can learn relationship and parenting tips, and much more.

Topics focus specifically on the emotional effects of the COVID-19 crisis:

- Inner calm in turbulent times
- Parenting in challenging times
- Staying connected while social distancing
- And more

A few important things to know:

- It's free to Priority Health members (13 and older) until June 30, 2020.
- [Signing up](#) is simple. Just answer a few questions.

Immediate support is available

If you or your employees need immediate support for severe emotional distress, contact our behavioral health team. Confidential help is available 24 hours a day, seven days a week. Call 800.673.8043. Or, [log in to your online member account](#).

COVID-19 Information for employers

For the latest information on COVID-19, visit your [Employer Center](#) for answers to your [questions](#) about testing, treatment, coverage options and more.

We're keeping members informed. Your employees will receive an email with information about myStrength and other resources this week.

We're here for you. Please reach out to your Priority Health account manager or small business team at 800.471.2504, option 4, if you have questions or need assistance. We're all in this together.



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1231 E. Beltline Ave. NE
Grand Rapids, MI 49525-7024