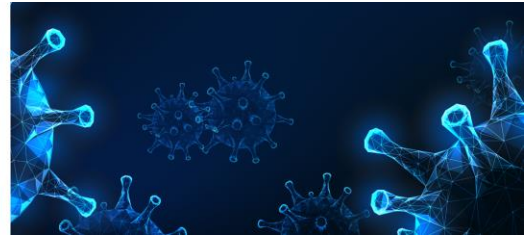












EAP RESOURCES

To help you cope with the
Coronavirus outbreak



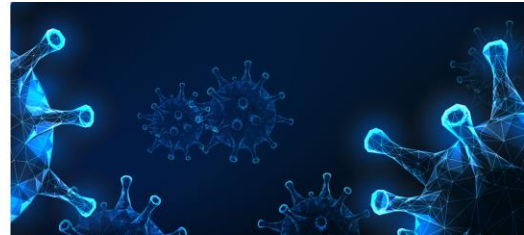
LIFEWORKS

It can be stressful to hear and read about coronavirus in the news. You might be wondering what you can do to protect yourself and the people you care about. LifeWorks can help in a crisis. And remember, consultants are available around the clock to help support you through difficult times, including fears around coronavirus. To speak with a consultant, call 866-656-9983, 855-391-0587 (Spanish) or at 800-999-3004 (TTY). To access LifeWorks online visit bhsf.lifeworks.com. If you have not set up an online account yet, click "sign up" and enter your invitation code. Invitation codes are unique to each employee and they are sent to your Baptist Health email periodically if you have not signed up. If you can't find your invitation code, please email benefits@baptisthealth.net. When logging in, you can check the "Remember Me" box so you don't have to log in every time you need to access LifeWorks. Below are some helpful resources you can use during this time. *NOTE: Boca Regional employees have access to a different EAP resource, please see the bottom of this document for access details.*

GENERAL INFORMATION	
How EAP Can Help 	CORONAVIRUS TOOLKIT 
ARTICLE: Tips for Coping with the Coronavirus Outbreak 	
MENTAL WELLBEING	
INFOGRAPHIC: Protecting Your Wellbeing 	ARTICLE: Managing Concerns and Anxieties about Infectious Diseases at Work 
ARTICLE: Coping with Loneliness 	ARTICLE: Investment Anxiety 
ARTICLE: Taking Your Mind Off News 	ARTICLE: Helping Children Deal with News Reports 
ARTICLE: Tips for Staying Positive 	LEADER ARTICLE: Building Team Resilience 

EAP RESOURCES

To help you cope with the
Coronavirus outbreak



WEBINAR:
[Emotional Well-being During COVID-19](#)



WEBINAR:
[Talking to your child about COVID-19](#)



PHYSICAL WELLBEING

[VARIETY OF LINKS](#)
(mostly from WHO and CDC)

TOPICS:

- Protecting Yourself
- COVID-19 In the Workplace
- COVID-19 and Traveling



ARTICLE:
[Protecting Yourself Against COVID-19](#)



BACK UP CARE

ARTICLE:
[Planning Ahead for Backup Care](#)

- Child Information Sheet Backup Care Organizer – Worksheet



ARTICLE:
[When a Friend or Relative Takes Care of Your Child: Getting Prepared](#)



ARTICLE:
[Planning for Emergencies with your Child Care Provider](#)



[CARE.COM](#)
Provides services that enable families to find, manage and pay for care.



AETNA RESOURCES FOR LIVING (BOCA REGIONAL EMPLOYEES)

To speak with a consultant, call 1-800-865-3200 (TTY: 711) or visit <http://www.resourcesforliving.com/>

Username: Boca Raton Regional Hospital

Password: eap