

Wellness tips ^[1]

While we will be physically separated, we're all in this together.

If isolation, stress or anxiety are beginning to take a toll, we have resources to help.

Real Help Hotline

The Real Help Hotline provides all CU employees with access to professional mental health counselors, who offer assistance finding wellness and behavioral resources or immediate counseling over the phone. It's free, confidential and available 24/7 by calling 833-533-CHAT (2428).

LiveHealth Online ^[2]

Anthem is recommending CU Health Plan members use telehealth when they can for medical, psychological, psychiatric and allergy-related concerns, as this prevents them from spreading illness and can help protect them from getting an illness while waiting with others at a physical facility. Anthem plan members can visit [anthem.com](https://www.anthem.com) ^[3] secure portal to use LiveHealth Online ^[4] and connect with a board-certified doctor via live chat or video. This includes visits with a mental health professional.

Use LiveHealth Online ^[2] to visit with a doctor 24/7 through live video. You can use the LiveHealth Online app on your mobile device or use your computer's camera to have your telehealth visit.

Mental Health Resource Hub

Taking care of your mental health is more important than ever. The Mental Health Resource Hub ^[5] is a free online digital resource site, powered by Psych Hub and supported by Anthem, can help you navigate social isolation, job loss and other COVID-19 challenges.

myStrength

CU Health Plan – Kaiser members have access to the myStrength app and other digital emotional wellness tools at kp.org/selfcareapps [6]. myStrength is a personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources and community support. myStrength helps with depression, anxiety, sleep, stress, substance use and chronic pain. You can track preferences and goals, current emotional states and ongoing life events to improve your awareness and change behaviors.

Everyone needs support for total health — mind, body and spirit. Digital tools can help you navigate life's challenges; make small changes that improve sleep, mood, and more, or simply support an overall sense of well-being.

Access myStrength

1. Go to kp.org/selfcareapps [6] to download the myStrength app.
2. Click on the **Get Started** button
3. Follow the prompts to download the app. Please have your KP user ID and password ready.

Colorado State Employee Assistance Program

The [Colorado State Employee Assistance Program \(CSEAP\)](#) [7] has provided resources that you may find helpful:

- CSEAP counseling sessions transferred to [teletherapy](#) [8]
- CDPHE online resources on [reducing fear and taking care of yourself](#) [9]
- CDC online resources on [managing stress and anxiety](#) [10]
- Tips and strategies for [stress associated with quarantine](#) [11]

Wellness resources

For more resources available to employees and their families, regardless of whether you're enrolled in a CU Health Plan, check out these [eight resources to support mental wellness](#) [12].

Don't neglect your physical health

Physical health can improve attention span, relieve stress and stimulate your mind. Take a short walk to break up the work day.

Try these online resources to stay in tune with your body:

- [Ergonomics 101](#) [13]
- [Eight stretches to do at your desk](#) [14]
- [CU Denver's virtual wellness programs](#) [15]

