



Dear Valued Partner in Health,

For us, community comes first. In addition to the publicly available resources through [Aetna Resources For Living Hub](#), we would like to share with you several no-cost programs that all are welcome to take advantage of during this time. There are additional support services available at cost, including Covid-19 webinars and other virtual well-being services, so please reach out to me if you are interested in more information.

Please continue to keep us aware of your needs, so that we may best support you.

Free Public Resources

We're Here for You. As an outpour of community services emerge during this time, we would like to share some of them with you.

- **Yale's massively popular 'happiness' course:** is available [free online](#)
- **Centers for Disease Control and Prevention:**
 - [How to Protect Yourself](#)
 - [Guidance for Older Adults](#)
 - [Communications for Employees](#)
- **Grokker:** Help your team manage stress, stay connected and maintain their physical fitness with [free access](#) to our wellbeing solution and fitness video streaming through April 30, in addition to [free webinars](#) and preparedness resources on staying calm, healthy meals, deep sleep and much more.
- **Wellbeats:** [Free access](#) to on-demand fitness, mindfulness and cooking classes that empowers habit forming physical and mental health with free access until April 30, use promo code **57a4df63**
- **Active by PopSugar:** Hundreds of [free workouts](#) from celebrity trainers and fitness experts.
- **GOLD'S AMP™:** [Free access](#) through May 2020, to over 600 audio and video workouts to keep you moving in the gym, outside, use promo code **FIT60**
- **Inner Explorer:** Free access for youth and families to the I AM PRESENT app, [download here](#) through Summer 2020.