



## Telemedicine Co-pays Waived



Did you know you and your dependents have access to a doctor by phone, video, or mobile app with \$0 co-pay? Through Teladoc, you have access to a doctor 24 hours a day, 7 days a week.\*

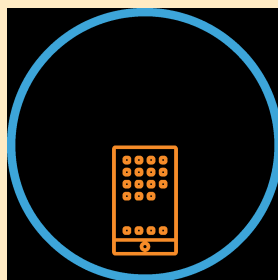
Telemedicine can be used for non-emergency symptoms of flu, COVID-19, allergies, stomach aches, eye infections, or bronchitis. In any exigent or emergency situation, in-person medical services are recommended.

**\$0 cost to you. All telemedicine co-pays are waived during the COVID-19 outbreak.**

[Learn more here](#)

\*Employees covered by EmblemHealth programs including EBCBS/GHI CBP, HIP HMO, HIP POS, GHI HMO, and VYTRA.

## Resource Center



## WEEKLY ROUND-UP

### NEW! On-Demand Fitness

Get moving with our **new on-demand fitness videos!** With free access to at-home workouts, you can be a part of the movement - anywhere, anytime. Follow along with our instructors to move more and relieve stress in 20 minutes or less.



Try an on-demand workout today:

- [Toning + Conditioning](#)
- [Yoga](#)
- [Chair Yoga](#)
- [Pilates](#)

And don't forget - live classes are still ongoing! Come join us for yoga, meditation, Zumba, and more. Classes are available from sunrise to sunset. [View Schedule](#)



## Celebrate Earth Day with NYC Parks!

You may be staying home, but that doesn't mean you can't celebrate Earth Day! NYC Parks has launched [Parks@Home](#) to virtually connect New Yorkers to nature. Join live tours, gardening workshops, art activities, and more all online.

[Enjoy NYC Parks@Home](#)



## Manage Anxiety with the “Notice and Label” Technique

**Notice** when an anxious thought or feeling wells up.

**Label** it as such. Anxious thoughts come and go. Give them space momentarily and watch them float away.

The more you accept anxiety as a normal and healthy part of life, the less power it has over you.



## Savvy Snacking

Snacking happens, and sometimes it should! Snacks can help you get nutrients and keep hunger at bay. Keep these tips in mind to snack smart:

- Think of snacks as mini meals – include fruits/veggies and a source of protein, like banana with peanut butter or hummus and carrots.
- Drink water first – often we think we are hungry when we are actually dehydrated. Try drinking tea or adding fresh fruit to your water to satisfy your sweet tooth.
- Practice mindful snacking – sit down for your snack the way you would sit down for a meal. Pre-portion your snacks out ahead of time to avoid overeating,

and pay attention to your snack as you eat it.

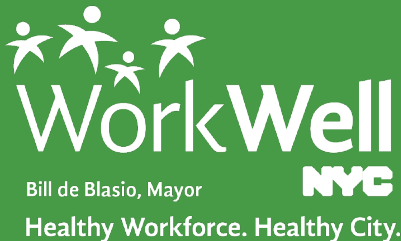
## JOIN THE CONVERSATION



Don't forget to join our Slack channels to connect with fellow City employees on staying well during this time.

- [Be Well](#)
- [Eat Well](#)
- [Move More](#)

Also, check out the [Wellness Anywhere webpage](#) to access self-care and wellness resources when and where you need it.



Follow us on Instagram!  
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