

COVID-19 (Coronavirus) - Resources for Employee Wellbeing

The COVID-19 outbreak is having a serious impact and having to make adjustments is challenging. UnitedHealthcare, through Optum Health, provides valuable resources to all employees, whether or not they are covered by the City health plan, and are available at no cost.

[Video-COVID-19 Coronavirus](#) This educational video, in partnership with internal physicians and subject matter experts, provides basic information about COVID-19, how to protect yourself from the virus, and where to seek ongoing updates.

[Managing COVID-19 Anxiety Flyer](#) provides mindfulness techniques for managing coronavirus anxiety at home and work.

[Reigniting your health when working from home](#) In light of the recent news surrounding the COVID-19 pandemic, many workers are being asked to work from home. The goal is to protect one another and help prevent this disease from spreading. These resources give you strategies to master the art of working independently – and dial down stress, if need be, during this time.

[Coping with a Public Health Event](#) If you turn on the TV, pick up a newspaper or go on the Internet, it's likely that you'll hear news about the Coronavirus outbreak. While people may be impacted in different ways, there are several support resources available to you

UnitedHealthcare EAP-Live and Work Well

UnitedHealthcare offers a wide range of support to help you stay up to date with, and cope with COVID-19 as part of the City's EAP, **Live and Work Well**. Any employee, even if not covered by the City health plan, can access **Live and Work Well**. Click on [Live and Work Well Website](#) and register as a guest, using the **access code Tampa**.

Live and Work Well has a toll-free emotional support line at [\(866\) 342-6892](tel:8663426892), free of charge and available to anyone. Caring professionals will connect people to resources 24 hours a day, seven days a week.

All COVID-19 (Coronavirus) Alerts from HR are also on the internet at [Employees Guide](#).

Visit the City of [Tampa Corona Disease \(COVID\) Information Website](#) for details, frequently asked questions, and information on resources.