

# Resources and Education to Navigate your Entire Wellbeing

(R.E.N.E.W.)



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## We are Here to Support You

*The BAYADA Way states:*

*We believe our employees are our greatest asset...*

Our hope is to provide one comprehensive resource to the people who matter the most: our employees and their families. Our goal is to always support you and your whole wellness through whatever circumstances life may bring.

### **Questions or Resource Ideas?**

Please reach out to [benefits@bayada.com](mailto:benefits@bayada.com) with a subject line of “RENEW Resource”.

Note: this document is updated once a week. Refer to the “Last Updated” date to ensure you have the latest version.

## This Week Only

Resources identified below are available for a limited time! Be sure to take advantage of them.

No resources have been added that expire within the week.

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## Art and Culture

- **Atlanta Zoo:** Check in with the pandas as the Georgia zoo keeps a "Panda Cam" livestream on its website. [Click Here](#)
- **Dutch Wonderland:** Download coloring pages and an activity booklet to experience Pennsylvania's beloved theme park right at home. [Click Here](#)
- **Duke Gardens:** Public NC gardens support relationships among people and plants with live virtual programs, home gardening resources, children and family activities, and more! [Click here](#)
- **Google Arts & Culture:** Get your daily dose of arts and culture through exploration, virtual travel and identifying themes. [Click here](#)
- **Google Virtual National Parks Virtual Tours:** Explore Kenai Fjords, Hawaii volcanoes, Carlsbad Caverns, Bryce Canyon, and the Dry Tortugas. [Click Here](#)
- **London's National Theater:** View full-length plays broadcast live every Thursday during COVID, and archives. [Click here](#)
- **Longwood Gardens:** Relish the beauty of this PA property with images and videos of what's in bloom, past performances, uniquely Longwood experiences and stories about amazing plants and people. [Click here](#)
- **Museum of Fine Arts:** Browse exhibition tours, stream music, tap into digital learning or online lectures from the comfort of your own home. [Click here](#)
- **Museum of Modern Art:** Stay connected and enjoy the museum from home with virtual views, playlists and free online courses. [Click here](#)
- **National Women's History Museum:** These online exhibits feature influential women in amazing detail, from Harriet Tubman to the brave ladies of the Suffrage Movement. [Click here](#)
- **New York Philharmonic Plays On:** Classical music fans can experience digital content including new and previous performance footage on demand. [Click here](#)

- **Louvre:** Enjoy the view by visiting the museum’s exhibition rooms and galleries, or contemplate the facades of the structure itself during a virtual tour. [Click here](#)
- **Metropolitan Opera:** The Met is brightening lives even though its stage is dark with encore presentations from the company’s live in HD series through FREE streaming. Different performances offered nightly. [Click here](#)
- **Monterey Bay Aquarium:** It can be Shark Week every week thanks to live online footage of Monterey Bay's Habitat exhibit. [Click Here](#)
- **Smithsonian National Museum of Natural History:** Move at your own pace through the 360-degree room-by-room tour of every exhibit in the museum. [Click Here](#)
- **Stay Home. Hit Play.:** New weekly video series delivers engaging, educational, virtual Chicago museum field trip experiences and activities for all ages. [Click here](#)
- **The China Guide:** Experience the Great Wall of China, often considered a wonder of the world, with its history of over 2,000 years and its expanse of over 3,000 miles. [Click here](#)
- **The Kennedy Center:** Spark curiosity, build empathy and embolden citizen artistry by engaging in quality arts for all learners. [Click here](#)
- **US Airforce Museum:** This official virtual tour of the national museum includes a stroll through the cockpit as well as models of America’s earliest aircraft. [Click here](#)
- **Van Gogh Museum:** You can get up close and personal with the impressionist painter's most famous work thanks to Google Arts & Culture. [Click Here](#)
- **Vatican Museums and Gardens:** Learn more about the mission and history of the Pope’s museums, collections of art and artifacts, or pontifical villas and gardens—even take a virtual tour of the Sistine Chapel! [Click here](#)
- **Virtual Yosemite:** This groundbreaking interactive tour is unique in the depth of its coverage and the quality of imagery capturing one of America’s most popular and spectacular natural environments. [Click here](#)
- **Walt Disney World:** Set aside some time, because there's plenty to see here. Virtual tours you can take include Magic Kingdom, Animal Kingdom, and Epcot, just to name a few. [Click Here](#)

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## Child Care

- **BAYADA:** Providing a summary of support organizations and resources for non-medical child or family care offered nationally and by state. [Click Here](#)
- **Aetna Resource on Preparing for Back to School:** Find help needed to plan and organize educational pods, engage children with special needs in remote learning, and secure tutors or child care! [Click here](#)
- **Aetna Resource on More Support for the School Year:** Support the students in your family with these newly added tools and guides. [Click here](#)
- **Child Development Institute:** Learn tips and tricks for good homework and study habits to help your kids and teens start the school year off on the right foot. [Click here](#)
- **Learning Care Group:** Navigate your child care needs with this list of resources for essential workers by state. [Click here](#)
- **PA Department of Human Services:** Provides a tool designed to help essential workers connect with child-care providers that have been granted a waiver. [Click Here](#)
- **Sittercity:** Frontline workers are eligible for three free months of Sittercity Premium, which connects families with trusted child care. [Click here](#)
- **Teach Thought:** Learn 22 remote learning tips for parents helping at home. [Click here](#)
- **Understood:** Through unique simulations and videos, you can gain a better understanding of the world through the eyes of a child with learning and thinking differences. [Click here](#)
- **The YMCA of Greater Philadelphia:** Is offering childcare to essential workers in select locations M-F 6:00 am to 6:00 pm. [Click Here](#)



We encourage you to reach out to your local day care to inquire about whether they are willing to provide childcare services to essential employees.

## Education for Adults

- **Achieve Test Prep:** Take a free virtual live-online introduction to Fundamentals of Nursing course. [Click Here](#)
- **Academic Earth:** Find curated lists of free online courses hand selected with the very best offerings, sorted by subject area, with everything from art to engineering. [Click here](#)
- **Aetna Resource on Adjusting to Remote Work:** Addresses how to adjust to working remote through the COVID-19 response. [Click Here](#)
- **Aetna Resource on Managing Remote Teams:** Addresses how to make sure your teams have what they need when adjusting to working remote. [Click Here](#)
- **Alison:** Built for learners of any ability or knowledge level, over 1,700 free, single-topic certificate courses have been built in clear detail for learners of any ability or knowledge level. Each takes less than three hours to complete! [Click here](#)
- **American Nurses Association:** Register for this free, on-demand webinar: Be Confident Protecting Yourself and Providing the Best Care to Your Patients during this COVID-19 Pandemic. [Click here](#)
- **Ancestry.com:** Obtain FREE access to more than 500 million genealogy records and images from the National Archives and Records Administration for genealogy research. [Click here](#)
- **Code Academy:** Find the best system for learning to code in this one-stop, free site for everything from building websites to analyzing data. [Click here](#)
- **Columbia University:** Free and low-priced courses taught by instructors from one of the best universities in the world, allowing anyone to advance their education, professional, or personal goals. [Click Here](#)
- **Coursera:** Gain new skills through a selection of free online courses including mental health, career development, and technology. [Click Here](#)

- **Coursera:** University and college students may sign up for free access to any of 3,800 courses to continue building in-demand career skills during COVID-19 through September. [Click here](#)
- **Fresno State:** Essential workers are eligible for free online courses: Functional Spanish, Project Management for the Workplace and Teaching Online. [Click here](#)
- **Harvard Medical School Health Resources:** Reputable COVID-19 resources that include articles, links and podcasts. [Click Here](#)
- **Harvard University:** Free and low-priced courses taught by instructors from one of the best universities in the world, allowing anyone to advance their education, professional, or personal goals. [Click Here](#)
- **Heilbrunn Art History Timeline:** This Metropolitan Museum of Art timeline pairs essays and works of art with chronologies to tell a story of art and global culture. [Click Here](#)
- **Helpr Resource:** Provides the best productivity resources when working from home with a child. [Click Here](#)
- **Incredible Health:** Offering free continuing education for nurses in the United States. [Click Here](#)
- **LinkedIn:** Offering free courses on topics such as building resilience, working from home, managing stress, using Microsoft Teams, and using Zoom. [Click Here](#)
- **Nomadic Academy:** Helps you develop the skills, mindset, and network needed to thrive in the workplace of the future. [Click Here](#)
- **NursingCE:** Meet continuing education and licensing requirements with this free COVID-19 course. [Click Here](#)
- **Open Culture:** Find vast amounts of free, high quality online courses from top universities, movies, audio books, eBooks, kids educational resources and more from across the web—all centralized and curated in one place. [Click here](#)
- **Relias:** Offering free, unlimited access to relevant resources to help healthcare professionals and individuals prepare and prevent the spread of infection. [Click Here](#)



- **Speeko:** A “gym membership for your voice” this free mobile app is providing daily warmups, guided courses, and automated feedback. Free for healthcare professionals. [Click Here](#)
- **Talk Saves Lives:** September is National Suicide Prevention Month. Take this free, online training to identify the reasons and risk/protective factors for suicide, along with prevention steps. [Click here](#)
- **The New York Times Resource:** Provides guidance on how to talk to your kids about COVID-19. [Click Here](#)
- **The New York Times Resource:** Addresses 11 questions parents may have about COVID-19. [Click Here](#)
- **University of Pennsylvania:** Free and low-priced courses taught by instructors from one of the best universities in the world. [Click Here](#)
- **Udemy:** Frontline leader in online learning, offering 150 free courses on varying topics. [Click Here](#)
- **Vohra:** Advance your career with a Wound Care Certification or any educational package at \$50 discount with PROMO code “COVIDNURSE50”. [Click here](#)

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## Education for Kids

- **Aetna Resource on Things to do with your Kids at Home:** Engage your elementary school aged kids at home with these fun, suggested activities. [Click here](#)
- **Art for Kids Hub:** Here you'll find all kinds of art lessons for kids, including how to draw for kids, even painting and origami for kids. [Click Here](#)
- **Beanstalk:** Access interactive kid classes from home for free for the duration of the COVID-19 threat. [Click Here](#)
- **Cool Math:** Kids aged 13+ can travel to an online amusement park of math and more! [Click here](#)
- **Cool Math 4 Kids:** Kids aged 3-12 will find fun math games, lessons, brain teasers and more! [Click here](#)
- **Cool Math Games:** Teach preschoolers that cool + math is an equation that makes sense with these games of strategy, skill, number and logic. [Click here](#)
- **Crayola Learning:** Provides free, resources, family projects, weekly activities, just to name a few. [Click Here](#)
- **Khan Academy:** Provides free, world-class education to anyone. Daily schedules created to help parents structure at-home instruction for pre-K through high school. [Click Here](#)
- **Math Games:** Sort through these free math games by grade level, or by skill you're looking to work on. There are also free worksheets you can print out. [Click Here](#)
- **Metkids:** Watch videos, hop in a time machine, explore a map of the Metropolitan Museum of Art. Made for, with, and by kids. [Click Here](#)
- **Moments A Day:** Check out these 100 kids activities designed to help build character. [Click here](#)
- **Musical Explorers:** Carnegie Hall's curriculum connects K-2 students to rich, diverse musical communities from all around the world, and builds fundamental skills through listening, moving and singing. [Click here](#)
- **My Future:** Teens can explore career, college and military options for their future. [Click here](#)
- **NASP:** Teens will learn tips to save a friend and prevent suicide. [Click here](#)

- **PBS and WGBH Boston:** Find Learning media resources aligned to national and state standards across disciplines for grades PreK-12. [Click Here](#)
- **PBS Kids:** Help kids aged 2-8 play and learn at home with a FREE weekday newsletter, video app and games app. [Click here](#)
- **Quizlet:** You bring the brains, Quizlet brings everything else from flashcards and games to tools that can be used to conquer any challenge. [Click here](#)
- **Sesame Street in Communities:** Find hundreds of bilingual multi-media tools to help families and kids from birth through age 6 navigate developmental, physical, and emotional needs. [Click here](#)
- **Scholastic Learn at Home:** Provides free day-to-day projects to keep kids reading, thinking, and growing. [Click Here](#)
- **Quizlet:** You bring the brains, Quizlet brings everything else from flashcards and games to tools that can be used to conquer any challenge. [Click here](#)
- **Usborne Books:** *Teach Your Monster to Read* is an award-winning series of games that's helped millions of children learn to read. Play for free on the website or download the app. [Click Here](#)

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## Entertainment

- **Audible:** Starting today, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages. Stories are free to stream on your tablets, laptops, and mobile devices. [Click Here](#)
- **Comcast:** Xfinity WiFi hotspots in out-of-home locations will be available for free to anyone who needs them, including non-Xfinity Internet customers. [Click Here](#)
- **Dave & Buster's:** FREE \$10 game cards will be given away to first responders and healthcare professionals. [Click here](#)
- **Harry Potter at Home:** You'll find all the latest magical treats to keep you occupied. [Click Here](#)
- **In-Home Recreation:** A comprehensive list of activities that respect social distancing. [Click Here](#)
- **Opera Companies Free Streaming:** A comprehensive list of opera companies currently offering streaming services. [Click Here](#)
- **PBS Video App:** Free public TV that can be downloaded to any device - from hit PBS kids shows to a library of award-winning Ken Burns documentaries. [Click Here](#)
- **Pluto TV:** Offers several traditional TV channels live, including MTV, Nickelodeon, Comedy Central, Court TV, NASA TV, Sky News, and more for free. [Click Here](#)
- **Showtime:** Nurses can access a FREE trial of critically acclaimed original series, documentaries, movies and more, along with three months at 50% off. [Click here](#)
- **Six Flags America:** Experience pulse-pounding entertainment and gentler options for tots at up to 40% discount for essential workers and students. [Click here](#)
- **Space Center Houston:** Get the full space center experience with a free app that offers augmented reality, a 360 degree view of the galaxy, astronaut selfie filters and more! [Click here](#)

- **Tubi:** Carries thousands of movies and TV shows from Paramount Pictures, MGM, Lionsgate, Warner Bros., and Universal Pictures for free. [Click Here](#)

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## Finance

- **Federal Student Aid:** Parents and teens can learn how to apply for financial aid, and learn deadlines. [Click here](#)
- **FreeTaxUSA:** Get your maximum refund and file your federal return for free. Add a state return for only \$14.99. [Click Here](#)
- **PeopleJoy Student Loan Analysis for BAYADA:** Take charge of your student loans with this complimentary student loan assessment from BAYADA's trusted partner. BAYADA employees use code 1975; BAYADA family members use code BAYADAFAMILY. [Click here](#)
- **PeopleJoy PSLF Webinar for BAYADA:** Learn about your eligibility to participate in the Public Service Loan Forgiveness program with this recorded webinar. Password: 1975 [Click here](#)
- **Prudential 401k Instructional Web Page:** Quick Tips for making changes to your retirement account. [Click Here](#)
- **Prudential 401k Marketing Volatility Communications Center:** Saving and investing for retirement during this time of extreme market volatility is stressful. [Click Here](#)
- **Prudential Before You Dip Into Your Retirement Account:** Consider this important information if you're in a tough spot today because your retirement account is for tomorrow. [Click here](#)
- **Prudential Participant Servicing Updates:** Check out what 401k services are new and improved in response to COVID-19. [Click Here](#)
- **Prudential Webinars:** Tips for investing and weathering the ups and downs of the market with free, on-demand webinars. [Click Here](#)
- **Savology:** The best financial planning platform also has the best price. It's **FREE**. In just 5 minutes, you can build a free financial plan and get personalized recommendations. [Click Here](#)

- **Scholarship America:** Invest in learning these tips about Financial Aid before you invest in college for your kids. [Click here](#)
- **Scholarships.com:** Put college cash at your fingertips with a scholarship search or use a constantly expanded library of resources to ease the transition to college. [Click here](#)
- **Status:** Manage your finances, see how you compare with peers, and get advice. You can even earn cash rewards while improving your finances! [Click Here](#)
- **Tax Filing:** The United States Treasury Department and the Internal Revenue Service providing special tax filing and payment relief to individuals and businesses in response to COVID-19. [Click Here](#)
- **UBS Monthly Newsletter:** Provides an outlook on the market and the economy. [Click Here](#)
- **UBS Resource on Rebalancing Your Investment Portfolio:** Addresses how and why rebalancing adds value. [Click Here](#)
- **UBS Resource on Market Volatility:** Addresses what market volatility is and what you can do about it. [Click Here](#)

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## Food

- **Burger King:** This fast food giant regularly posts a variety of offers such as reduced meals and BOGO deals. Sign up and indicate whether you'd prefer pickup or delivery. [Click Here](#)
- **Checkers and Rally's:** Front line health care workers dressed in uniform walk away with a free small combo meal. [Click Here](#)
- **Chick-fil-A:** Select locations are offering free food to health care workers. Reach out to your local Chick-fil-A to inquire whether they are providing this service. [Click Here](#)
- **Cumberland Farms:** Offering all healthcare workers one free coffee, any size hot or cold, per visit. [Click Here](#)
- **Food Distributers:** Selling restaurant quality meat and produce directly to consumers. Distributors have turned themselves, in effect, into a club store like Costco that offers home delivery. [Click Here](#)
- **Home Chef:** Nurses save time while enjoying real home cooking and the joy that comes with it at 50% off first order and 10% off following orders. [Click here](#)
- **Krispy Kreme:** Every Monday, Healthcare workers get \$1 Original Glazed Dozen with purchase of any full priced dozen through Labor Day, 9/7. [Click here](#)
- **Mrs. Fields:** Choose from a selection of nibbler cookies in Medical Hero tins with code NURSE at checkout. [Click Here](#)
- **NJ FoodBank:** Providing nutritious food to families in need. Check to see availability in your area and where you can locate mobile food pantry locations. [Click Here](#)
- **NJHelps:** This site will help to see if you are eligible for food assistance (SNAP), cash assistance (WFNJ/TANF or WFNJ/GA), and health Insurance (NJ FamilyCare/Medicaid). [Click Here](#)
- **Philadelphia Food Sites:** Find food sites and student meal sites using the provided map or lists. (Note: orange dots on the map are food sites, and purple dots are student meal sites). [Click Here](#)



- **RBar Energy:** Feed your pursuit with clean, healthy, snacks at a special discount for students, essential workers, and the disadvantaged. [Click Here](#)
- **Snickers:** Send an e-gift card for a free Snickers bar to an essential worker as a token of thanks. Redeemable at Walmart. [Click Here](#)
- **SoulFull:** Non-GMO, clean label food that tastes amazing – enjoy 40% off for healthcare workers through June 30th with code HEALTHCARE40. [Click Here](#)
- **Subway:** For a limited time, get delicious subs made fresh and easy delivered for free with promo code SUBWAYNOW. [Click Here](#)
- **Uber Eats:** To support the community, you get a \$0 Delivery Fee on any order from a local restaurant. [Click Here](#)

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## Gear

- **Adidas:** Heroes get 40% off online merchandise from the sports company that wants to be the best in the world. [Click here](#)
- **Aerosoles:** Donating their most comfortable sneakers to those on their feet fighting COVID-19 while supplies last. [Click Here](#)
- **Allbirds:** Purchase up to five pairs of Wool Runners for \$60 with code: healthcarehero. [Click Here](#)
- **Aloha Collection:** Building an international ohana one bag at a time, this retailer encourages travel, adventure and healthy, active lifestyles and offers 50% off with FRONTLINE2020 code through June 30. [Click Here](#)
- **Asics:** Medical professionals and first responders receive 60% off full priced online athletic products. [Click Here](#)
- **APL:** Athletic Propulsion Labs sneakers at 30% discount to healthcare workers through July 30. [Click Here](#)
- **Baggallini:** Enjoy 30% off full priced bag purchases with code BEWELL through May 29th. [Click Here](#)
- **BibBoards:** Save your ears with face mask snaps in hundreds of designs or create your own with 30% off using code THANKYOU30. [Click Here](#)
- **BlanQuil:** When life is hard, first responders, military, and healthcare workers covered with 50% off a regularly priced products. [Click here](#)
- **Bleets:** These merino wool undergarments are perfect to wear under scrubs for effectively managing moisture and odor-causing bacteria, and are now 30% off for healthcare professionals with code HEROES. [Click here](#)
- **Bose:** Special discounts available on audio products of \$299 or more for front-line responders. [Click here](#)

- **C4:** C4 yourself the incredible Health Professionals Collection! Apple watch bands available at 30% off using code HEROTHANKS. [Click here](#)
- **Dooney & Bourke:** Enjoy a 15% salute to service discount on a broad range of fashion accessories for women and men with timeless American style and highest regard for materials and craftsmanship. [Click here](#)
- **Drymax:** Treat your feet to socks with special Drymax technology, and your wallet to a 20% medical professional discount. [Click here](#)
- **EKO Core Digital Stethoscope:** Get \$20 off this five star-rated piece of equipment using code NerdyNurse through The Nerdy Nurse website. [Click here](#)
- **FitFlop:** Look good and feel great with shoes that support you from the ground up at exclusive first responder discounts. [Click here](#)
- **Fjolk:** Free shoes while supplies last as a thank you to the frontline healthcare workers by emailing [together@fjolk.com](mailto:together@fjolk.com). [Click Here](#)
- **GoPro:** Capture life as you live it with a GoPro HERO08 Black camera now at \$100 off plus free 32 GB SD card and spare battery. [Click here](#)
- **Helly Hansen:** Healthcare professionals can shop online for outdoor gear at 50% off through December. [Click here](#)
- **Jansport:** Packs, bags, and outdoor gear is 20% through December for all military and medical first responders. [Click Here](#)
- **Joya:** Essential workers can enjoy 60% off shoes that relieve the back, cushion the feet and support healthy walking. [Click here](#)
- **Kaktos:** Offering a free pair of socks to health care workers who email [hello@kaktos.com](mailto:hello@kaktos.com). [Click Here](#)
- **Madewell:** Verified community heroes can shop timeless designs and fashions for denim lovers at 15% off for one full calendar year. [Click here](#)

- **Marmot:** This purveyor of the highest quality performance clothing and equipment is offering 40% discount to healthcare workers and first responders through December. [Click here](#)
- **Musette Bridal:** Frontline health care workers receive 20% off any wedding gown through December. [Click here](#)
- **My Medic:** Be prepared for an emergency with the equipment and training needed, along with a 20% discount for medical professionals. [Click Here](#)
- **Nike:** Medical professionals and first responders receive 20% off up to 4 times every 30 days. [Click Here](#)
- **Owala:** Staying hydrated is critical to your “A” game, and for all your hard work, this bottle maker is offering 50% off. [Click Here](#)
- **Puma:** Nurses receive 20% off one of the world’s leading sports brands that has been making fast product designs for the fastest athletes on the planet. [Click here](#)
- **Shoes.com:** With 30% off to frontline workers, this Boston-based business is delivering on its mission to help every person find the perfect shoes for their journey. [Click here](#)
- **Shoe Sensation:** Heroes in healthcare get 20% off any one pair with code: HC20. [Click Here](#)
- **Six Pack Fitness:** Offering 50% off stylish and innovative solutions for those who live and breathe fitness with code: weloveyou50. [Click Here](#)
- **Skechers:** Essential workers receive thanks with 30% off and free shipping. [Click Here](#)
- **Sonos.com:** Verified healthcare workers and first responders get 30% off speakers and home theater sound equipment. Find “Healthcare/First Responder Discount. Verify with ID.me” at checkout to get discount code after verification—valid through December 2020. [Click here](#)
- **Sperry:** Put your best foot forward with legendary shoes from Sperry, along with a 15% discount for nurses and first responders. [Click Here](#)

- **The North Face:** Offering healthcare workers 50% off non-sale items, 10% off non-clearance items at outlet until December 31st. [Click Here](#)
- **Theragun:** Take charge of your daily wellness with effective, natural, innovative solutions now at a 20% discount for health care workers and first responders. [Click here](#)
- **ThirdLove:** To each her own: With 78 sizes, you'll discover insanely comfortable undergarments and one perfect fit, as well as a 15% discount on all items for every day heroes. [Click here](#)
- **Tieks:** Heroes fighting COVID can get a \$100 gift card toward the most versatile flats in the world made of the finest Italian leathers and designed to fold and fit in a purse, through July 15. [Click here](#)
- **Under Armour:** Offering 40% off purchases for all health care workers - to receive discount, verify your eligibility with ID.me and choose Military and First Responder Discount at checkout. [Click Here](#)
- **Universal Standard:** Free piece of attire (tee, bodysuit, tank) to medical workers while supplies last. Perfect for layering under scrubs - Email a photo of your credential to [us@universalstandard.net](mailto:us@universalstandard.net). [Click Here](#)
- **Vera Bradley:** Enjoy handbags, travel items and accessories with iconic prints and smart styles at 15% discount for nurses, military, students, teachers, and first responders. [Click here](#)
- **Vineyard Vines:** Tap into the official style of the Kentucky Derby for any and everything you'd need to get out there and live the Good Life. Medical professionals receive 15% off. [Click here](#)
- **YETI:** Military and first responders can purchase YETI gear with special pricing. [Click Here](#)

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## Health and Wellness

- **305 Fitness:** If you are looking for a fun dance cardio-style workout, 305 fitness has lots of amazing free classes available to watch and follow along with. [Click Here](#)
- **Aetna Resource – Advocacy:** Discover organizations with resources for racial justice, diversity education and mental health. [Click here](#)
- **Aetna Resource – The Benefits of Sleep:** Learn why sleep is necessary for physical, emotional, and mental well-being. [Click Here](#)
- **Aetna Resource – Be Present:** Practice being mindful at work with these simple tips and develop a skill that is good for both your mind and body. [Click here](#)
- **Aetna Resource – Check on Your Emotional Health in Just a Few Minutes:** Through September, take an emotional wellbeing screening to see if you can benefit from services available and be entered in a drawing for gift certificates valued at \$50 or \$500. [Click here](#)
- **Aetna Resource – Coping with Civil Unrest:** Utilize these Resources for Living to help cope with emotional and stress reactions through these challenging times. [Click here](#)
- **Aetna Resource - Coping with COVID-19:** Addresses how to cope with traumatic stress. [Click Here](#)
- **Aetna Resource - Feeling Lonely:** Provides ways to connect with others virtually and to stay active and busy. [Click Here](#)
- **Aetna Resource – Dealing with the Death of a Coworker:** Obtain insights into the grieving process and how to navigate through it. [Click Here](#)
- **Aetna Resource – Envision:** Learn tips on opting for optimism, which can help reduce stress. [Click here](#)
- **Aetna Resource – Grieving a Loved One During COVID-19:** Learn tools and strategies to cope with the loss of a loved one. [Click Here](#)

- **Aetna Resource – Grief from COVID-19:** Resource helps you understand and cope with grief during uncertain times. [Click Here](#)
- **Aetna Resource -- Make #TimeForCare:** Prioritize your health and seek ongoing treatment for chronic diseases with these helpful reminders and videos and more. [Click here](#)
- **Aetna Resource – Natural Disaster Resources:** When unexpected events happen, these resources can help with your emotional or stress reaction. [Click here](#)
- **Aetna Resource – Stay Strong:** Improve your stress stamina, your key to resilience during life’s challenges. [Click here](#)
- **Aetna Resource – Support for the New School Year:** These webinars and articles were assembled to help you adapt to the challenges ahead with online or in person classes. [Click here](#)
- **Aetna Resource – Try, Try Again:** Choose resilience and learn to adapt and thrive during changing times. [Click here](#)
- **Argancoco:** Indulge in a collection of hair products designed with a holistic self-care approach of treating our body, soul, and the earth well—now with 70% off with averagesocialite code and free hand sanitizer. [Click here](#)
- **ArtNaturals:** Essential Heroes receive 25% off plant-based beauty products free from high prices, toxic chemicals and all-around bad vibes. [Click here](#)
- **Avanza Skin:** Heroes in healthcare receive 20% off skin care products with code HERO2020. [Click Here](#)
- **Balance:** Engage and interact with mediation, relaxation, and self-improvement services on your mobile device for free. [Click Here](#)
- **Ballard Spahr:** Qualifying health care workers can receive free essential estate planning legal documents including wills, powers of attorney and living wills. [Click here](#)

- **CorePower Yoga:** Live your power with a variety of free online classes through this on-demand platform. [Click Here](#)
- **Designing Affirmations Worksheet:** Adolescents can design their own positive affirmations and enhance self-esteem over time. [Click here](#)
- **Diabetes Foundation:** Is providing a two-week diabetes backup kit and diabetes emergency insulin administration kit to eligible NJ residents. [Click Here](#)
- **DiveThru:** Dive Thru what you go through with this free guided journaling app that helps you take charge of your mental wellbeing. [Click here](#)
- **Down Dog:** FREE mental and physical wellness apps: Down Dog, Yoga for Beginners, HIIT, Barre, and 7-Minute Workout until January 1<sup>st</sup> 2021 for all healthcare professionals. [Click Here](#)
- **FITON:** Offering free fitness classes that include everything from HIIT, to strength, to Pilates. [Click Here](#)
- **Glucose Revival:** Thrive Glucose necklaces to healthcare workers with diabetes – while supplies last. [Click Here](#)
- **Hallow:** Explore your faith, grow in your spiritual journey, and find peace in silence with this #1 rated, auto-guided Catholic meditation app FREE for one year to nurses. [Click here](#)
- **Headspace:** Offering all US healthcare professionals who work free access to the app through 2020. Simply complete the form via the link provided below. [Click Here](#)
- **Headspace for Unemployed:** Free access – feel less stressed, more resilient, and kinder to yourself. [Click Here](#)
- **Healthy Recipes by Spark Recipes App:** You're just one click away from over 500,000 recipes from the world's largest healthy recipes website, SparkRecipes.com. [Click Here](#)
- **Inner Engineering Online:** Use this technology to improve physical health, enhance mental stability, and promote spiritual well-being for FREE. [Click Here](#)



- **lululemon:** Stay connected and harness collective energy with this online hub of sweat sessions and mindfulness practices. [Click here](#)
- **MetLife for BAYADA:** Complimentary digital estate planning including Healthcare Proxy, Power of Attorney and Last Will and Testament is available through July 31. [Click Here](#)
- **National Institute of Mental Health:** These sharable resources on suicide prevention can be used to educate and raise awareness. [Click here](#)
- **Olay:** Healthcare professionals may obtain a special code via social media for a FREE FACE ANYTHING Skin caring kit. [Click Here](#)
- **Opus Peace - Simple Anchoring Technique:** Video brought to you by Nurse Practitioner, Deborah Grassman, author in 4 textbooks, 25 published articles, and 4 films featuring her work on Soul Injury©. [Click Here](#)
- **Orangetherapy:** Offering free workouts from the comfort of your home. [Click Here](#)
- **Peloton:** Offering a 90-day free trial to their full library of digital classes, which includes cycling, meditation, yoga, running, and more. [Click Here](#)
- **Planet Fitness:** Take advantage of free in-home “work-ins” daily on Facebook Live at 7:00 p.m. EST. [Click Here](#)
- **Playa Beauty:** Restorative, no-fuss haircare products available for 50% off upon request with form. [Click Here](#)
- **Pro Teeth Guard:** Front line workers get a \$100 credit toward custom teeth guards for individuals who clench or grind teeth. [Click Here](#)
- **Prudential On-Demand Video: COVID-19 Series - Social Distancing and The Impact on Mental Health –** 16 minutes in length. [Click Here](#)
- **Prudential On-Demand Video: COVID-19 Series – The Impact and Focus on Anxiety –** 13 minutes in length. [Click Here](#)

- **Prudential On-Demand Video: COVID-19 Series – Best Practices on Remote Work, Challenges, and Mental Health Challenges** – 14 minutes in length. [Click Here](#)
- **Self-Esteem Journal Worksheet:** Help kids reflect on the positive aspects of themselves as well as the things they experience every day. [Click here](#)
- **Self-Esteem Sentence Stems Worksheet:** Adults can help build self-esteem by exploring their own thoughts and feelings to become more comfortable sharing them with others. [Click here](#)
- **Side Chef App:** Features over 16,000 recipes with robust search filtering, meal planning, ingredient delivery, step-by-step guidance with photos, instructional videos, and much more. [Click Here](#)
- **Sleep is Your Super Power:** Listen to this 19 minute TED talk by Matthew Walker, PhD to learn the wonderfully good things that happen when you get sleep, and the alarmingly bad things that happen when you don't. [Click here](#)
- **Smiling Mind App:** Is a unique tool developed by psychologists and educators to help bring balance to your life. [Click Here](#)
- **Solo New York:** Keep moving in style with thoughtfully designed bags and cases and a 50% off FRONTLINE2020 discount code. [Click Here](#)
- **Stop, Breathe, & Think:** Check in with how you're feeling, and try short activities tuned to your emotions. [Click Here](#)
- **Talkspace:** Offering free mental health resources for COVID-19 concerns. [Click Here](#)
- **TB12:** Tom Brady's fitness brand offering a free virtual performance and recovery coaching session to healthcare workers fighting the COVID-19 pandemic. [Click Here](#)
- **Ten Percent Happier:** Various essential workers can get more focus, clarity, and trust through mindfulness meditation on this free app. [Click Here](#)
- **The Diversity Movement:** Learn what you can do right now to make an impact during the unrest in America. [Click here](#)

- **The Edge Fitness Club:** Live streaming free fitness classes to everyone seven days a week including cardio dance, HIIT, and yoga. [Click Here](#)
- **Things I Like About Me Worksheet:** By focusing on inner vs. outer beauty, help young children learn how uniqueness makes a person beautiful. [Click here](#)
- **N. Thomas Johnson-Medland:** BAYADA's own N. Thomas Johnson-Medland shares a blogspot of pastoral care during the COVID-19 pandemic. [Click Here](#)
- **Zimba:** Whiten your teeth using these strips for less than the other guys plus 15% off with code HERO15. [Click here](#)

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## Home

- **Everyday Hero Housing Assistance Fund:** Everyday heroes, including medical professionals, provide free gift funds to help cover closing costs when purchasing a home. [Click Here](#)
- **Homes for Heroes:** Offers savings for healthcare professionals who want to buy, sell, or refinance a house. [Click Here](#)
- **Nurse Next Door:** National home buying program offering grants up to \$6000 and down payment assistance for nurses and all health care professionals. [Click Here](#)
- **Purple:** Sleep like royalty on a mattress with patented cushioning technology, now at a 10% discount for healthcare professionals. [Click here](#)
- **RVshare:** Healthcare workers fighting the COVID-19 pandemic can request FREE temporary housing from RV owners willing to lend you their mobile home. [Click here](#)
- **Tuft & Needle:** Discover the sleep revolution with always-honest pricing and an insistence on high quality materials at a 15% discount for real heroes. [Click here](#)
- **USA Roof Masters:** Free temporary roof repairs to hospital workers/health care workers in the greater-Philadelphia, tri-state area. [Click Here](#)

## Pet Care

- **Keystone K9:** Free dog daycare for dogs of health care professionals in Harrisburg, PA during COVID-19. [Click Here](#)

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## Retail and Services

- **AT&T:** Three months of free wireless service on FirstNet network for frontline nurses and physicians. [Click Here](#)
- **Behr:** Choose from 21 free backgrounds to download and use for your next conference call. [Click here](#)
- **BJ's Wholesale:** First Responders and Healthcare workers can shop without membership on Sunday's from 8:00 to 9:00 am or sign up for a FREE 4-month Inner Circle membership. [Click Here](#)
- **Hallmark:** Share gratitude with free cards for the heroes in your life because a word of thanks can make a world of difference. [Click Here](#)
- **Office Depot and Office Max:** National Student Nurses Association members can get up to 75% off online purchases. [Click Here](#)
- **Plowz & Mowz:** Keeping your yard, lawn, and landscaping maintained has never been so easy with on-demand lawn care! Healthcare workers get a free lawn mow (up to \$60). [Click here](#)
- **Publix:** Thursday 8:00 to 9:00 pm and Friday's 7:00 to 8:00 am are designated shopping hours for first responders and hospital staff. [Click Here](#)
- **Ring:** Exclusive 20% discount on security products including video doorbells, cameras, and alarm systems for first responders, military students, and military. [Click Here](#)
- **Sam's Club:** Hero Hours for all Healthcare workers on Sunday's from 8:00 to 10:00 am. No membership needed until further notice. [Click Here](#)
- **Sprint Perks for Healthcare:** Get an *Unlimited Premium* plan for the price of their *Unlimited Plus* plan. [Click Here](#)
- **Verizon Wireless Everyday Heroes:** Get discounted pricing on wireless and internet. [Click Here](#)
- **Walmart:** Pickup hours from 7:00 to 8:00 am designated for first responders and high-risk customer at select pickup store locations. [Click Here](#)

- **Wolters Kluwer:** Take 30% off your purchase of select titles and get free shipping with code WCOVID30.  
[Click Here](#)

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## Travel

- **AAA:** Free roadside assistance available for medical personnel and first responders. [Click Here](#)
- **Amoco and BP Gas Stations:** First responders, doctors, nurses, and hospital workers can register online to obtain a .50 per gallon gas discount. [Click Here](#)
- **Benchmark:** Essential Heroes will receive employee accommodation rates at a diverse portfolio of hotels and resorts that stretch from Maine to Hawaii through 2020. [Click here](#)
- **Bulls Bikes USA:** Consider these electronic bicycles as an alternative form of transportation—now at special 15% discount for critical workers. [Click here](#)
- **Budget:** Rent a car at up to 25% off for first responders, nurses, and other essential workers. [Click Here](#)
- **GM:** Extended through September 30, eligible healthcare professionals can save on their next Chevrolet, Buick, GMC, or Cadillac vehicle with the GM First Responder Discount. [Click here](#)
- **Priceline:** First Responders get up to 60% off bookings on hotels, cars, flights, and more! [Click here](#)
- **Rad Power Bikes:** When time's not on your side, grab the slick, stylish, and gloriously uncomplicated electronic bike that is, along with a \$200 medical worker discount. [Click here](#)
- **Radisson Hotels:** Emergency workers receive 20% discount on their stay and an upgrade to the best available room at check-in through December 31. [Check here](#)

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