

COVID-19 Relevant Resources from our Connect Partners

Welltok is here to support you and your members during this unprecedented time. To help your members stay as healthy as possible and feel connected, we've curated a list of our most relevant Connect Partners. These partners can help you address the topics that matter most right now.

STRESS MANAGEMENT



me**Q**uilibrium

free public resources

Prolific resiliency training program to help navigate stress and uncertainty

TIP: publicly available web page containing on-demand webinar and a series of additional resources.

 TOTAL
BRAIN

Neuroscience-based brain training exercises to develop cognitive wellness

 Workit Health

Telemedicine addiction treatment and care

 optisom

Sleep support to overcome sleep deprivation and stress

 WebPsychology*

Evidence-based depression, anxiety, and stress support

HEALTHY EATING & PHYSICAL ACTIVITY

zipongo

free public resources

Food decision support platform with meal kits, ready to eat meals, online grocery delivery, and more

TIP: Offering free resources and webinars

nütrimed^y

Virtual one-on-one nutrition counseling with registered dietitians

 KROWD FIT

Incentive program designed to motivate members to be physically active

kurbo^ohealth

An interactive and fun program to help kids and teens build healthy habits

US CORPORATE
WELLNESS

free public resources

Comprehensive health and wellness resources, including relationship-based coaching

TIP: Recently released podcast on COVID-19



TELEHEALTH & CONDITION MANAGEMENT



Digital diabetes and chronic condition management with 24x7 access to health professionals



free public resources

Remote back pain management and telehealth coaching

TIP: launching daily live streamed coach-lead stretch sessions to keep your back healthy.



Digital hypertension management; a clinically-validated smartphone solution for heart disease and high blood pressure



All-in-one digital digestive health support with a personal care team



free public resources

Virtual physical therapy

TIP: Free individual accounts thru July 1, 2020

Interested in learning more
about any of these partners?

Contact your Account Manager or email activation@welltok.com

BONUS: new webinars available (refreshed weekly)

Nutrition Topics

- How to Shop for Food During Mandates/ COVID-19
- Staples to Stock
- Healthy Pantry Meals
- Nutrients to Boost the Immune System
- Quick and Healthy Snacks

Personal Care Topics

- What is Coronavirus: symptoms & treatment
- Handwashing Demo
- Myths about Coronavirus
- Social Distancing
- Transmission of Coronavirus

Exercise Topics

- Exercises Anyone can do at Home
- Basic Equipment for the Home Gym
- Full Body Strength Workout at Home
- HIIT at Home
- How to Progress and Regress Exercises at Home

Emotional Topics

- How to Work From Home and Stay Sane
- Tips for Working From Home with the Kids
- Managing Through the Stress
- Grief and Acceptance of a New Normal
- State the Fear