

Employee Resources

MEDICAL Resources

Blue Cross Blue Shield of Texas

The Employees Retirement System of Texas and Blue Cross and Blue Shield of Texas are committed to giving you the help and resources you need related to coronavirus and COVID-19.

We are pleased to announce a new resource for coronavirus-related health concerns for HealthSelectSM participants. In addition to virtual visits, you now have the option to speak with a trained Catapult Nurse Practitioner about COVID-19.

How it works

- Visit your secure participant portal at www.ERSassist.com and type the word “support” in the password field.
- Here you can find daily updated information about COVID-19 along with links to resources across Texas, like coronavirus testing sites.
- If you have specific health concerns and would like to speak with a nurse practitioner, simply click on the “Speak to a Nurse Practitioner” button and fill out the online form on the next page.
- A nurse practitioner will call you back within 24 hours to discuss your health concerns or any symptoms you or a family member may be having, and recommend any follow-up treatment, if needed.

Participants must be 18 or older to request a consultation. All HealthSelect participants can request to speak, by phone, with a Catapult Nurse Practitioner at no cost.

Depending on your situation at time of the consultation, you may be directed to follow-up with your primary care provider, or seek care at an urgent care center or hospital. If you are experiencing life-threatening symptoms, stop and call 911.

Visit www.ERSassist.com for more information (don't forget to type “support” in the password field for access).

If you have any questions regarding COVID-19 resources or your HealthSelect benefits, call a BCBSTX Personal Health Assistant toll-free at (800) 252-8039, Monday - Friday 7 a.m. – 7 p.m. and Saturday 7 a.m. – 3 p.m. CT

BCBSTX Resources

Virtual Visits

BCBSTX HealthSelect participants have access to **mental health care** and **medical health care** through virtual visits as an alternative to regular office visits. Participants can consult a health care professional through [Doctor On Demand®](#) and [MDLIVE®](#) face-to-face from their smartphones or internet connection any day of the week.

- Mental health virtual visits are covered at the same benefit level as a network mental health office visit (\$25.00).
- Medical health care visits are at no-cost if enrolled in [HealthSelect of Texas®](#), [HealthSelectSM Out-of-State](#) or [HealthSelectSM Secondary plans](#). This means you will have 100% coverage for medical virtual visits under your plan for medical services (excluding mental health care).

Consumer Directed HealthSelect participants are required to meet their annual deductible before virtual visits are covered, subject to the coinsurance for those plans after the deductible is met.

To learn more or schedule a virtual visit with a mental health care or medical health care professional, [click here](#).

EMOTIONAL WELLNESS Resources

Employee Assistance Program

The University's Employee Assistance Program (EAP) is a confidential counseling and referral program available to eligible employees and their families. Accessible online with the user name and password **uteap/uteap** and via their 24 hour crisis line (1-800-346-3549). The EAP provides a variety of resources including tele-counseling if an in-person appointment is not possible. To access and learn more about EAP resources click below.

[Counseling, Legal/Financial Advisement, Life-Work Balance and More](#)

UH Counseling and Psychological Services (CAPS)

CAPS has officially launched a **new virtual workshop series: Coogs Conquer COVID (C3)**. Our C3 workshops are designed to provide helpful tips and a discussion space around the range of emotions and challenges faculty and staff are facing during this time, including anxiety, social isolation, grief, and relationship conflict. The first offering will be **Thursday, April 16th at 12 pm**. Weekly sessions will be offered. Please consider joining one of these free ongoing programs offered daily at noon. For more information, full schedule, and Zoom links, as well as a host of other helpful resources, visit <https://uh.edu/caps/resources/covid-19/#features>.

UH Wellness – Weekly Guided Meditation

Check in every Thursday from 12:15 – 12:45 PM for guided meditation via Zoom

Join Zoom Meeting: <https://zoom.us/j/808083027> Meeting ID: 808 083 027

- Thursday, April 16th Guided Meditation – Recognizing Resiliency
- Thursday, April 23rd Guided Meditation – Sleep
- [Mental Health](#)
- [Coping with Stress, Fear, and Uncertainty](#)
- [UH Professor Shares Cabin Fever Prevention Tips](#)
- [Managing Stress & Anxiety](#)
- [Coronavirus Sanity Guide](#)
- [Physical, Not Social Distancing: Staying Connected in the Coronavirus Age](#)

SOCIAL WELLNESS Resources

Bright Horizons

The Bright Horizons benefit provides participants with family solutions and additional family support in the form of back-up child care and/or elder care.

- **Back-Up Child Care:** Bright Horizons offers both center-based and in-home child care when regular care arrangements fall through, for unexpected school closures or illness, or as an out-of-town resource during conference travel. Center-based care is \$15 per child, per day or \$25 per family per day. In-home care is \$6 per hour for up to three care recipients, with a four-hour minimum.
- **Back-Up Elder Care:** If you serve as the primary caregiver for an elder or loved one, utilize in-home backup care for your loved one's needs. In-home care is \$6 per hour for up to three care recipients, with a four-hour minimum.

To get started, visit: <https://clients.brighthouse.com/uh>. Registration is free. Please be aware you must register before you can utilize these services.

Input Username: **UH** and Password: **care4you**.

You can also download the App: Search "back-up care" in the [App Store](#) or [Google Play](#).

You only pay for care that you use. For questions and assistance, call 877-BH-CARES (242-2737).

- [How to Prevent Loneliness in a Time of Social Distancing](#)
- [Human Connection Bolsters the Immune System](#)
- [Staying Connected Despite Social Distancing Video](#)
- [How to Socially Distance and Stay Sane](#)
- [Corona and the Isolation Paradox](#)
- [Staying Happy While Social Distancing](#)
- [The Dos and Don'ts of 'Social Distancing'](#)

FINANCIAL WELLNESS Resources

- [UH Experts Warn Against COVID-19 Cyber Scams](#)
- [UH Law Center's Health Law & Policy Institute Organizes COVID-19 Legal Resources Toolkit](#)

ERS Financial Fitness for your Future!

In this webinar you will learn strategies to build a stronger financial foundation for your future with the Office of Consumer Credit Commissioner. Financial education is key to understanding and knowing the importance of good credit, how to manage debt, and how to build wealth. It can provide tools and skills that will help you make informed financial decisions that impact your financial, physical, and mental health.

[Wednesday, April 15th 12-1 p.m. Registration Link](#)

Ready, Set, Retire! – Regular Service Employees Webinar

[Wednesday, May 6th 10 – 11 a.m. Registration Link](#)

State of Texas TexaSaver 457B Program

- [TexaSaver](#)

Voya

Budgeting, Financial Wellness, Retirement Planning, Investing

- [Live and on-demand sessions in English and Spanish](https://www.voya.com/voyalearn) <https://www.voya.com/voyalearn>

Getting Started, Staying on Track, Preparing to Retire and Life Events

- [Get Ready to Retire Better blog posts](https://blog.voya.com/) <https://blog.voya.com/>

Retirement

- [Retirement Seminar Library](#)

Market Conditions and Volatility

- [Shook Up by Market Volatility](#)
- [Navigating Market Volatility \(Dollar Cost Averaging\)](#)

Fidelity

Budgeting, Savings, Funding College, Retirement and much more Live Web Workshops

- [Spring Financial Wellness Series](#)

PHYSICAL WELLNESS Resources

University of Houston Rec Center

- [Workout Virtually with the Rec!](#)

Free Live Yoga on Zoom for UH Employees

- Wednesdays, 12 – 1 PM, [Beginners Yoga](#), Meeting ID: 987-132-315, Passcode: N/A
- Wednesdays, 8 – 9 PM, [Yin Yoga](#), Meeting ID: 383-385-654, Passcode: N/A
- Thursdays, 12 – 1 PM, [Yoga All Levels](#), Meeting ID: 949-375-932, Passcode: N/A
- Saturdays, 10 – 11 AM, [Yin Yoga](#), Meeting ID: 791-144-486, Passcode: 0000
- Sundays, 11 AM – 12 PM, [Yin Yoga](#), Meeting ID: 573-637-816, Passcode: 0000

[Video Recording Archive](#)

Texas Department of Public Safety

- [Physical Wellness Webinar Archive](#)

Texas DPS Unconventional Workout Equipment Webinar on 4/16/2020

Sixty-two percent of adults who say they exercise to help manage stress say the technique is very or extremely effective according to the American Psychological Association's 2014 Stress Survey. Yet, finding exercise equipment to use to manage stress during the current health crisis can be difficult . . . until now, as this webinar will help provide ideas on unconventional workout equipment at home along with ways to use effectively.

- [Thursday, April 16th at 10-11 a.m. Registration Link](#)

- [Thursday, April 16th 12-1 p.m. Registration Link](#)

What is Naturally Slim?

- [Wednesday, April 22nd 1-2 p.m. Registration Link](#)

What is Real Appeal?

- [Tuesday, May 5th 1 -2 p.m. Registration Link](#)

Additional Resources

- [Benefits of Walking](#)
- [Just Keep Moving](#)
- [Healthy Eating and Food Hygiene Tips](#)

OCCUPATIONAL WELLNESS Resources

- [Working from Home: What You Need to Know](#)
- [Working from Home with Your Kids](#)

SPIRITUAL WELLNESS Resources

- [Deepak Chopra: The Coronavirus and the Need for Spiritual Well-being](#)
- [Spirituality and Your Health](#)
- [Brene Brown on Navigating the New Normal Audiocast](#)
- [Brene Brown: Practice Gratitude & Love with Your Whole Heart! Video](#)

ENVIRONMENTAL WELLNESS Resources

- [What Is PPE? Everything You Need to Know about Personal Protective Equipment Amid the Coronavirus Outbreak](#)
- [Masks and Gloves Are Being Littered in the Wake of the Coronavirus Outbreak](#)
- [Procedure for Putting On and Taking Off Personal Protective Mask and Gloves Video](#)

INTELLECTUAL WELLNESS Resources

- [Fighting Boredom? Take a UH Free Online Class](#)
- [There's Never Been a Better Time to Pick Up a New Hobby](#)

CULTURAL WELLNESS Resources

- [The Coronavirus Is Causing an Outbreak in America of Anti-Asian Racism](#)
- [Anti-Asian Racism During Coronavirus: How the Language of Disease Produces Hate and Violence](#)
- [Racist Attacks Amid Pandemic Video](#)