



Wellness Resource Guide: Working from Home and Social Distancing

Prevention / Staying Well

[MDLIVE](#)

This is fully covered (**\$0 copay**) for UT SELECT BCBS members. MDLIVE lets you have a live consultation with an independently contracted, board-certified MDLIVE doctor 24 hours a day, seven days a week by online video, mobile app or phone. Even if you are not sick, we encourage everyone to activate your account now so that you can skip this step when you are actually sick and need to see a doctor soon. Watch this [video](#) to learn how to register and schedule an appointment.

[Blue Cross Blue Shield Health Advocacy Solutions \(HAS\)](#)

This is for UT SELECT BCBS members only. Call 1-866-882-2034 or chat live 24/7 either online or the BCBSTX app to get help with understanding your care options and benefits, finding network providers, or getting you connected with the resources you need.

[Centers for Disease Control and Prevention \(CDC\)](#)

Use the CDC to get up to date information about how to protect yourself from illness, how to disinfect, and much more.

[AHA Life's Simple 7](#)

Use the My Life Check as an interactive online tool that helps people assess and track their heart health information and gain a better understanding of their risk of heart disease and stroke.

Nutrition

[H-E-B Nutrition Services](#)

This is fully covered (**\$0 copay**) for UT SELECT BCBS members. Talk to a registered dietitian in person or online.

[Choose My Plate](#)

Choose My Plate has great recourses and recipes to help you keep your nutrition on track.

Stress Management
<p>Mindful Breathing Meditation Videos</p> <p>Take a break and watch this 3 minute video and 10 minute video to slow down your mind and focus on your breathing.</p>
<p>Headspace App</p> <p>The free Headspace App will teach you life-changing skills of meditation and mindfulness in just a few minutes a day.</p>
<p>BCBS Centered App</p> <p>This is for UT SELECT BCBS members only. Set a daily steps goal and a weekly mindful meditation goal to stay centered.</p>
<p>How to Stay Sane While Working From Home</p> <p>This video will go over tips and tricks to being productive and stress free while working from home.</p>
<p>MDLIVE Behavioral Health</p> <p>This is fully covered (\$0 copay) for UT SELECT BCBS members. MDLIVE has licensed therapists that offer help through video chat for anxiety, depression, and a variety of disorders.</p>
<p>Employee Assistance Program (EAP)</p> <p>The Deer Oaks EAP is a free service provided for you and your dependents by your employer. This program offers a wide variety of counseling, referral, and consultation services, which are all designed to assist you and your family in resolving work/life issues in order to live happier, healthier, more balanced lives.</p>
<p>Skillsoft</p> <p>Use UTSA Training and Development's new online training port to take courses and download books or resources. Click on "The Library" in the top left corner and choose topics such as well-being or professional effectiveness to gain the knowledge you need to improve your time management or productive skills and telecommuting among many more.</p>

Physical activity
<p>10K-a-Day Online Physical Activity Platform</p> <p>This is fully covered (\$0 copay) for UT SELECT BCBS members only. Click opt in, register, and sync a device and keep up with your activity until our next physical activity challenge. This is an ongoing program where you can virtually travel while logging your physical activity. This can be done on your own all year long.</p>
<p>Fitness Blender</p> <p>Fitness Blender is a free resource that has tons of workout videos including yoga, cardio, strength training, HIIT, and many more that you can do at home or in your office with no equipment. Click on the workout videos tab and filter the duration, difficulty, and training type to your needs. Whether you have 5 minutes or an hour or are a beginner or an expert there is something for you.</p>
<p>Stand up</p> <p>Set reminders on your phone or computer to stand up at least every hour. If you can, take 2-5 minutes to do a few stretches or exercises at your desk.</p>
<p>Walk</p> <p>Walking is free and requires no equipment! Take a walk during your lunch break and use your Wellness Leave time to add 30 minutes three times a week for physical activity.</p>

Ergonomics

[Telecommute Self-Evaluation](#)

Use our Telecommute Self-Evaluation tool to learn the basics on how your workspace should be set up. You can use this tool for your home office or your office on campus. If further questions or evaluation is needed a phone call or Teams meeting can be set up to discuss your workstation at home or on campus.

[Online Office Ergonomics Training](#)

Take UTSA Training and Development's online office ergonomics training to learn how to prevent and recognize common workstation injuries and enhance your comfort, safety, and performance at your workstation.

[How to Stay Sane While Working From Home](#)

This video will go over tips and tricks to being productive and stress free while working from home.

Managing Your Chronic Disease

[Omada](#)

This is fully covered (**\$0 copay**) for UT SELECT BCBS members only. Omada is clinically proven to help reduce your risk of Type 2 diabetes and help participants lose weight through the use of online lessons, a health coach, and much more.

[Livongo](#)

This is fully covered (**\$0 copay**) for UT SELECT BCBS members only. Livongo is a simplified new approach to diabetes management for those living with Type 1 or Type 2. You will receive an advanced glucose meter, unlimited test strips and supplies, and expert advice from Certified Diabetes Educators.

[Hinge Health](#)

This is fully covered (**\$0 copay**) for UT SELECT BCBS members only. Hinge is a new approach to help you conquer chronic pain without surgery or drugs. Features include at home exercise therapy and behavioral coaching for chronic back, knee, and hip pain delivered remotely using mobile and wearable technology.

Rowdy New U Resources

You can contact Rowdy New U through [email](#) or by calling (210) 458-4047. If you would like information about any wellness topic for your department or would like a short presentation on any of the following resources, please let us know.