

RESOURCES TO SUPPORT YOU AND YOUR FAMILY DURING COVID-19

MENTAL HEALTH AND PEER SUPPORT SERVICES

- **Confidential assistance** from trusted colleagues who serve on the ACCMA Advisory Committee on Physician Wellbeing. Committee members are available to provide immediate peer support at no cost. [Click here](#) to contact ACCMA.
- Our **resource list** of counselors can provide you with confidential counseling or coaching services from **vetted mental health specialists** who are experienced in working with physicians. The ACCMA does not negotiate rates or pay for these consultations.
- The Care 4 Caregivers program from the California Medical Association provides free emotional and professional support for **clinicians who have tested positive** or have symptoms with the coronavirus and are in self-quarantine. Peer coaching via phone will help with the emotional side effects of isolation and worries about family members and loved ones.
- The ACCMA has partnered with Linda Hawes Clever, MD, founder of RENEW, for a free webinar on **practical strategies to cope with stress** during this difficult time. This webinar on April 22 at 6:00 pm will be recorded for on-demand access. [Click here](#) to register or to access the recorded webinar.
- RechargedMD is offering ACCMA members complimentary **online peer discussion groups**. With the guidance of a certified coach, physicians can receive and offer support, as well as learn from one another. Small groups will meet beginning on April 25 for 45 minutes per week for three facilitated sessions.
- Access the UCSF ongoing webcast series "Emotional Resilience During the COVID-19 Crisis."

For more resources, including practice management, clinical guidance, and key contacts, go to accma.org/COVID-19

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CHILDHOOD EDUCATION AND CHILDCARE

- KQED is broadcasting **educational programming aligned with state standards** in response to school closures for all children and youth in California.
 - This new educational schedule is on KQED Plus in the Bay Area and includes free corresponding digital learning media and activities for at-home learning.
 - Educational programming runs each weekday, and is time blocked for different ages and grade levels:
 - TK to 3rd grade from 6:00 – 8:00 am
 - 4th to 8th grades from 8:00 am – 1:00 pm
 - 9th to 12th grades from 1:00 pm – 6:00 pm
- **Seussville** (up to 3 years of age): Read and play games with Dr. Seuss and his friends.
- **Storyline Online**: Streaming videos of celebrated authors reading children's books along with original animations.
- **YMCA Popup Childcare** (SF, Marin, and San Mateo): Free childcare for essential employees; breakfast and lunch are included. Email popup2020@ymcasf.org.
- Comcast is offering **two months of free service** to new customers with children. Call (844) 488-8395 or [click here](#).

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FINANCIAL RESOURCES

- Students, Parents of Students, and Graduates: Scholly is providing \$200 in cash assistance to **help students cover expenses** such as groceries, health supplies, and other necessities.
- Federal student loans will be **deferred for 60 days** due to coronavirus outbreak
 - The forbearance will be in effect for a period of at least 60 days, beginning on March 13, 2020.
 - To request this forbearance, borrowers should contact their loan servicer online or by phone.
 - There is an automatic suspension of payments for any borrower more than 31 days delinquent as of March 13, 2020, or who becomes more than 31 days delinquent, essentially giving borrowers a safety net during the national emergency.
- California is enacting a **temporary ban on evictions** until May 31.
 - Tenants must notify their landlords of their inability to pay rent within seven days after their rent is due.
 - Evictions can still be filed and processed. Once June 1 arrives, evictions will proceed. Evictions are simply delayed until June based on this order.
- CA Homeowners to receive up to **90-day mortgage payment relief** during COVID-19 crisis
 - No negative credit impacts resulting from relief.
 - Moratorium on initiating foreclosure sales or evictions for at least 60 days
 - Relief from fees and charges for at least 90 days.
 - Apply for loan relief by [clicking here](#).

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GROCERIES/SUPPLIES/FOOD SERVICES

- Freshly: Enter promo code **corporatefresh110** to receive 10% discount on weekly orders.
- Home Chef: Enter promo code **REVIEWEDFB100** to save \$100 on your first 4 orders; each order will be discounted \$25.
- Lyft is delivering medical supplies and food for health care organizations.
- Methodology is offering 30% discount on meal delivery for health care workers.
- Safeway: Enter promo code **SAVE20** at checkout to save \$20 and get free delivery on your first order (minimum purchase of \$75).
- **Tips for ordering** from Whole Foods through Amazon (Prime membership required):
 - Place your order at midnight. At midnight, they release the delivery slots for the next day. For example, if you sign on at midnight on 4/15/20, you'll see open delivery slots for 4/16/20.
 - Use the Amazon.com website or the Amazon app, and NOT Amazon Fresh or the Prime Now App; the latter have many less available time slots.
 - You can virtually shop during normal hours, and then plan to checkout at midnight.
 - Be prepared for substitutions and cancellations. You will get text messages asking you for comparable substitutions in the 2-hour period before your delivery window.

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GROCERIES/SUPPLIES/FOOD SERVICES

- Supermarket/drugstore hours and dedicated shopping time for 'at-risk' community
 - **Albertsons/Lucky/Pak & Save/Safeway/Lucky/Andronico's** (all Albertson's company stores): Shopping hours for at-risk guests are 7 to 9 am Tuesday and Thursday.
 - **Bi-Rite Market:** Store hours are 9:00 am to 8:00 pm. Shopping hours for at-risk guests: 8:30 to 9 am every Monday through Friday.
 - **Canyon Market:** Store hours are 8 am to 8 pm. Shopping hours for at-risk guests: 7 to 8 am every day.
 - **Costco:** Warehouses will close at 6:30 pm Monday through Friday and at 6 pm Saturday and Sunday. Shopping hours for at-risk guests are 8 to 9 am Tuesday through Thursday.
 - **CVS:** Most stores close at 9 pm. No special shopping hours for at-risk guests.
 - **Gus's Community Market:** Store hours are 8 am to 8 pm. Shopping hours for at-risk guests are 7 to 8 am every day.
 - **Mollie Stone's Markets:** Store hours are 8 am to 8 pm. Shopping hours for at-risk guests are 7 am to 8 am on Tuesday, Thursday, and Saturday.
 - **Other Avenues Food Cooperative:** Store hours are 8 am to 9 pm. Shopping hours for at-risk guests are 9 to 10 am.
 - **Rainbow Grocery:** Store hours are 9 am to 7 pm (be in line by 6:30 pm). Shopping hours for at-risk guests are 9 to 10 am every day.

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GROCERIES/SUPPLIES/FOOD SERVICES(contd.)

- **Sprouts Farmers Markets:** Store hours are 7 am to 8 pm. No special shopping hours for at-risk guests.
- **Target:** Most stores close at 9 pm. Shopping hours for at-risk guests are the first hour of shopping each Tuesday and Wednesday.
- **Trader Joe's:** Store hours are 9:00 am to 7 pm. Shopping hours for at-risk guests are 8 to 9 am. Closed Easter Sunday.
- **Walgreens:** Most stores close at 9 pm. No special shopping hours for at-risk guests.
- **Whole Foods:** Store hours are 9 am to 8 pm. Shopping hours for at-risk guests are 8 to 9 am.

EXERCISE

■ Yoga

- **CorePower Yoga:** Free access to special weekly collection of online classes.
- **Down Dog app** is free until May 1; free for health care workers through July 1.
- **Seven-Minute Yoga Workout for Older Adults:** Builds strength, improves flexibility, and boosts balance.
- **Yoga with Adriene:** Always free on YouTube.
- **YogaWorks:** Free online classes until further notice with promo code ONLINE.

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EXERCISE (contd.)

■ Workouts

- **Barry's Bootcamp:** Free on Instagram Live at 6AM, 9AM, and 12PM PDT. Workouts are saved on the IGTV app.
- **ClassPass:** Access their entire library of prerecorded workouts for free; no subscription required.
- **FitOn:** App with workouts by celebrity trainers, always free.
- **Gold's Amp:** Free access to video workouts through the end of May with promo code **FIT60**.
- **Planet Fitness:** Free workouts on Facebook Live at 4 pm PT.
- **Pamela Reif:** Always free on YouTube.
- **Popsugar Fitness:** Always free on YouTube.

RELAXATION/MEDITATION

- **Headspace** (meditation app): Headspace Plus is free for health care professionals through 2020; two-week free trial for general public.
- **Calm** (meditation, sleep, and relaxation app): Seven-day free trial for everyone.
- **Stop, Breathe & Think:** Always free, and for kids too.
- **Insight Timer:** Free library of various types of meditations.
- **10% Happier:** Free subscription for health care providers with gift code **HEALTHCARE**.
- The East Bay Meditation Center has moved its classes online.

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COPING WITH STRESS AND ANXIETY

- **Ginger** (behavioral health coaching): Free for health care clinicians through June 2020.
- **Sanvello**: Free premium access for everyone during COVID-19 pandemic.
- **Happify**: Some free content, including stress reduction and techniques to address anxiety.
- **MindShift CBT**: Free content, including strategies to address general worry, social anxiety and panic.

ARTS, MUSIC, BOOKS, ETC.

- **Audible** is making hundreds of audiobooks available for free.
- **Scribd** is offering free access to millions of ebooks, audiobooks, magazine articles, and more for 30 days with no strings attached; no credit card necessary. Runs until April 17.
- Stream **Metropolitan Opera** performances for free.
- **SF Jazz** is presenting a weekly streaming concert series called Fridays at Five. Enjoy four world-class jazz concerts for \$5 per month; free to SF Jazz members. Scroll down to Digital Membership.
- **Armchair travel**: Watch full episodes or short clips of Rick Steves' Europe series.

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