

## **Accommodations for Staff During COVID-19 Crisis**

NYC Health + Hospitals has made several accommodations to ensure staff and their families remain safe and healthy during this crisis.

### **Childcare**

NYC Health + Hospitals partnered with Department of Education, Bright Horizons and Sittercity to provide childcare for staff.

1. Bright Horizons is offering access to licensed child care centers and a network of screened, in home care givers for children.
2. The Department of Education provides childcare for staff in their Regional Enrichment Centers (RECs), which include early childcare centers in addition to K-12 sites, and are located in every school district.
3. Sittercity is a website that connects parents to babysitters in their local area.

These options are open to all NYC Health + Hospitals employees, temporary and affiliate staff. RECs and Bright Horizon are free for staff. Employees must cover the cost of the babysitter hired through Sittercity.

For more information, go to: <http://ess.nychhc.org/child-care-services.html>.

### **Hotel Accommodations**

NYC Health + Hospitals is here to help employees during this COVID-19 crisis. Hotel rooms may be reserved for reasons that include, but are not limited to, self-quarantine, possible COVID-19 exposure, inability to return home for risk of exposing members of their household, or other COVID-19 related reasons. Hotels are for NYC Health + Hospitals employees, including affiliate and temporary staff, in clinical and non-clinical roles.

For more information, go to: <http://ess.nychhc.org/hotel-reservations.html>.

### **Taxi Rides**

NYC Health + Hospitals is providing free taxi rides through the vendor, Curb, for all Health + Hospital employees and affiliates at acute care sites.

For more information, go to: <http://ess.nychhc.org/uploads/Curb-Taxi-rides.pdf>.

### **Vans**

NYC Health + Hospitals partnered with Sinai Vans to provide employee shuttle bus services. The vans are running between facilities and the transit hubs around the facilities. If staff require transportation to or from the facility, please refer to the Sinai Van Service weekday and weekend van schedule located [here](#).

### **Street Parking Limited Permits**

The Department of Transportation has assigned a limited number of on-street parking permits to staff. Priority will be given to front line clinical, clinical support and non-clinical front-line staff for use around the facility area. Temporary and affiliate staff are eligible. For more information, go to: <http://ess.nychhc.org/employee-resources.html>.

### **Employee Assistance Program (EAP)**

EAP is currently offering online seminars and a tele-health option to assist frontline staff during the COVID-19 crisis. The seminars range from brief online videos to fifteen (15) minute Zoom groups. For telehealth, EAP is providing text, video and phone options for staff who want to speak to a mental health professional at the end of their shift to process their day. If staff want to utilize any of these resources, they should contact Claire Cammarata – [ccammarata@olr.nyc.gov](mailto:ccammarata@olr.nyc.gov). For personal one on one counselling please call 212.306.7660 or email [eap@olr.nyc.gov](mailto:eap@olr.nyc.gov).

### **Perks at Work Community Online Academy (COA)**

NYC Health and Hospitals' partner, Perks at Work, created a free Community Online Academy (COA) to help adults and children stay engaged and learn while they stay home during this challenging time. The COA offers a variety of 30+ live expert-led classes every Thursday. All of these classes are available to NYC Health + Hospitals employees for free.

To see a full schedule of classes and register, go to: <https://edu.perksatwork.com/>.

### **Retirement: Changes Due to COVID-19**

Central Office HR Retirement services is helping local HR departments across the System with the processing of retiree related documents with NYCERS and OLR. Central Office HR Retirement Services along with NYCERS and OLR developed a process whereby employees who are looking to retire, can do so electronically, as well as submit online requests for the continuation of health benefits and MBF benefits. For more information, go to: <https://www.nycers.org/covid-19>; <https://www1.nyc.gov/site/olr/health/healthhome.page>.

For more information about COVID-19 resources at NYC Health + Hospitals, go to:

External Site: <http://ess.nychhc.org/covid-19-guidance-and-resources.html>

Internal Site: <http://hhcinsider.nychhc.org/sites/COVID-19/Pages/Index.aspx>

If you have questions about any of the accommodations or initiatives, please contact William Murray – [murrayw@nychhc.org](mailto:murrayw@nychhc.org).

### Discounts for Staff During the COVID-19 Crisis

Our partner, Perks at Work, is offering an assortment of discounts on consumer electronics, home furnishings, and fitness equipment. To view the discounts, please login or sign up for free using your NYC Health + Hospitals email @ [www.perksatwork.com](http://www.perksatwork.com). Once you are in their portal, navigate to tab, [Perks at Home](#), to view these offers, and to tab, [Perks & Exclusives: Exclusives](#), to take advantage of substantial savings from Perks at Work strategic vendors. These exclusive discounts are usually unique and not found through the normal discount channels.

The following pages contain a list of discounts offered to healthcare workers during the COVID-19 crisis.

#### Mental and Emotional Health:

<p><b>HeadSpace</b> <a href="#">Click Here to Access</a></p>	<p>Free Headspace Plus access to all healthcare professionals with a NPI number through 2020.</p>
<p><b>Ten Percent Happier</b> <a href="#">Click Here to Access</a></p>	<p>Health Care workers can access for free. All others have access to a COVID-19 Sanity Guide (<a href="#">Click Here</a>)</p>
<p><b>Talk Space</b> <a href="#">Click Here to Access</a></p>	<p>Medical professionals receive 1 free month of Talkspace's Unlimited Messaging Plus plan - including online therapy in the form of text, audio and video calls with a licensed therapist.</p>
<p><b>Neurocore Brain Performance</b> <a href="#">Click Here to Access</a></p>	<p>Based in Grand Rapids, Michigan, is offering free telehealth counseling to all first responders and medical professionals in the U.S. through May 1st, 2020.</p>
<p><b>Frontline Helpline</b> (866) 676-7500</p>	<p>For frontline/first responders</p>
<p><b>Safe Call Now</b> (206)-459-3020</p>	<p>Staffed by first responders for first responders &amp; family</p>
<p><b>Reloveution</b> <a href="#">Click Here to Access</a></p>	<p>Reloveution has created a bank of mental health professionals who have volunteered clinical hours to virtually support COVID-19 first responders. ALL SESSIONS ARE COMPLETELY FREE. Any first responder will be matched with a professional within twenty-four hours.</p>
<p><b>The Art of Living</b> <a href="#">Click Here to Access</a></p>	<p>The Art of Living is now offering evidence based breathing techniques to keep you resilient and strong free of charge to health care workers during the COVID-19 pandemic.</p>
<p><b>Real</b></p>	<p>Offering free group therapy sessions and digital events on different mental health topics.</p>

[Click Here to Access](#)

**Physical Health:**

<p><b>Nike Training Club</b> To Access Download the App</p>	<p>Nike is waiving the \$14.99/month fee for premium service indefinitely granting people access to more than 185 free workouts.</p>
<p><b>Down Dog Yoga</b> <a href="#">Click Here to Access</a></p>	<p>App free for all healthcare workers through July 1st.</p>
<p><b>Lifetime Fitness</b> <a href="#">Click Here to Access</a></p>	<p>Offering free at home workouts.</p>
<p><b>Peloton</b> <a href="#">Click Here to Access</a></p>	<p>Peloton has extended their free trial from 30 to 90 days. Not just for biking!</p>

**Entertainment:**

<p><b>The Met</b> <a href="#">Click Here to Access</a></p>	<p>Offering live streams of opera every night</p>
<p><b>HBO</b> <a href="#">Click Here to Access</a></p>	<p>500 hours of programming available free for a limited time without a subscription on HBO Now and HBO Go.</p>
<p><b>Sirius XM Streaming</b> <a href="#">Click Here to Access</a></p>	<p>Between now and May 15, SiriusXM is offering unlimited free streaming through its web portal and mobile apps.</p>
<p><b>Audible</b> <a href="#">Click Here to Access</a></p>	<p>Audible is now offering 3 free titles with a 30-day free trial.</p>

**Education & Creativity:**

<p><b>Online Courses from Top Institutions</b> <a href="#">Click Here to Access</a></p>	<p>Access 2500+ Online Courses from 140 Top Institutions for Free!</p>
<p><b>Fender</b> <a href="#">Click Here to Access</a></p>	<p>The site offers classes for acoustic and electric guitars and ukulele. Note that although a credit card is not required, this promotion is limited to the first 100,000 sign-ups.</p>
<p><b>NBA League Pass</b> <a href="#">Click Here to Access</a></p>	<p>During the NBA hiatus, watch a free preview of NBA League Pass.</p>

**Food and Beverage:**

<p><b>Krispy Kreme</b></p>	<p>Any doctor, nurse or healthcare staff member with an employee ID can pick up dozens of glazed doughnuts for free from any Krispy Kreme drive-thru every Monday until May 12<sup>th</sup>.</p>
<p><b>Starbucks</b></p>	<p>Any customer who identifies as a healthcare worker will receive a tall brewed coffee — hot or iced — at no charge.</p>
<p><b>Circle K</b></p>	<p>Health care professionals can receive a free coffee or Polar Pop. A valid ID is needed to redeem the free beverage at any time of day or night.</p>
<p><b>O’Charley’s</b></p>	<p>25% off to medical workers, police, &amp; firemen with your ID.</p>
<p><b>Subway</b></p>	<p>Get a free Footlong when you order two Footlongs for takeout. Use code SUBWAYNOW for free Uber Eats, DoorDash, Postmates, Grubhub, and Seamless delivery.</p>
<p><b>Home Chef</b> <a href="#">Click Here to Access</a></p>	<p>50% off at checkout to all hospital employees and first responders. You must be able to verify using ID.me</p>
<p><b>Steak ‘N Shake</b></p>	<p>20% off any Steakburger and/or order of Fries for all first responders -- show your ID.</p>

**Other:**

<p><b>BP Gas Station</b></p> <p><a href="#">Click Here to Access</a></p>	<p>BP is providing 50 cents off a gallon for the people fighting coronavirus (COVID-19) on the frontlines. To receive a discount, visit <a href="http://bp.com/localheroes">bp.com/localheroes</a>. You will be prompted to verify you are a first responder using ID.me. Once you do so, you will get a code via text or email that you can use the next time you get gas.</p>
<p><b>Airbnb</b></p>	<p>The vacation rental agency is offering housing for 100,000 first responders and in some cases, waiving all fees through their site. You can learn more here.</p>
<p><b>Under Armour</b></p> <p><a href="#">Click Here to Access</a></p>	<p>Under Armour is offering all first responders 40% off.</p>
<p><b>Medelita</b></p> <p><a href="#">Click Here to Access</a></p>	<p>Medical workers can receive a 30% discount on Medelita scrubs by using code FRONTLINES at checkout.</p>
<p><b>Big Lots</b></p> <p><a href="#">Click Here to Access</a></p>	<p>Retail company Big Lots is offering a 15% discount off everything for medical professionals, first responders, and active military/veterans. Just show your badge or work/military ID or use code BIGHEROES online. Offer good through April 30.</p>
<p><b>Tide</b></p> <p><a href="#">Click Here to Access</a></p>	<p>Tide is offering free laundry services and dry cleaning to the families (defined as 'next of kin' e.g. same household/address) of frontline responders. The offer is good in participating cities through May 9.</p>
<p><b>Crocs</b></p> <p><a href="#">Click Here to Access</a></p>	<p>Crocs is giving away a free pair of their Classic Clogs to those on the frontline. Stock is limited but you can get in line using the link to the left.</p>
<p><b>Figs Scrubs</b></p> <p><a href="#">Click Here to Access</a></p>	<p>Figs is offering up to 25% off select styles</p>
<p><b>Tula Skin Care</b></p> <p><a href="#">Click Here to Access</a></p>	<p>Offering a 20% Discount for all first responders through April.</p>
<p><b>Cannuka Skin Care</b></p> <p><a href="#">Click Here to Access</a></p>	<p>50% off discounts, plus a free product for health care workers, first responders, teachers, troops, and more.</p>

<p><b>LoveSac Furniture</b></p> <p><a href="#">Click Here to Access</a></p>	<p>Now through May, get 40% off.</p>
<p><b>Health Nut Shop</b></p> <p><a href="#">Click Here to Access</a></p>	<p>Offering 20% off to all Frontline Workers. Health Nut Shop sells everything wellness including skin care, kitchen supplies, clothing, etc.</p>
<p><b>BeeKeeper Naturals</b></p> <p><a href="#">Click Here to Access</a></p>	<p>50% off discount on all of their products to anyone on the frontline. These essential workers can email <a href="mailto:customercare@beekeepersnaturals.com">customercare@beekeepersnaturals.com</a> to receive the discount code before making a purchase on the wellness brand's site.</p>
<p><b>Bloom Selfcare</b></p> <p><a href="#">Click Here to Access</a></p>	<p>Free shipping and 25% all orders for healthcare/frontline workers using code THANKYOU2020. Bloom sells products that are good for your body and the environment.</p>
<p><b>We Are Cabinet</b></p> <p><a href="#">Click Here to Access</a></p>	<p>Curated Medicine Kits are available with a discount for all frontline workers. To receive the discount code, email <a href="mailto:help@wearecabinet.com">help@wearecabinet.com</a>.</p>
<p><b>The North Face</b></p> <p><a href="#">Click Here to Access</a></p>	<p>Through the end of 2020, North Face is offering healthcare workers a <b>50% discount</b>. (Thanks Jane from Advocate Lutheran General Hospital!)</p>
<p><b>Danform</b></p> <p><a href="#">Click Here to Access</a></p>	<p>20% off all footwear with code SUPERHERO20</p>
<p><b>Third Love Bras</b></p> <p><a href="#">Click Here to Access</a></p>	<p>If you are a healthcare professional at any other US location, please take <b>Fit Finder</b>® to confirm your size and email proof of your hospital/healthcare affiliation (badge photo or hospital email), name, size, email, and mailing address to <a href="mailto:donations@thirdlove.com">donations@thirdlove.com</a>. All items are distributed on a first-come, first-served basis.</p>
<p><b>Adidas</b></p> <p><a href="#">Click Here to Access</a></p>	<p>40% Off for all verified medical professionals.</p>
<p><b>Asics</b></p> <p><a href="#">Click Here to Access</a></p>	<p>60% off once you verify you are a medical professional. Can take up to 3 business days to verify and receive your discount.</p>
<p><b>BlanQuil</b></p> <p><a href="#">Click Here to Access</a></p>	<p>50% off all products (weighted blankets) for all healthcare workers.</p>

<p><b>Reebok</b></p> <p><a href="#">Click Here to Access</a></p>	<p>50% off sitewide once you confirm your status as a healthcare worker.</p>
<p><b>On Cloud (Running Shoes)</b></p> <p><a href="#">Click Here to Access</a></p>	<p>50% off certain styles once you confirm your status as a healthcare worker.</p>
<p><b>Nurv Run</b></p> <p><a href="#">Click Here to Access</a></p>	<p>URVV Run <u>accurately captures your running from both feet</u>, providing simple actionable insights and live in-run coaching to help improve your running. Contact them through Instagram (link to the left) to receive 25% off.</p>