The well-being of the members of the Notre Dame community is our highest priority. During these exceptionally stressful times, we want to make sure you are aware of resources available to you as part of our comprehensive benefits. We hope you are able to utilize these resources to help you enhance your well-being. These include medical resources, as well as other resources to support your physical, emotional, financial and spiritual well-being.

**Well-Being Resources**

Find Support for a Wide Variety of Topics Related to COVID-19 Through the COVID-19 Toolkit from LifeWorks (EAP). This newly created toolkit from LifeWorks, our Employee Assistance Program, provides support for a wide variety of topics related to COVID-19. These include: What is COVID-19? Managing Concerns and Anxieties Around Infectious Diseases, Protecting Yourself and Others, COVID-19 in the Workplace, Coping with Loneliness, Financial Worry and Maintaining Your Mental Well-Being.


**Physical Well-Being Resources**

Take An On-Demand Fitness Class for Free with Wellbeats from RecSports. RecSports has partnered with Wellbeats to gain access to the same on-demand fitness classes that we offer in our Private Fitness Studios in the Smith Center for Recreational Sports. Visit [https://bit.ly/nd-wellbeats](https://bit.ly/nd-wellbeats)


Put Your Health First During Stressful Times. Review these 5 tips from WW (Weight Watchers Reimagined) and learn more about the University of Notre Dame’s partnership with WW by visiting wellness.weightwatchers.com and enter the Employer ID: 40434.

**Spiritual Well-Being Resources**

Receive Spiritual Support from our Campus Chaplains. Notre Dame is committed to providing spiritual, faith and pastoral support to its faculty and staff regardless of faith orientation or church affiliation. Staff may email Rev. Jim Bracke, C.S.C., at jbracke3@nd.edu or call him at 574-631-4131. Faculty may email Rev. Frank Murphy, C.S.C., at fmurphy4@nd.edu or call him at 574-631-5242.
Medical Resources

Sign Up for LiveHealth Online (telehealth). By signing up for LiveHealth Online (livehealthonline.com), you can consult a board-certified doctor via your phone, tablet or computer from the comfort of your home, minimizing the risk of exposure to yourself and others. Doctors are available 24/7 to evaluate your symptoms, help you understand if you’re at risk for COVID-19 and tell you if you need to visit a local health care provider in person.

Continue to Use the Notre Dame Wellness Center and Pharmacy. The Notre Dame Wellness Center (notredamewellnesscenter.com) is operating on adjusted hours and offering telehealth services. Call 634-WELL (9355) to schedule a telehealth appointment. The pharmacy is operating as a drive-thru only pharmacy.

Financial Well-Being Resources

Take Advantage of Emergency Backup Care Subsidized Services. The Bright Horizons Back-Up Care program (https://bit.ly/nd-brighthorizons) continues to provide short-term child and elder care services with University-subsidized co-payments. Additionally, their website offers resources to support parents and caregivers, ideas about learning at home activities, book and educational apps/websites recommendations and health and safety considerations for children and elders.

Emotional Well-Being Resources

Consult with a Wellness Coach at the Notre Dame Wellness Center. The Notre Dame Wellness Center Wellness Coaches can help you identify lifestyle issues and make positive changes in all aspects of your health and well-being. If you’re looking to reduce stress, be happier and healthier, stop smoking, lose weight, improve your resilience or sleep, schedule an over the phone coaching session today by calling 574-631-2366.

Speak to Someone About the Personal and Family Challenges You’re Going Through with our Employee Assistance Program (EAP) Lifeworks. By contacting LifeWorks (http://bit.ly/nd-eap), faculty and staff can speak to an EAP consultant to receive professional, experienced guidance and support on a wide range of issues, or referrals to resources, services and support groups in the community. Employees may contact LifeWorks at their own discretion with the knowledge that their contact will be maintained in confidence.

Attend a Webinar About Maintaining Emotional Well-Being During the COVID-19 Pandemic. This 25-minute webinar (https://bit.ly/nd-emotional-wellbeing) sponsored by LifeWorks explains why outbreaks affect our emotional health and provides practical suggestions and tips to cope with anxiety and talk to your children and family.