

July 24, 2020

Dear Macalester Colleagues ,

I want to acknowledge the uneasiness many of us are feeling as the fall approaches, given the flexibility it will require and the unpredictable nature of COVID-19. Being in an environment that evolves or changes from day to day, impacts each us differently. Now, more than ever perhaps, we need to make sure we are doing our best to support each other knowing that we are all in this together.

Employment Services staff are eager to help. Whether you simply need someone to talk to or formal assistance navigating and accessing available resources. With that intention, we wanted to provide information on COVID testing and support or resources available through Employment Services and the Macalester benefit plan. Some of the benefits are tied to our enrolled health plan participants, while the others are accessible regardless of benefit election or eligibility.

You can find more information about each of these benefits by following the links provided to the Employment Services (ES) website. Again, please know that you may contact any ES staff member for assistance or questions. Click below to find an ES staff member.

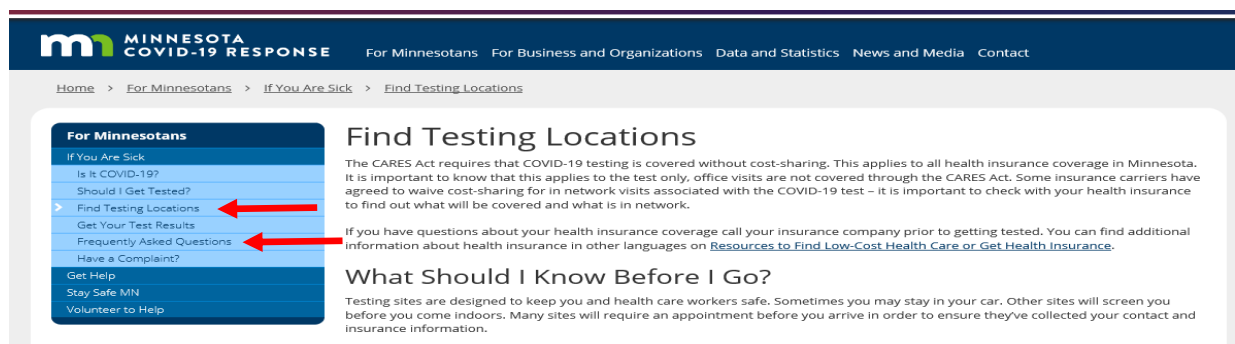
<https://www.macalester.edu/employmentservices/staff/>

I. COVID-19 Testing Guidance and Information

As the COVID-19 situation rapidly evolves, we assembled information about testing resources to assist in screening and locating testing locations. At all times, we encourage communication with your primary care provider. To complement that, we are providing the following guidance and information. At any time, Employment Services is ready to help employees navigate, if help is needed.

Minnesota Department of Health

Visit the Minnesota Department of Health at <https://www.mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp>. Below is a screen shot of their site.



Within this site, there is a self-screening tool that can be used by clicking on the link in the side menu labeled “Is it COVID-19?” This will bring you to a page where you can walk through the screening questions to determine whether you should be tested. After reviewing and clicking on the acknowledgement of the warning, you can answer the questions to determine if you should be tested. You will receive a recommendation from the site on the level of risk you have in contracting the virus based on how you answer the questions.

If your recommended risk states you should be tested, you can find a location by clicking on the link in the side menu labeled “Find Testing Locations”. This is the best place to learn about active testing sites as the locations may change or expand from time to time. This site includes a map with the ability to enter the city in Minnesota closest to your location. This webpage also highlights directions specific to each site before you go. There is also a section that outlines frequently asked questions.

HealthPartners

If you have HealthPartners insurance, visit <https://www.healthpartners.com/coronavirus/covid-19-testing/> to locate testing locations. HealthPartners is partnering with the MN Department of Health and are offering convenient drive-up testing at eight of their MN clinics following a screening and by appointment only. Their site includes the ability to conduct a screening and if it is determined that you should be tested, they will let you know where to go and tell you more about how the drive-up testing works. You can either login to your HealthPartners account before you begin the testing or can continue as a guest. Macalester amended the health plan to cover testing expenses. As a result there is no cost for Macalester HealthPartners’ participants for the COVID-19 tests when billed through the Plan.

Nice Healthcare

Nice Healthcare is available at no cost to any individual covered by Macalester’s health insurance. If you have questions about COVID-19, please schedule a visit with one of their licensed clinicians. Please note that Nice does not provide COVID-19 testing; to locate a site near the college or your home, visit <https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp> or [contact your primary care provider.](#)

II. Macalester Benefits

NEW Benefit - OMADA MIND

Omada Mind is a new online program from HealthPartners that offers support and coaching to help you feel your best. Participants will gain techniques that help them tackle life's challenges: whether it is finding relief in the tough moments, managing the unique stress of today's environment, or developing lasting mindset changes to improve their health for the long haul. With Omada Mind, participants will get secure and convenient access to a dedicated coach, learn tools and techniques to manage stress, and develop a plan that is tailored to fit their needs. Omada features programs that can help with the unique stresses that may have entered your life in the past several months.

To get started participants will want to download the Omada Mind app to their phone or tablet. Once the app is downloaded, they will want to open the app and enter in the following access code: HEA07689.

Link to iOS app: <https://apps.apple.com/us/app/omada-mind/id1482697325>

Link to Google app: <https://play.google.com/store/apps/details?id=com.lighthousemobile>

This online program is available to those currently enrolled in the Macalester health insurance plan and there is no cost through the end of September, 2020.

Nice Healthcare

Nice Healthcare offers chat, video and home primary care visits at no expense to enrolled health plan participants. Nice offers the most commonly accessed primary care labs, x-ray imaging and prescription delivery. In addition, participants can access coaching on topics such as wellness, pregnancy and living with chronic conditions. You can access more information on the Employment Services website by following the link below.

<https://www.macalester.edu/employmentservices/benefits/nice-healthcare/>

The Employee Assistance Program (EAP)

Available to all employees at no cost, the EAP gives you access to a wide range of professional support and resources encompassing mental health, child care, financial consultations, identity theft, legal advice, pet care, senior care and more. The EAP team has taken special steps to recognize the unique challenges of COVID in their service offerings, including the establishment of a comprehensive COVID Resource Center. The Macalester EAP benefit offers 3 mental health consultations at no expense. To learn more, including how to establish an account, please access the information of the Employment Services website.

<https://www.macalester.edu/employmentservices/benefits/employeeassistanceprogram/>

Wellness Coach – Kelly Fang

Available to all employees at no cost, Kelly has been an invaluable resource to many across our community for the last 5 years. As a confidential resource, Kelly provides 1 on 1 coaching, education and programing related to wellness and selfcare. In addition to establishing a secure video platform to continue coaching sessions, Kelly can assist with connecting you to resources that address your personal needs. Kelly also co-leads the Wellness & Health At Macalester (WHAM) committee. You can access more information on the Employment Services website.

<https://www.macalester.edu/wham/wellness-coaching/>

WHAM (Wellness & Health At Macalester)

WHAM continues its community activities and programming during the summer to keep you active and connected while fitness facilities are closed. Current offerings include: Yoga, Strength Training, Mindfulness and Cardio Training. WHAM offerings are open to all employees. Most offerings are free, while some may require a small registration fee. Please follow the link below to learn more.

<https://www.macalester.edu/wham/>

Wellbeats

Wellbeats is an easy-to-use, on-demand fitness platform to help you workout wherever, whenever, and however you like. This is ideal for the rhythms of the constrained lifestyle that we have had to adopt during this period of staying close to home. With over 450 virtual fitness classes in 29 channels, there's something for every age, interest and fitness level. From cycling, to yoga, to quick office breaks, there is a class for anyone. All staff and faculty on Macalester's health plan, as well as your covered spouses or domestic partners, are eligible to participate with no additional cost. Follow the link below to learn more.

<https://www.macalester.edu/wham/classes-and-programs/wellbeats/>

Virtuwell from HealthPartners

Just like a doctor's visit, but online. No video required. No apps to download. No waiting. That's Virtuwell – your 24/7 online clinic. Their offerings include responses to your COVID related questions as they help you navigate this uncertain medical environment. This component of our health plan is available to current plan participants and has a per visit cost of \$50. To learn more and establish an account, follow this link to the Employment Services website.

<https://www.macalester.edu/employmentservices/benefits/health-2/>

III. Looking Forward

Please watch the Mac Daily for future opportunities to connect and collaborate. With a shared sense of purpose, our colleagues from the DML, Athletics, SAAWG and WHAM are partnering with Employment Services, to develop and implement opportunities that enable us to engage with each other in pursuit of diversity, wellness and other community building initiatives. Specific work currently underway include a remote Chautauqua covering a broad range of topics relevant in today's environment, initiation of more employee collectives to foster inclusion and support and WHAM programming in a remote environment.

If you are interested in joining us in this work or have suggestions for programming you would like to see, please send me a message at rgraf@macalester.edu.