

Life, Work and Wellness - Resources for Faculty and Staff

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on behalf of

Agriculture, Life and Veterinary Sciences, and Cooperative Extension Weekly Bulletin
<alvsce_bulletin@list.cals.arizona.edu>

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My dear valued colleagues,

Our lives have been upended. You have achieved incredible things in the last 10 days, but we have a long, tough haul ahead. At times, you will be at your limit and then you will see or hear things that push you beyond your emotional limits. I have on a number of occasions during this past week.

Sometimes loved ones or close colleagues and friends can help you. But other times, especially in this time of social distancing, that is not enough. If you ever need it, University of Arizona Life & Work Connections (lifework.arizona.edu/) continues to be there for us all. Their one goal is to support you as much as they can as you navigate through this unprecedented global crisis.

Counseling Services. UA's employee assistance counselors are not available in person because of the reduced on-site campus operations, but any employee and their covered dependents have access to telehealth and e-counseling through their EPO and PPO insurance plans. UA staff have been working with the Arizona Department of Administration (ADOA) to secure waived copays for medical services and mental health visits through telehealth and e-counseling for:

- Blue Cross Blue Shield – download [BlueCare Anywhere](#)
- Cigna – download [AmWell](#) or [MDLIVE](#)
- UnitedHealthcare – download [AmWell](#) or [Teladoc](#) (*also covers UA Alternative plan*)

If the copay waiver for telehealth and e-counseling with Blue Cross Blue Shield, Cigna, or UnitedHealthcare does not work for you, call ADOA at 1-800-304-3687 and ask to be connected with your dedicated insurance vendor. Employees on the domestic partner plan should call UnitedHealthcare at 1-800-357-0971. Unfortunately, Aetna (download [Doctor on Demand](#)) has not yet waived their copay for e-counseling.

Sick and Backup Childcare. [Trusting Connections](#), the university's backup childcare provider, continues to provide services when your regularly scheduled childcare is not available. [Registration](#) is required for employees and students. Call 520-448-0873 or email info@trustingconnections.com for more information.

Other Employee Assistance Services. To schedule a telephone or video consultation, please contact the providers listed below directly by email:

- Adult and elder care consultations: Eileen Lawless, MSW, elawless@arizona.edu
- Childcare and parenting consultations: Lourdes A. Rodríguez, MS, lrodriguez1@arizona.edu
- Nutrition and health coaching: Cindy Davis, MPH, RDN, cldavis@arizona.edu

Please do not hesitate to contact [Josephine Corder](#), director of Life & Work Connections, with any questions.

I also want to point to services that I wish didn't have to exist. If things are so extreme that you are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741-741.

Best wishes and thank you for all you are doing to serve our students and the state of Arizona.

Shane

Remember, we're working together to provide the best examples we can to "flatten the curve" so our healthcare system is not overwhelmed. If we do everything right, "nothing will happen" – and that is the whole point.

Shane C. Burgess

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The University of Arizona is located statewide on the ancestral homelands of indigenous peoples.