

the **BUZZ**

June 2020

SOCIAL DISTANCING - WHY IT CONTINUES TO BE IMPORTANT

As stay at home orders are being lifted or modified, more people will be out of their homes. It is important to maintain social distancing. There is currently no vaccine for the COVID-19 virus. The virus is thought to spread mainly from person to person. The best way to continue to reduce the spread of COVID-19 is limiting face-to-face contact by maintaining social distancing. This means maintaining a distance of six feet between yourself and others outside your home. This includes socially distancing, whenever possible, in offices, hallways, elevators, stairways or other common areas including break rooms.

Take these additional steps to protect yourself and others:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze in your elbow if you do not have a tissue.
- Wash your hands frequently with soap and water and for at least 20 seconds.
- Do not touch your face.
- Stay home if you are sick.
- Wear a face mask where it is required or when you will be unable to socially distance.
- Bring lunches that do not require refrigeration.
- Wipe down break areas frequently.
- If your position is in customer service or reception, sanitize your communication equipment and work tools frequently.
- If your position is in the field, sanitize vehicles, tools and machinery frequently.
- Try to use your email or phone calls rather than having in-person meetings.
- Refrain from using co-workers' phones, desks, offices, equipment or tools, if possible.
- If possible, supervisors and managers may consider staggering employee breaks and lunch so that these common areas are less crowded.



We are in this together

As a St. Louis City employee, you have done a great job with social distancing and the stay at home orders. We are not done yet, and it is still important to maintain social distancing to prevent reinfections.

SHOULD I BE WEARING A NON-MEDICAL FACE MASK?

You should follow local guidance from authorities about mask wearing. The main reason to wear a mask is to protect others. Science is telling us that some people may spread COVID-19 when they do not have symptoms. People may spread the disease when speaking, coughing or sneezing, especially in situations where a physical distance of six feet cannot be maintained. You can make or buy your own mask-check out the CDC video on [how to make your own mask](#).

Virtual Visits for the BJC Employee Assistance Program



BJC Employee Assistance Program (BJC EAP) is offering virtual care. This service offers personalized face-to-face video visits with a BJC EAP consultant using secure video technology.

Virtual counseling sessions will be the same as face-to-face sessions:

- An appointment will be necessary.
- Counseling will be provided free of charge by BJC EAP's expert consultants.
- Services will be completely confidential.

Follow these steps to get started with a virtual visit:

To receive a virtual visit, all you need is an Internet connection, a mobile device (iOS/ Android) or a camera-enabled Mac/PC computer.

1. From your phone or tablet: On your Apple device, open App Store. On your Android device, open Play Store. Download the BJC EAP app.
2. From your computer: Open either the Chrome or Firefox browser. Go to www.bjceap.com/virtualcare.
3. Register for an account with your email or log in if you already have an account.
4. Once registered, you will receive a confirmation email to complete your registration and activate your account.
5. Schedule a virtual care visit with a BJC EAP consultant.

For more information, call 314.747.7490 or visit www.bjceap.com/virtualcare.

myStrength

Employees covered under the City's medical plan through Anthem Blue Cross and Blue Shield also have FREE access to myStrength, a free online and mobile program that supports emotional health and wellbeing.

myStrength program's personal and private resources are proven tools for your mind, body and spirit that are available to help you and your eligible dependents manage:

- Addiction
- Anxiety
- Chronic pain
- Depression
- Problems with sleep
- Stress

myStrength also includes:

- Daily mood tracker
- Wellness assessment
- Positive inspiration
- Personalized workouts



Follow these steps to get started with myStrength:

myStrength can be accessed through your mobile device or computer.

1. From your phone or tablet: On your Apple device, open App Store. On your Android device, open Play Store. Download the Engage app.
2. Click on Register and follow directions.
3. The myStrength tool can be found in the Engage app under Benefits.

OR

1. From your computer: Go directly to the myStrength web page and sign-up.

NEW! Additional resources for COVID-19 well-being support


Employees covered under the City's medical plan through Anthem Blue Cross and Blue Shield have access to the below programs:

Anthem EAP	Free through
Online, anthemeap.com	June 30, 2020
Log-in and enter: EAP Can Help	
Psych Hub	Free through
Free online mental health hub	No end date
psychhub.com/covid-19/	



Provided by:
Department of Personnel and BJC HealthCare
for the BeeFit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:  

BJC HealthCare