



Date: April 2, 2020
To: All City of Fremont Employees
From: Allen DeMers, Human Resources Director
Subject: City of Fremont Health and Wellness Resources

Hello Everyone,

The Human Resources team knows that this is a stressful time, for all of us. We want to remind you that we have many health benefit resources and that our providers have made them easier to access from home. Please review the following virtual health and financial benefit management options outlined in more detail in the attached PDFs.

Employee Assistance Program COVID-19 Resource

- The attached Managed Health Network (MHN) flyer includes information regarding COVID-19 and how to cope. Employees may contact MHN, toll-free, 24 hours/day, seven days/week at **1-800-242-6220** for assistance/help with any stress or difficulty they are experiencing in their lives. (Company Code: Fremont)

Virtual Care Options for CalPERS Health Plans

Virtual care options are available so that you may access your healthcare providers without having to leave your home. The attached flyers include information for virtual care options offered through various CalPERS health plans.

- **Anthem Live Health Online** – Virtual video visit information from your smartphone, computer or tablet
- **Blue Shield Teledoc** – Teledoc virtual video visit information
- **Kaiser Telehealth** – Overview of options to access services: in-person visit, e-mail, phone appointment, video visit and e-visit.
- **Western Health Advantage (WHA)** – Telehealth services

Financial Resources and Information

- **ICMA-RC** – Participants may contact **Retirement Plans Specialist, Chad Parilla** by phone at (866) 749-5177 or by email at cparilla@icmarc.org. Virtual meetings can also be scheduled [online](#). The attached ICMA-RC flyers include the following: 1) Loan Checklist 2) Emergency Withdrawal Request Form and 2) Information about the market volatility and the stimulus package.

- **Nationwide Retirement Solutions** – The attached Nationwide flyers include information regarding 1) how employees can schedule [virtual meeting appointments](#) with **Retirement Specialist, Kerry Avila** and 2) Unforeseeable Emergency Information. Participants may email avilak2@nationwide.com regarding any questions.

If you are a manager that supervises staff members without regular internet access, I ask that you make some of these flyers available to your teams in a common workspace. As always, if you have HR questions, please email humanresources@fremont.gov and we will do our best to support you.

Allen DeMers | Human Resources | City of Fremont
510.494.4651 ademers@fremont.gov