

From: [Poole, Susan](#)
To: [Poole, Susan](#)
Subject: COVID-19: new resources added to the USNH COVID-19 webpage (EAP Webinar, Cigna FAQ's and OptumRx FAQ's)
Date: Wednesday, March 18, 2020 9:21:48 AM

HR Coronavirus Communication Update(s): <https://www.usnh.edu/human-resources/covid-19-system-office-resources-and-communications>

Employee Assistance Program (EAP) – Webinar, Fri, Mar 20, 2020 11:00 AM - 12:00 PM EDT

Keep Calm and Carry On: Maintaining your composure during the COVID-19 Virus, click the link below to register.

<https://www.usnh.edu/sites/default/files/hr/resources/pdf/coronavirus-eap-webinar-20200320.pdf>

As a reminder you may also find informational articles and other resources on www.eaphelpink.com (company code: USNH) related to the coronavirus and a variety of other emotional wellness / life balance topics on eaphelpink.com as well.

Cigna COVID – FAQs

<https://www.usnh.edu/sites/default/files/hr/resources/pdf/covid-19-cigna-faqs.pdf>

OptumRx COVID – FAQs

<https://www.usnh.edu/sites/default/files/hr/resources/pdf/covid-19-optumrx-faqs.pdf>

Best,
Susan

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All the best,
Susan

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