



# COVID-19 Resource List

## Tulsa, OK

### Government Resources

#### Federal Assistance

- [Unemployment Benefits](#) – To the extent employees are eligible for unemployment for reasons related to unforeseen circumstances, as determined by state agencies, additional funds may be available. Contact your state unemployment agency for further information.
  - <https://www.dol.gov/coronavirus>
  - <https://www.dol.gov/coronavirus/unemployment-insurance>
  - <https://unemployment.state.ok.us/>

#### Oklahoma State Department of Health

- [Health Information](#) – Click on the link below to find out more about current health information.
  - [https://www.ok.gov/health/Family\\_Health/WIC/](https://www.ok.gov/health/Family_Health/WIC/)
  - <https://coronavirus.health.ok.gov/>

### Local Resources

#### City Assistance

- [City of Tulsa](#) – To see the resources available to you as a resident of Tulsa please click on the link below.
  - <https://www.cityoftulsa.org/covid-19>
- [Healthy Minds Policy Initiative](#) – Mental health resources.
  - <https://www.healthymindspolicy.org/COVID-19/>

#### Food Assistance

- [Food for Thought OK](#) – COVID-19 presents unique challenges for the Oklahoma families and individuals struggling with food insecurity and hunger. As schools, childcare centers, and older adult meal sites close, additional families will lose their normal access to vital nutrition. Food for Thought wants to help close this gap, to find a site near you click on the link below.
  - <https://meals4kidsok.org/>

### Alorica Resources (for Alorica Employees only)

- [Employee Assistance Program/Manage Health Network, Inc.](#) – Professional support for emotional, family and other personal matters and guidance on financial and legal issues (register with the company code: Alorica).
  - <https://members.mhn.com/web/public/default/MyBenefits>
- [Virtual Doctor Visit Benefit](#) – If you're enrolled in the Alorica medical plans administered by Century Health (MEC), HPI or BlueCross BlueShield and don't feel well for any reason, a virtual doctor visit benefit may be available to you.
  - Century Health (MEC) – Visit <https://member.healthiestyou.com/user/sign-in> and click "Register Now" or call 1-866-703-1259

- HPI – Visit [doctorondemand.com/health-plans-inc](https://doctorondemand.com/health-plans-inc) or call 1-800-997-6196
- BlueCross BlueShield – Visit [www.bcbstx.com/member](https://www.bcbstx.com/member) or call 1-800-521-2227
- [Alorica PerkSpot](#) – PerkSpot has some amazing cash-saving opportunities for you such as coupons for groceries and discounts on GrubHub and Postmates, click on the link below for more saving opportunities.
  - <https://alorica.perkspot.com/>
- [PayActiv \(US Employees only\)](#) – Alorica employees have the option to sign up for PayActiv which gives employees the opportunity to get financial relief between paychecks. To learn more about PayActiv click on the link below.
  - <https://www.payactiv.com/employees/>

## **General Resources**

- [Centers for Disease Control and Prevention](#) – About COVID-19
  - <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>
- [World Health Organization](#) – Updates on COVID-19
  - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>
- [National Association of School Psychologists](#) – Talking to Children about COVID-19.
  - [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?ck\\_subscriber\\_id=342989428%C2%A0](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?ck_subscriber_id=342989428%C2%A0)
- [Financial Planning](#) – Every day you make many decisions about how to spend your money. Whether your grocery shopping, driving to work, paying bills or just watching TV, there are small things you can do to spend less. This booklet has 100 ways to help you start saving money today.
  - <https://www.familycredit.org/resources>
- [Auntbertha.com](#) – Aunt Bertha’s network connects people seeking help and verified social care providers that provide services like medical care, job training, food, financial assistance and more.
  - <https://www.auntbertha.com/>
- [National Domestic Violence Hotline](#) – 1 (800) 799-7233 (SAFE) or TTY 1 (800) 787-3224.
  - <https://www.thehotline.org/help/>
- [National Suicide Prevention Lifeline](#) – 1 (800) 273 -8255