

# Memorandum

To: Gold Coast Health Plan Primary Care Providers

From: Nancy Wharfield, M.D., Chief Medical Officer

Re: **Mental Wellness Resources for Members During COVID-19**

Date: July 13, 2020

Gold Coast Health Plan's mental health services provider, Beacon Health Options, is offering members free access to the myStrength COVID-19 and mental wellness resources for a limited time.

With myStrength, members can track their mood, find inspirational videos, articles and quotes, and work at their own pace on e-learning programs in a secure and confidential environment. GCHP's members can explore a variety of topics to help them and their family address the heightened sense of stress, feelings of isolation, and parental challenges that have become more common during COVID-19, including:

- Managing overwhelming thoughts and emotions.
- Juggling family and parenting responsibilities.
- Mindfulness and meditation.
- Staying connected with others.

[Click here](#) to download the flyers. Please share this resource with your patients who are GCHP members.

If you have any questions, email [ProviderRelations@goldchp.org](mailto:ProviderRelations@goldchp.org).