



Coronavirus COVID-19 **HERE TO HELP**

ALTERNATIVES TO GROCERY STORE

With the new government action limiting the number of people that can be in a store, you may be experiencing lines and wait times. Most grocery stores are offering delivery or pick up options that allow you to shop online and avoid the full shopping trip. If you can't get a delivery or pick up time at a grocery store, look to these alternatives!

Farm Markets – Local farm markets are open! Some will even have the convenience of online ordering, which includes offering essentials like milk, bread and eggs. Support your local businesses by buying from a farm market!

Panera Bread – visit their website to view their newly added grocery options like dairy products and vegetables <https://www.panerabread.com/en-us/home.html>

401K PARTICIPANT SERVICES CENTER- 1 844 749 9981
NJ CORONAVIRUS AND POISON CENTER HOT LINE – 1 800 222 1222
GREATER PHILADELPHIA CORONAVIRUS HELPLINE – 1 800 722 7112

AUTO INSURANCE REFUNDS

Most auto insurance companies are offering discounts or refunds on premiums due to the limited driving during stay at home orders. The following companies have committed to offering discounts or refunds. More information can be found on their websites.

AllState <https://www.allstate.com/>

Liberty Mutual <https://www.libertymutual.com/>

Geico <https://www.geico.com/>

Farmers Insurance <https://www.farmers.com/>

Progressive <https://www.progressive.com/>

NJ Manufacturers <https://www.njm.com/>



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WELLNESS CORNER

There are three things that are fundamental pillars for health and wellness: Sleep, Nutrition and Movement. The wonderful part of these pillars is that if we have a good handle on them, our brains work better, and we will look and feel better. This is a great time to begin to build these pillars into our daily lives. Over the next few months, we will try and put tips, information and online resources to answer a lot of health and wellness questions.

This Week's Tip: Sleep

Sleep is the only time your brain cleans itself.

A clean brain:

Supports healthy relationships

Supports fewer mood swings

Supports less anxiety

While at home or driving to work here is a great podcast to help better understand sleep.

<https://chriskresser.com/why-most-people-are-sleep-deprived-and-what-to-do-about-it/>

**Health Advocate offers a FREE nurse line!
For non-urgent health issues please call 877 240 6863.
This nurse line is available 24 hours a day, 7 days a week.**

**Thank you for your continued dedication to your work.
Our priority is to keep everyone safe and informed!**

Please visit www.holtlogistics.com to access the Covid-19 Resource Corner and be sure to check out the new Better Together Community Resource Link.

If you need more specific information or guidance, please contact your Immediate Supervisor or the Human Resources Department.