1. A helpful breakdown of some easy preventive tips & strategies for combating mental stress, anxiety and related emotional issues during the current pandemic crisis. This article aims at individuals suffering from infection, people in quarantine, parents dealing with children combating mental stress among other use case scenarios. Also, included resources such as contact information to the National Suicide Hotline.
https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html

   Provider preparedness and checklists from the CDC.
   https://www.cdc.gov/coronavirus/2019-ncov/hcp/preparedness-checklists.html

   An additional link that can be shared with patients, colleagues and co-workers on combating self-quarantine/isolation during the COVID-19 outbreak
   https://www.washingtonpost.com/opinions/2020/03/17/combating-loneliness-an-age-self-quarantine/

   Link to the American Foundation of Suicide Prevention which, details key ways to combat mental stress during the outbreak and may also be applied to general living situation where self-isolation is seen

   https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/

2. A comprehensive breakdown of the State of Michigan's executive Order detailing areas of economic impacted individuals from the outbreak of COVID-19. The link will show affected areas and responses to unemployment due to job closure, quarantine, or non-access to paid/sick leave. Additionally, the resources gives an insight for small business owners to seek low interest loans and how to contact the state for additional information.
https://www.michigan.gov/coronavirus/0,9753,7-406-98163-521770--,00.html

3. A helpful link detailing newly restructured HIPPA laws when it comes to delivering telemedicine. A covered health care provider that wants to use audio or video communication technology to provide telehealth to patients during the COVID-19 nationwide public health emergency can use any non-public facing remote communication product that is available to communicate with patients. A covered provider may be eligible to use tools such as Apple FaceTime, Facebook Messenger video chat, Google Hangouts video, or Skype, to provide telehealth without risk that OCR might seek to impose a penalty for noncompliance with the HIPAA Rules.
https://www.hhs.gov/hipaa/for-professionals/special-topics/emergency-preparedness/notification-enforcement-discretion-telehealth/index.html

4. The Whitehouse Step by Step guide for the next 15 days to combat the spread and outbreak of COVID-19
https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf

5. A breakdown of BCBSM's input and take of member benefits and information regarding COVID-19. The article details the waiving of testing, telemedicine and other helpful/needed services.

   https://www.mibluesperspectives.com/news/blue-cross-blue-shield-of-michigan-will-waive-member-copays-and-deductibles-for-covid-19-tests-among-series-of-proactive-steps-on-coronavirus/

6. Humana's comprehensive overview for member FAQ's, plan benefits affected by COVID-19 and an assessment tool related to COVID_19 diagnosis as well as member benefit coverage.
   https://www.humana.com/coronavirus

7. Comprehensive overview of HAP's benefit structure in relation to COVID-19 and resources for preventive measures
   https://www.facebook.com/cdcemergency/videos/706964620110084/

8. Priority Health's link to What You need to know about COVID-19, plan benefit restructuring and details for receiving virtual care.
   https://www.priorityhealth.com/landing/about-covid-19

9. GMP Network's comprehensive list of specific resources that may be shared with patients and co-workers regarding areas of need such as food assistance in a breakdown by county and geographical area, telecommunications like internet access, prescription delivery assistance and shelter information for homeless affected by COVID-19
   https://www.gmpnetwork.org/publicdownloads/COVID-19%20community%20resources.pdf

10. Henry Ford Health Systems updates in dealing with COVID-19 within the community. The link highlights areas of concentration and how HFHS is helping combat the virus. The details for lab testing and soon to be curb site testing. Information on where to go for needed treatment, key facility closures, restriction information for guests, pharmacy information, updates for patient scheduling through MyChart and other help resources regarding COVID-
    https://www.henryford.com/services/infectious-diseases/conditions/covid-19-coronavirus

11. Macomb County's response actions and preparedness for the COVID-19 outbreak.
    https://health.macombgov.org/Health-Programs-DC-Coronavirus

12. Beaumont Health System's complete overview regarding the COVID_19 outbreak. The link below will give updated information on what Beaumont Health system is doing to combat the COVID-19 virus. In the link you will find items related to latest news/updates, information on lab testing, hotline communication information and resources for staying staff and informed. Additionally, there is an embedded link that patients can take to help review if a telehealth visit, call or need to call 911/go to the ER
    https://www.beaumont.org/health-wellness/coronavirus?_ga=2.249140612.2011118936.1584638858-1132068379.1584638858

13. American Academy of Family Physician's in-depth/comprehensive checklist guide when it comes to dealing with seeing patients in the office during the COVI-19 outbreak. The article gives detail on how to educate staff and providers of tweaked workflow office guides in order to keep all individuals safe and prepared prior to patients visits, during and afterwards. The article touches on education, office preparedness opportunities, patient triaging, alternative action plans waste management, patient referral and equipment check lists
https://www.aafp.org/dam/AAFP/documents/patient_care/public_health/COVID-19%20Office%20Prep%20Checklist.pdf