



COVID-19 PERSONAL RESTART SERVICES

The coronavirus pandemic has had a profound impact on the way many individuals and families live their lives. We're helping our clients manage the challenges that face them today and prepare for the future as we enter into the next stage of this pandemic. We're continually monitoring and updating our services to ensure that as this pandemic evolves, we do too. We'll make sure you're prepared for each new day.

VETTED AND VALID INFORMATION RESOURCES

It is more important now than ever to be relying on accurate information when making decisions that could impact the health and safety of your family and loved ones. We are committed to providing all Restart clients with accurate and up-to-date information coming from trusted sources. As recommendations evolve, we make sure you have the most important information for your family, instantaneously.



CLEAR AND ACTIONABLE GUIDANCE



The future may seem uncertain for many of us, so having clear and accurate information to guide you is more important than ever. All of our resources and curated content surrounding the pandemic are designed to be communicated simply without overwhelming or confusing you — giving you access to the details and recommendations you need to ensure the health and safety of the ones you love.

MENTAL HEALTH SUPPORT

The coronavirus pandemic has already had deeply profound impacts on our daily lives and routines. For many of us, the added stress and anxiety of the pandemic have taken a big toll on our mental health. We're providing our clients with expert advice, self-care strategies, and resources to locate professional help as they navigate their own mental health challenges during this crisis.





RESTARTING AFTER COVID-19

PLAN

Making a plan for your family as we enter the next stage of this pandemic can help ease stress and anxiety and also prepare you to meet the challenges of this new normal. We help you identify key pieces of information and develop an action plan to get you through the coming months. We'll help you find the answers to your most important questions and make sure you're prepared to take on any new challenges that may arise.

RESTART

This pandemic has forced many families to alter their daily routines. We're helping you and your loved ones hit the restart button and respond to the challenges that come along with this new normal. From making informed decisions about what's safe today to helping you develop strategies for your career to managing your duties as a parent during a global pandemic, we'll be there with you every step of the way.

MANAGE

Your family has a lot to juggle these days — from turning your home into a virtual office and classroom, to managing heightened levels of stress and anxiety across the entire family, and even to navigating essential family milestones that have been fundamentally changed by this pandemic. Our Restart program is here to help you through it all. We'll help you develop tactics to manage and balance all of your priorities.

SUPPORT

As we help you adjust to the new normal today, we're also here to support you in the future. The world continues to face uncertainty as a result of the pandemic, so we're putting resources in place to support our clients through another period of self-quarantine or unexpected change. We'll also provide guidance and resources to help you confront your personal goals and challenges, including job-searching, financial investments, and even coping with loss and grief.