

# COVID -19 Discounts For Employees & Physicians

## Emotional Wellness



### **Meditation Minis with Chel Hamilton App** - Guided Meditation Podcasts

- Designed by Hypnotherapist Chel Hamilton to help you feel better in 10 (ish) minutes
- Listen for FREE using Spotify or Apple Podcast
- Go to: <https://meditationminis.com/>

### **Ten Percent Happier Mindfulness App** - Mindfulness, Meditation, Short Talks

- 6-month complimentary subscription for healthcare workers
- Enter Gift Code: HEALTHCARE
- Go to: <https://redeem.tenpercent.com/>

### **Calm** - Enjoy 1 Year of Calm Premium for Free as a KP Member

- Access online tools & resources for meditation, sleep, stretching
- Go to: [https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital?kp\\_shortcut\\_referrer=kp.org/selfcareapps](https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital?kp_shortcut_referrer=kp.org/selfcareapps)

### **Down Dog** - All Apps Completely Free Through January 1

- Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout
- Complete form on the website
- Go to: <https://www.downdogapp.com/healthcare>

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## Healthy Eating



### Home Chef – Meal Kit Company

- Simplify home cooking to allow time for more mindful moments
- First 4 orders get \$25 off
- Promo Code: GETCOOKING100 good through December 31
- Go to: <http://www.homechef.com>

### Postmates – Restaurant Delivery to Your Home

- Show yourself some compassion and have your favorite restaurant deliver your dinner
- Save \$100 in delivery fees as a new customer
- Promo Code: SAVE100NOW
- Go to: <http://www.postmates.com>

### IHOP - 20% Off First Online Order

- Use code IHOP20 at checkout
- Go to: <https://www.ihop.com/en>

### Mrs. Fields - 25% off Medical Heroes' Collection

- Use code THANKS
- Go to: <https://www.mrsfields.com/categories/Heroes-Collection/#p:12>

### Sam's Club - 40% off One Year Membership

- Use code MemberDeals!
- Go to: [https://www.samsclub.com/join?pageName=aboutSams&xid=hdr\\_join](https://www.samsclub.com/join?pageName=aboutSams&xid=hdr_join)

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## Fitness



### **The Nike Training Club App** - Free Workouts Crafted By Professional Trainers

- Improve everything from your mobility to your yoga form
- Go to: <https://www.nike.com/ntc-app>

### **Peloton** - Your Pass to Thousands of Live and On-Demand Classes—Anywhere, Anytime

- Peloton App Free for 90 days
- \$12.99 a month after 90 days trial
- Go to: <http://www.onepeloton.com/app>

### **Down Dog App** - Keep Your Physical and Mental Health Strong

- Workout for FREE with Down Dog App
- Go to: <https://www.downdogapp.com/healthcare>

### **ClassPass** - Partners With 30,000 Gyms and Studios to Bring You Fitness Programs

- Unlimited on-demand workouts for FREE
- Go to: [https://healthy.kaiserpermanente.org/health-wellness/fitness-deals?kp\\_shortcut\\_referrer=kp.org/exercise](https://healthy.kaiserpermanente.org/health-wellness/fitness-deals?kp_shortcut_referrer=kp.org/exercise)

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## Community



### **AT&T**- FREE Wireless Service for 3 Months

- Healthcare Workers Nationwide
- Go to: Your AT&T Provider

### **Care.com** - FREE Month of Premium Access

- Find child care, elder care or other care services
- Go to: <https://www.care.com>

### **Under Armour** - 20% Discount for Healthcare Workers

- Go to: <https://www.underarmour.com/en-us/troop-id-instructions?iid=banner>

### **Coaches4Good** - FREE 30 Minute Life Coaching Session

- For all Healthcare Workers, Police, First Responders, Teachers, small business owners
- Go to: <https://www.coaches4good.org/>

### **AAA** - FREE Roadside Assistance—Do Not Need to Be a Member

- Call 1-800-AAA-HELP (1-800-222-4357)
- Please identify yourself as a Healthcare Worker
- Go to: <https://www.calstate.aaa.com/lp/news/free-ers>

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### **The North Face** - 50% off Discount Through December 31

- Apply to confirm your status as a Healthcare worker
- Go to: <https://www.thenorthface.com/help/the-north-face-healthcare-workers-discount-program.html>

### **Kaiser Permanente** -Tickets at Work–Employee Discounts

- Sign up as a member to access discounts
- Go to: <https://www.ticketsatwork.com/tickets/index.php>

### **Clove** - FREE Compression Socks With Each Clove Shoe Order

- Use code WITHLOVE
- Go to: <https://www.goclove.com>

### **Kinflyte** - 20% Off Site Wide Discount

- Follow instructions to get your code–1 code per day
- Go to: <https://www.kinflyte.com/pages/healthcare-professionals-discount>

### **Glow Forge** - FREE Ear Savers–Save Your Ears When Using Masks

- Request your ear savers by visiting Glow Forge website
- Go to: <https://www.forms.glowforge.com/requests>

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### **Medelita** - 30% Off Scrubs

- Use code FRONTLINES
- Go to: <https://www.medelita.com/scrubs.html>

### **Oofos** - Discount for Nurses

- Simply verify your credentials at checkout to receive your discount
- Go to: <https://www.oofos.com/>

### **Samsung** - 30% Off Products & 15% Off Repair Services for Frontline Workers

- Verify with ID.Me
- Go to: <https://www.samsung.com/us/support/service/free-repairs-for-the-frontline/>

### **Puma** - 20% Discount

- Verify with ID.Me
- Go to: <https://us.puma.com/en/us/service-discount-IDme.html>

### **Asics** - 40% Off Full Priced Products Online

- Following instructions to register as a medical/frontline worker
- Go to: <https://www.asics.com/us/en-us/discount-programs.html>

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**Clarks** - Discount for Healthcare Workers

- Verify with ID.Me
- Go to: <https://www.clarksusa.com/troop-discount-faq>

**iD Tech** - Save \$100 on Virtual Tech Camps

- Use code TOGETHER
- Go to: <https://www.idtech.com/promotions>

**Blanquil** - 50% Off for Medical/Frontline Workers

- Follow instruction on website to receive discount
- Go to: <https://myblanquil.com/pages/exclusive-discounts>

**Helly Hansen** - 50% Discount On Non-Sale Items

- Follow instruction on website to receive discount
- Go to: <https://www.hellyhansen.com/customer/account/create/type/pro/?healthcare>

**Adidas** - 40% Off for Frontline Workers

- Follow the instructions on the website to receive your discount
- Go to: <https://www.adidas.com/us/discount-programs>

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### **Lovesac** - 5% off Entire Order

- Follow the instructions on the website to receive your discount
- Go to: <https://www.lovesac.com/heroes>

### **Owala** - 50% off Owala Bottles

- Follow the instructions on the website to receive your discount
- Go to: <https://owalalife.com/medical-nurses-discount/>

### **Dagne Dover**- 20% Off High-Quality Bags, Backpacks and Wallet

- Follow the instructions on the website to receive your discount
- Go to: <https://www.dagnedover.com/pages/dagne-heroes>

### **Pro Teeth Guard** -\$100 Store Credit for Frontline Workers

- Follow instruction on website to receive store credit
- Go to: <https://www.proteethguard.com/covid-19-frontline-workers/>

### **Helm Audio** -50% Off Select Headphones

- Follow instruction on website to receive discount
- Go to: <https://helmaudio.com/pages/heroes>