

Resources for Seniors during COVID-19 – Inland Northwest

Understanding how to stay healthy during the global pandemic of COVID-19 can be overwhelming, but we're here for you. There are many available resources that can help you get well and stay well.

Community Resources

MultiCare Health System - To stay updated on COVID-19 and learn what MultiCare is doing to keep you healthy and safe, visit the [MultiCare COVID-19 Resource Center](#).

Spokane County Resource Directory - A comprehensive list of resources available in Spokane County can be found [here](#).

YMCA - The YMCA is offering [free fitness videos](#) for seniors, so you can stay physically well at home. Several live virtual fitness classes are also available, so you can interact with your peers while staying fit.

Covia - Through their [Well Connected program](#), you can access free group discussions, classes, support groups, and more. Sessions are accessible from home via phone or computer.

American Red Cross - For veterans and their families, the American Red Cross has created Virtual Resiliency Workshops to learn stress management techniques and coping mechanisms. For more information or to sign up for a workshop, contact the Northwest Regional Office at (206)-323-2345.

Meals on Wheels - Meals on Wheels Spokane can provide home-delivered meals to eligible individuals. Complete the [online application](#) or call for more information: Greater Spokane (509-924-6976) or Mid City Concerns (509-747-3257).

[Mom's Meals](#) - Provides home-delivered meals and may be covered by your health plan.

Prescription Medications

Pharmacies offering delivery:

[CVS](#)
[Rite Aid](#)
[Walgreens](#)
[Albertsons](#)
[Kroger/Fred Meyer](#)
[Safeway](#)
[Axis Pharmacy Northwest](#)

Pharmacies offering drive-through service:

[Bartell Drugs](#)
[CVS](#)
[Walgreens](#)
[Rite Aid](#)

Health Plan Benefits

Many health plans offer additional benefits, especially during the pandemic, to members to support physical, emotional, and mental wellbeing. A list of some insurer programs is below. If you don't see your health plan listed, call the number on the back of your health insurance card and ask if there are any programs to assist with your current needs.

Humana Medicare Advantage

Humana created helpful [resources and tips](#) for living well during the pandemic. If you have a specific need such as food access, call the number on the back of your member ID card to be connected to resources.

Regence BlueShield

Medicare Advantage members have access to the [Silver & Fit program](#) that can provide Home Fitness Kits to stay healthy from home. To be connected to other resources including managing anxiety and loneliness and accessing food and medications, call the number on the back of your member ID card.

United Healthcare Group

The NurseLine is a 24/7 resource available for members with health needs or questions. (call the number on the back of your member ID card)

The Renew program can provide online learning courses about all aspects of health, healthy recipes, access to the FitBit community, online brain health programs, and more. (888.219.4602, TTY 711)

The Silver Sneakers program is providing online workout videos for members to access at home. (888.423.4632, TTY 711)

If you are having trouble affording premiums, medications, or utilities or you need access to low cost transportation or nutritious food, United Healthcare may be able to connect you to community programs. (866.865.3851, TTY 855.368.9643)

Behavioral & Mental Health Resources

Disaster Distress and Mental Health Helpline: 800.985.5990 - Available 24/7

Regional Behavioral Health crisis line: 877.266.1818 – Available 24/7