**Clinician Benefits and Discounts**

Updated 4/16/20

**Meditation and Health**

* [Headspace](https://www.headspace.com/health-covid-19): Meditation app. Free access for healthcare professionals through 2020 with NPI and e-mail address
* [Ten Percent Happier](https://www.tenpercent.com/care): Meditation app. Free access for healthcare professionals for 6 months
* [Downdog](https://www.downdogapp.com/healthcare): Yoga and workout app. Free access for healthcare professionals through 7/1/20
* [Talkspace](https://www.talkspace.com/blog/coronavirus/): Free messaging therapy for medical and healthcare workers with NPI and state of residence
* [Yale Science of Well-being course](https://www.coursera.org/learn/the-science-of-well-being?action=enroll): Enroll for free
* [Peloton](https://www.onepeloton.com/app): Workout app. Free trial for 90 days
* [Theragun](https://www.theragun.com/us/en-us/health-care-worker-military-first-responder-discount/): Discount up to $250 from April 7-May 4

**Food and Groceries**

* [Costco](https://www.costco.com/covid-updates.html): Healthcare professionals can move to front of any line to enter warehouse with Costco membership card and official identification of their role
* [Sams Club](https://www.facebook.com/samsclub/photos/pb.20582642681.-2207520000../10158447477982682/?type=3&theater): Hero Hours for first responders and healthcare workers on Sundays 8-10am, no membership needed
* Starbucks: Free beverage until May 3
* [Krispy Kreme](https://hip2save.com/tips/krispy-kreme-coupons/): Free dozen doughnuts every Monday until 5/11/20 with employee badge
* Circle K: Free coffee, tea and Polar Pop Fountain for first responders and health care workers on the front line until April 30
* [White Castle](https://www.whitecastle.com/value-offers/7a24797b-6d2a-4698-954d-eda5ad22663b): Free combo meal for healthcare workers with ID until April 30

**Services**

* [Care.com](https://www.care.com/frontline): Help for children, parents and pets. 30 days of free, premium access for frontline workers
* [AT&T](https://digital.firstnet.com/currentoffers?bref=IBfNfN00110sgn41O): 3 months of free wireless service on the FirstNet network
* [Tide](https://hope.tidecleaners.com/): Free laundry and dry cleaning for front line responders and their immediate family in select cities

**Apparel and Accessories**

* [Crocs](https://www.crocs.com/COVID19-REQUEST.html): Shoes. Free pair (limited amount daily starting at 12pm EST)
* [Adidas](https://www.adidas.com/us/discount-programs): 40% off for healthcare workers and first responders
* [Asics](https://www.asics.com/us/en-us/discount-programs.html): 60% off full-priced items for healthcare workers
* [Danform](https://www.danformshoesvt.com/collections/health-care-workers): Shoes (Dansko, Hoka One One, etc). 20% off footwear for healthcare professionals
* [Dagne Dover](https://www.dagnedover.com/pages/dagne-heroes??utm_source=EHFxW6yx8Uo&utm_medium=Rakuten&utm_campaign=435563&siteID=EHFxW6yx8Uo-DyIDKO6fJKqPTzxDnLKuGw): Bags. 20% discount
* [Universal Standard](https://www.universalstandard.com/collections/essential-worker-appreciation): Clothing. Free piece of Foundation clothing, e-mail a photo of credentials to us@universalstandard.net
* [Under Armour](https://www.underarmour.com/en-us/troop-id-instructions?cid=PS%7cUS%7cBR%7cGGL%7cAll%7cDSA%7cALL%7call%7call%7cDSA%7cDG%7c7GZUHIF3MV&gclid=CjwKCAjwvtX0BRAFEiwAGWJyZOkIpp4abdCfY_ZyY3j3wPHwZoqFnoQqfUyhW34Ag5gvlf90h_uJ4BoCoxwQAvD_BwE&gclsrc=aw.ds): 40% off for healthcare workers and first responders
* [North Face](https://www.thenorthface.com/help/the-north-face-healthcare-workers-discount-program.html): 50% discount to healthcare workers in the United States until 12/31/20
* [Glowforge](https://forms.glowforge.com/request): Free ear savers for wearing masks for healthcare workers

**Car**

* [BP and Amoco Gas](https://www.bp.com/en_us/united-states/home/products-and-services/our-rewards/supporting-our-local-heroes.html): 50 cent per gallon discount for healthcare professionals, verify community status via [ID.me](https://hosted-pages.id.me/offers/bp) to get a discount code
* [GM](https://www.gmfirstresponderdiscount.com/): First responder discount includes healthcare professionals eligible 4/1/20-6/30/30
* Honda: First Responder & Healthcare Professional Appreciation Program. Healthcare professionals eligible through 7/6/20
* [Hyundai](https://www.hyundaiusa.com/us/en/special-programs/first-responders): First Responders Program. Healthcare professionals eligible 4/1/20-1/4/21
* [Mazda](https://insidemazda.mazdausa.com/press-release/essential-car-care-program/): Essential Car Care program offering U.S. healthcare workers a free oil change and enhanced vehicle cleaning until May 4, does not have to be a Mazda vehicle

**Home Goods**

* [Mattress Firm](https://www.mattressfirm.com/blog/community-culture/free-pillow-healthcare-workers): Free pillow for healthcare professionals. 1,000 per day starting at 10am CDT
* [Purple](https://purple.com/first-responder-discount?c3ch=Affiliate&c3nid=Rakuten-2811139&ranMID=45198&ranEAID=2811139&ranSiteID=EHFxW6yx8Uo-IWyk7PAjIrSyuvCDR4faMQ): Mattresses. First responders receive 10% off
* [Lovesac](https://www.lovesac.com/?utm_source=RAN&utm_medium=affiliate&utm_campaign=Business+Insider&ranMID=42678&ranEAID=EHFxW6yx8Uo&ranSiteID=EHFxW6yx8Uo-In1.Hv29FOau0yLhCC04SA): Couches. Healthcare workers and first responders receive 40% off
* [BlanQuil](https://myblanquil.com/collections/all-blanquil-products): Weighted blankets. 50% off for healthcare workers and first responders