



PHYSICAL



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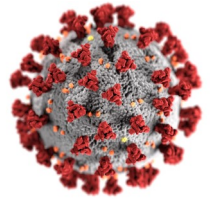


COMMUNITY

BROSESTRONG

Coronavirus—What You Need to Know

If you've been watching the news lately, you may be overwhelmed with information about the Coronavirus, or COVID-19. With updates coming in every hour, it can be hard to keep track of what's true and decide what you need to do to protect yourself and your family. Here are some resources available to assist you in this unusual time.



Coronavirus & Your Health Plan

Your BCBS coverage provides the care you need if you should become infected. You can stay current with Blue Cross news related to COVID-19 by visiting www.bcbsm.com/coronavirus.

Blue Cross Online Visits: No matter the plan you are enrolled in, your virtual visit through Blue Cross Online Visits will have a \$0 copayment. This is important as you can receive home and self-care options that can help you avoid your doctors' offices and hospitals where infection may become likely.

Testing: The cost of diagnostic lab testing for COVID-19 will be waived by Blue Cross when medically necessary and prescribed by a physician following CDC guidelines. Please note, this only includes the cost of the test. If it is done in conjunction with a medical visit, normal plan benefits would apply for the visit.

Treatment: If you need treatment, your normal plan benefits would apply. You can check your benefits online by logging in to your member account.

Best Protective Measures

While there's no way to prevent you from getting sick, you can take some protective measures as recommended by the CDC and WHO.

Wash Your Hands Frequently: Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Social Distancing: Maintain at least a 6 feet distance between yourself and other people. When a sick person sneezes or coughs, droplets containing the virus spread into the air around them and may land on you.

Cover It Up: Cover your sneezes and coughs with a tissue or the crook of your elbow to avoid spraying droplets around you. Don't use your hands to cover a sneeze or a cough!

Don't Touch: Avoid touching your face. Hands touch many surfaces and can pick up viruses, which then end up in your mouth, nose, or eyes when you touch your face.

Disinfect: Disinfect commonly used surfaces such as door handles, light switches, smartphones, and TV remotes.

Stay Home: If you're feeling sick in any way, stay home! You'll get the rest you need and won't infect others.

Where Can I Get Accurate Updates?

With the 24-hour news cycle, it can be hard to know what information is true and up-to-date, especially as things are rapidly changing every day.

For United States specific updates, check the CDC's COVID-19 webpage: cdc.gov/coronavirus/2019-ncov/

For global updates, check the World Health Organization (WHO)'s COVID-19 webpage:

who.int/emergencies/diseases/novel-coronavirus-2019



The information in this newsletter is for general purposes only and should not be considered medical advice. If you have any concerns about your health, please contact your healthcare provider's office.



What Should I Do If I Get Sick?

There is a variety of resources available if you or a family member get sick. You can take advantage of these resources, whether your illness includes symptoms of COVID-19 or not.



24-Hour Nurse Line: Blue Cross' 24-Hour Nurse Line allows you to talk to a registered nurse day or night for free. Registered nurses can answer your questions and help you decide if you can use over-the-counter treatments or if you should seek additional care.

The Nurse Line can be reached at 800-775-2583.



Telemedicine: If you're enrolled in a Brose medical plan, you have access to Blue Cross Online Visits. You have 24/7 access to phone or video consultations with a U.S. Board Certified Physician and prescriptions can be sent to your pharmacy!

Contact Blue Cross Online Visits by calling 844-606-1608, downloading the mobile app, or visiting www.bcbsmonlinevisits.com.



Mail Order: If you are on maintenance medication, it's important to make sure you have enough medication in the event you aren't able to go out to the pharmacy. Signing up for mail order is a great way to ensure you'll get your medication refill on time and for fewer copays than you'd pay at retail! Request a mail order kit by calling BCBSM customer service on the back of your ID card.

If you begin experiencing symptoms of COVID-19, it is important that you seek medical advice to determine your next steps. If you prefer not to use the 24-Hour Nurse Line or Blue Cross Online Visits, you can consult your primary care provider for treatment, but be sure to call ahead. They may direct you to a specific location for testing in order to minimize exposure for other patients.

Only visit the Emergency Room if you are experiencing symptoms that may require hospitalization. If you are experiencing COVID-19 symptoms, be sure to inform the ER attendant so they can properly isolate you from other patients.

Peace of Mind

It's easy to become overwhelmed and hopeless in this stressful time. Your mental health is just as important as your physical health, so take time for self-care. Below are some tips and resources on what you can do to stay active and manage anxiety.

Meditate: Whether you have 5 minutes or 30 minutes, meditation can help clear your mind and release tension. Visit www.sharingmindfulness.com/audio/ for free guided meditation resources.

Breathe Deep: Deep breathing is a great stress reliever that's easy to learn, requires no special equipment, and can be done anywhere. Simply breathe in deeply while you count to 10. Release your breathe slowly counting down from 10. Repeat 5 to 10 times and focus only on your breathing and counting.

Get Moving: Many gyms have closed as part of social distancing measures, but that doesn't mean you can't stay active. You can find a variety of free workout videos on Youtube, Popsugar Fitness or visit: <https://www.yahoo.com/lifestyle/free-workout-apps-social-distancing-coronavirus-184514493.html> for a list of free workout apps. Remember you can always take a stroll around the block with your family. This is free and supports mental health as well!

Discover a New Hobby: Have you always wanted to try knitting? Maybe you want to learn a new language? Or maybe you just want to try some new recipes? Whatever it is, take the time to try something new! <https://www.bonappetit.com/story/working-from-home-eating-strategy>

Talk It Out: Remember the Resources for Living Employee Assistance Program (EAP) is free and can provide confidential guidance on a variety of topics, including stress and anxiety.

**Get in touch with
Resources for Living today!**

1-866-611-2826

www.resourcesforliving.com

Username: **Brose**

Password: **EAP**