Your health care plan supports you.

There is a lot of information circulating about the coronavirus (COVID-19). While we don’t know the extent to which it will take hold in the United States, the UAW Retiree Medical Benefits Trust (the “Trust”) continues to monitor the situation. Most importantly, the Trust is taking efforts to ensure your coverage supports you.

If you have concerns that you have been exposed to the coronavirus or are experiencing symptoms, contact your physician first, and know your coverage is here to support you.

All coronavirus-related testing is covered 100%, under all plans.

In addition to your retail health clinic, doctor’s office, urgent care, and ER visit coverage, through your health care benefits, you have access to convenient and safe options. Read the back of this page to learn about expanded options, billing enhancements and prescription drug conveniences you have access to.

Resources

The information provided here is based on information available as of March 2020. Looking for more up-to-date information on the coronavirus? There are many sources of information, here are some you may find helpful:

- Coronavirus.gov
- uawtrust.org/coronavirus
- WHO.int
Get Care How & When You Need It

24/7 Nurse Line
Speak to a registered nurse anytime to have questions answered regarding symptoms and find out the right place to go for additional care.

- **Availability:** All Trust members
- **Cost:** $0
- **Next Steps:** Call the number on the back of your medical ID card for assistance

Telemedicine
Via smartphone, laptop or tablet, sign-up or log on to be connected to a licensed health care provider over secure video chat (medical, therapy, psychiatry)

- **Availability:** All Trust members
- **Cost:** $0 *copay waived during national pandemic*
- **Next Steps:** Call the number on the back of your medical ID card for assistance

REMEMBER: According to the CDC, if you are in close contact with someone who has coronavirus or you are in a community with ongoing spread and develop symptoms, call your healthcare provider. They will decide whether you need testing.

Mental Health Services
Your mental health is just as important as your physical health, especially during this challenging time. If your feelings become overwhelming or adversely affect your life, seek help. Your Trust benefits provide coverage for a wide range of mental and behavioral health services. Call the phone number on the back of your medical ID card for specific benefit coverage information, or use your telemedicine benefits mentioned above.

Billing
Trust health plans worked with providers to make sure billing code updates for coronavirus testing were complete by April 1. If you have a claim that was submitted before then, it may need to be resubmitted.
Prescription Drugs: Convenience & Safety

It’s important you feel safe and comfortable, which may mean staying away from large groups of people and may include avoiding your local pharmacy. With your Express Scripts coverage, you can have your medications delivered to your home.

**REMEMBER:** You can have a 90-day supply of long-term medications delivered to your home at the same copay cost you pay for a one-month supply at a retail pharmacy, and shipping is free.

Standard policies allow you to refill or renew a prescription when 25% of the current prescription is remaining.

- **Next Steps:** Login to express-scripts.com or call 866-662-0274

*Enrolled in Kaiser or Health Partners? Contact the number on the back of your ID card for assistance with having your medications delivered to your home.*

**REMEMBER:** Antibiotics may not be helpful.

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**No, antibiotics do not work against viruses, only bacteria.**

The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.

*Are antibiotics effective in preventing and treating the new coronavirus?*

#Coronavirus

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World Health Organization
What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care
You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home
People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See COVID-19 and Animals for more information.

Call ahead before visiting your doctor
If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider’s office take steps to keep other people from getting infected or exposed.

Wear a facemask
You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider’s office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes
Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items
You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all “high-touch” surfaces every day
High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms
Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation
Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For more information: www.cdc.gov/COVID19