In This Together

When and How to Get Tested for COVID-19

## In compliance with federal requirements, please be aware that diagnostic testing for COVID-19 (coronavirus) is 100% covered if you are enrolled in one of our company medical plans. This means testing is free for you and your covered family members.

**What are the symptoms of covid-19?**   
Symptoms can vary and most commonly include fever, dry cough, fatigue and shortness of breath. Some may experience mild aches, nasal congestion, runny nose, sore throat or diarrhea. Symptoms appear within 2 to 14 days after exposure.

**Where should I go if I’m not feeling well?**

To help reduce the risk of exposure to others, and to alleviate crowding at urgent care and emergency rooms, you should call your doctor or use your telemedicine service, if possible. However, do seek immediate medical attention for emergencies, such as difficulty breathing, persistent chest pain, confusion or blue lips/face.

# Can I be tested? The availability and guidance for coronavirus testing varies by state. Your health provider will follow your state’s health department guidelines to determine if you can and should be tested.What happens when you are tested

COVID-19 testing is free under your medical plan. Our medical insurance carrier, [CARRIER], will waive associated copays and coinsurance for doctor-ordered testing for patients who meet CDC guidelines.

# Home isolation

If you have or think you might have coronavirus, do not leave your home except to get medical care. As much as possible, you should stay in a specific “sick room” and away from other people in your home. Do not share household items and clean all high-touch surfaces daily.

# Recovery

According to the CDC, you can stop home isolation in the following circumstances:

* If you have not been tested for COVID-19, you can leave your home if you meet the following criteria: you are fever-free for 72 hours without the use of fever-reducing medication, your other symptoms have improved and at least seven days have passed since your symptoms first appeared.

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## **As the status of the coronavirus pandemic continues to change, we recommend checking the CDC (www.cdc.gov) regularly for updates.**

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# Recovery (continued)

* If you have been or will be tested, you can leave your home if you meet the following criteria: you are fever-free without the use of fever-reducing medication, your other symptoms have improved and you have received two negative tests 24 hours apart (your doctor will follow CDC guidelines and let you know when you are no longer contagious).

# Where to go with questions

For questions regarding symptoms, where to go to get care and what your plan covers, call the number on the back of your medical ID card. You may also call the [BENEFIT OR HR CENTER] at [ADD PHONE NUMBER AND/OR WEBSITE HERE].

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## Logo Placement

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