Empire
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An **Anthem** Company

Important facts about coronavirus COVID-19

Here's what it is, how you can prevent it, and what your plan covers

Every day you're hearing news about coronavirus and COVID-19. Here's how you can protect yourself and your loved ones.

About coronavirus COVID-19

What is coronavirus and COVID-19?
Coronavirus is a type of virus that causes respiratory illness — an infection of the airways and lungs. COVID-19 is a new strain of coronavirus. It's part of the same family of coronaviruses that includes the common cold.

What are the symptoms?
The most common early symptoms appear between 2 and 14 days after infection. Symptoms can be mild to severe. They include fever, cough, and shortness of breath.

How does the virus spread?
Like many other viruses, coronavirus seems to spread from person-to-person through a cough, sneeze, or kiss.

How to protect yourself
Frequent hand-washing is the most effective way to protect yourself from infection. Other good habits to practice include covering your mouth and nose with a tissue when you cough and sneeze, and cleaning frequently touched items such as phones, keyboards, and doorknobs to help remove germs.

What your Empire benefits will cover

If you need it, your Empire health plan will cover your COVID-19 test and the visit where you get tested at no cost.

Plus, you can have a free video visit with a board-certified doctor or mental health professional through LiveHealth Online.* You'll pay nothing through June 14, 2020.

Visit **empireblue.com/blog** or the CDC website at **cdc.gov/coronavirus** to learn more about coronavirus COVID-19.

How to make sure you have enough medication

If you have an Empire pharmacy plan, you can get a 30-day emergency refill, where permitted, for most prescription medications.

If your plan includes a 90-day home delivery pharmacy benefit, talk to your doctor about changing to a 90-day supply of your prescription. And you can get it delivered right to your door.

If you have questions or want to learn more, call the Pharmacy Member Services number on your ID card.

What to do if you have symptoms

You can visit **empireblue.com** to use LiveHealth Online and connect with a board-certified doctor through live video at no cost through June 14, 2020.*

The doctor you see can evaluate your symptoms, help you understand whether you're at risk for COVID-19, and let you know whether you need to visit a local health care provider in person for COVID-19 testing.

You can also see a doctor if you develop a fever, or have a cough or difficulty breathing. Let them know if you've been in close contact with a person known to have COVID-19, or if you live in or have recently traveled to an area where the virus has spread.