

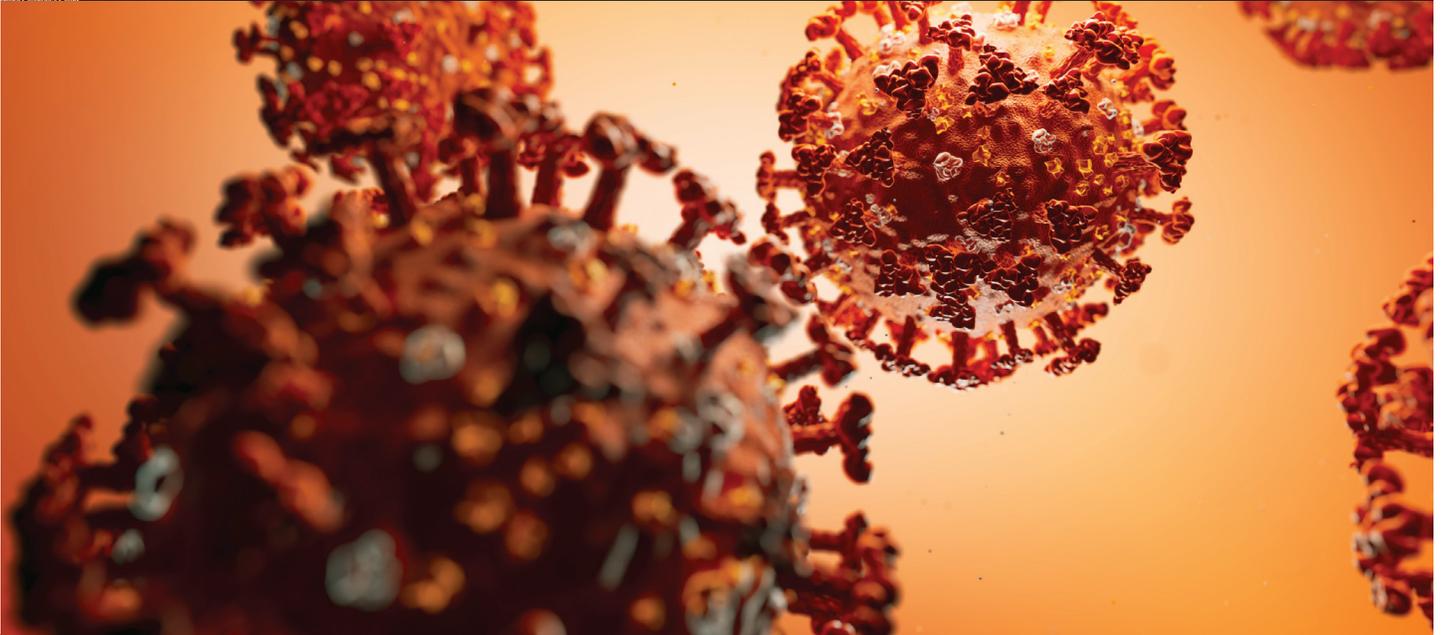
health awareness



CTSI

A COUNTY HEALTH POOL PUBLICATION

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CORONAVIRUS COVID-19

Coronaviruses are a large set of illnesses, including the common cold. In late 2019, a new type of coronavirus, now named severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), began appearing in Wuhan, China. This virus is responsible for COVID-19 disease.

Because the virus is new or novel, ongoing research is discovering more about how it spreads and how it impacts people. In-depth information about the virus is too broad for this publication to cover; however, there are numerous resources available to the public about virus symptoms, ways to limit virus spread, government efforts and restric-

tions to combat the virus, and detailed data tracking the number of infected and dead in the United States and worldwide.

Centers for Disease Control and Prevention (CDC)

The CDC maintains a website at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html> that covers COVID-19 symptoms and advises people on what to do if they are sick, and what steps they can take to slow the spread of the disease. The CDC site is a comprehensive compilation of recent news and articles geared toward the general public as well as medical practitioners. The site is an invaluable resource on COVID-19.

Colorado Department of Public Health and Environment (CDPHE)

The CDPHE offers general and state-level information on the COVID-19 pandemic, including guidance for residential facilities, schools, and workplaces. Information about the Safer at Home plan, and the text of public health and executive orders. The site also offers a symptom checker and a link to report symptoms to the CDPHE.

Johns Hopkins University & Medicine

Johns Hopkins University & Medicine offers a coronavirus resource center that includes a COVID-19 case tracker (<https://>

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coronavirus.jhu.edu/) showing global and local infection and death rates. They have also put together a series of short online course modules to help the public better understand the pandemic at <https://coronavirus.jhu.edu/covid-19-basics/understanding-covid-19>.

CTSI

CTSI has compiled a list of resources for its members at <https://www.ctsi.org/node/217>, including Technical Updates on respirators and teleworking. Health plan participants can find information on insurance benefits and coverage for COVID-19.

While this publication cannot provide an in-depth overview of the virus, there are numerous resources available to help you stay informed about the pandemic and what steps you can take to stay healthy. [CTSI](#)

Benefits Corner

COVID-19 Coverage

The County Health Pool (CHP) is waiving out of pocket (OOP) costs for COVID-19 testing for all CHP plans. Also, during this time, we will waive co-pays for telemedicine, available through Live Health at Anthem. Telemedicine gives CHP members access to online medical and psychiatric appointments.

LiveHealth Online

Anthem offers LiveHealth Online, a convenient way to visit with a doctor live, via video. Members can visit with a U.S. board-certified doctor online, any time of day without waiting for an appointment.

Most LiveHealth Online doctors are primary care physicians with an average of 15 years practicing medicine. They are specially trained for online visits and can prescribe basic medications if needed. Most LiveHealth Online visits are for common ailments such as allergies, the cold or flu, sinus infections, or family health questions.

LiveHealth Online also offers online visits for children. The online doctors can help assess conditions such as pink eye, colds, the flu, allergies, etc. and provide a treatment plan, even sending prescriptions to your local pharmacy.

Enroll for free at livehealthonline.com or download the app from apple.com or play.google.com/store. With LiveHealth Online, visits cost \$49, subject to deductible and coinsurance. Payment can be made with most major credit or debit cards. LiveHealth Online doctors are available 24 hours a day, seven days per week.

LiveHealth Online Psychology

In addition to physician's visits, LiveHealth Online Psychology allows you to schedule a live visit with a licensed psychologist or therapist. Most appointments can be made within four days and tend to last around 45 minutes. Patients need to be at least 18 years old. Note that LiveHealth Online psychologists and therapists do not prescribe medications.

CHP will continue to monitor federal and state guidance in regards to COVID-19 and will communicate as quickly as possible any changes to your health plan benefits. As always, CTSI staff is here to assist you with your health, dental, vision, or life insurance coverage. You can reach us at 303 861 0507.

