



Coping with COVID-19



You're Not Alone

The COVID-19 pandemic has affected families from coast to coast. You don't have to be sick or have a sick family member to be stressed about this disease. Whether you're worried about your health, juggling dual demands of working from home and taking care of your children, or feeling isolated from social distancing, United Laboratories offers benefits to support you through this difficult time.

Benefits for Mental Health, Virtual Doctor Visits and More

If you find yourself feeling stressed and overwhelmed, turn to these resources for help:

Employee Assistance Program (EAP) Benefits

Whether you're feeling alone, depressed, anxious, or angry about the impact of COVID-19, Mutual of Omaha's EAP provides resources to help you assess and improve your mental and emotional state. If you need to talk to a mental health professional, the EAP benefits include three free telephonic mental health counseling sessions.

>> **Contact the EAP at 1.800.316.2796 or visit www.mutualofomaha.com/eap.**

BlueCross BlueShield of Illinois Telemedicine

Are you or a family member feeling under the weather? Do you want to talk to a doctor but reduce your exposure to germs? Are you concerned you have the coronavirus? Your health plan includes telemedicine benefits for you and your enrolled family members. This service connects you with virtual medical care via video chat or phone. A licensed doctor can assess your symptoms, provide advice for common illnesses such as colds, allergies, rashes and more, and can even call in prescriptions to your local pharmacy. If your health issue is more severe, the doctor can advise you on next steps. Telemedicine visits can also help you with mental health concerns such as depression and anxiety.

- PPO: You pay a \$30 copay per visit (copay will temporarily be waived through 4/30/20)
- Blue Choice Options PPO: You pay a \$20 copay per visit (copay will temporarily be waived through 4/30/20)
- HSA: You pay 20% after deductible - \$44 copay prior to the deductible or \$8.80 once the deductible has been met (temporarily waived through 4/30/20); please note: costs may vary for behavioral health visits
- Blue Advantage HMO (temporarily through 4/30/20): Check with your provider to see if they have a virtual visit option – this will be provided at no cost to you

>> **Download the MDLive app or visit www.mdlive.com/bcbsil. Check with your provider to see if they have telemedicine capabilities.**

>> **[BCBSIL MDLive Telemedicine Flyer](#)**

24/7 Nurse Hotline

Your medical plan may include access to a 24/7 nurse hotline that you can call 365 days a year to ask basic health questions or get advice, resources and support at your convenience.

>> BCBSIL PPO/HSA members: call 800-299-0274 to get 24/7 access and support

Health Plan Resources

United Laboratories' medical plans include mental health therapy and treatment benefits as well as treatment for substance abuse disorders. If you are concerned about your mental well-being or are struggling with substance abuse, talk to your doctor as soon as possible.

Other Wellness Boosters

Long-term stress can lead to various medical problems. Eating right and exercising can help you manage stress and improve your resistance to illness. If you can't get out of the house, try these virtual stress relievers:

- Search YouTube for your favorite form of exercise—yoga, Pilates, weight lifting, aerobics, or anything you've always wanted to try.
- Seek out healthy recipes. In addition to popular sites like [CookingLight](#) and [EatingWell](#), there are thousands of blogs featuring delicious and nutritious meals and treats. Baking with your kids is a great way to keep them busy and have a fun family activity.
- Turn on the tunes. Research shows that listening to music for at least half an hour each day can calm anxiety and stress.
- Skype or call friends and family to stay in touch. You can stay close while still meeting social distancing rules.
- Watch a comedy movie. Laughter is still good medicine for lifting your spirits and even for boosting your immune system.

Helpful Videos

Employee Assistance Program



Coronavirus (COVID19) Overview

