

# How your health plan helps you handle COVID-19

Here are just a few ways you can count on your benefits right now

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. Find out more about it and how you can look after yourself and those you care about at [anthem.com/ca/blog](https://www.anthem.com/ca/blog) or the CDC website at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).

## What your Anthem benefits will cover



### Symptom checks and doctor visits from home

If you're not feeling well, you can check your symptoms quickly through the free Sydney Care mobile app. The app will then connect you to a doctor through a LiveHealth Online video session or a Virtual Care text session right from your phone.

The doctor you chat with or see can evaluate your symptoms, help you understand whether you're at risk for COVID-19, and tell you if you should visit a local health care provider in person for COVID-19 testing. **Your LiveHealth Online visit will be no extra cost through June 14, 2020.\***

Download the Sydney Care mobile app from the App Store® or Google Play™. Sydney Care works with both the Sydney Health and Engage apps. You can also connect to LiveHealth Online through your [anthem.com/ca](https://www.anthem.com/ca) account.



### COVID-19 testing

If you need a COVID-19 test, it's covered — with no out-of-pocket costs. We'll also cover the visit where you get the test, whether that's at a doctor's office, urgent care center or emergency room.

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



### Early prescription refills

If you have an Anthem pharmacy plan, you can get a 30-day emergency refill early, where permitted, for most maintenance 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, call the Pharmacy Member Services number on your ID card.



Visit [anthem.com/ca/blog](https://www.anthem.com/ca/blog) or the CDC website at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) to learn more about coronavirus COVID-19.

Sources:  
Centers for Disease Control and Prevention: *About Coronavirus Disease 2019 (COVID-19)* (accessed March 2020): [cdc.gov/coronavirus/2019-ncov/about/index.html](https://www.cdc.gov/coronavirus/2019-ncov/about/index.html).  
Centers for Disease Control and Prevention: *Frequently Asked Questions and Answers* (accessed March 2020): [cdc.gov/coronavirus/2019-ncov/faq.html](https://www.cdc.gov/coronavirus/2019-ncov/faq.html).

\* Most plans include telehealth as part of their benefits. If LiveHealth Online isn't part of your plan's benefits, you may have out-of-pocket expenses for this service.

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