



IBEW LOCAL 234 HEALTH AND WELFARE PLAN



March 2020

SUMMARY OF MATERIAL MODIFICATIONS TO The IBEW LOCAL 234 HEALTH AND WELFARE PLAN

The Board of Trustees of the IBEW Local 234 Health & Welfare Trust Fund is pleased to inform you that they have been working to address interim COVID-19 Benefits:

- All COVID-19 testing costs will be covered, and patient cost share waived for both in and out of network testing. We do urge you, if possible, to have any such tests performed at an in-network facility. You can find an in-network facility near you by visiting: www.Anthem.com/ca
- Prescription re-fill parameters have been extended to allow participants to re-fill maintenance medications when 50% of the current supply has been utilized at retail pharmacies, and also at the Sav-Rx Mail Order Pharmacy.
- Telemedicine is now available through LiveHealth Online, which allows you and your family members to access free of charge a board-certified physician via phone or video 24/7. No copay will be required to use this telehealth service until April 30th and there will be a two-visit limit per month. Enclosed is a flyer noting where to log-in.

To further assist you during this time, your Nurse Advocate can be reached as follows:

Rasha Aniaq: Mobile: (831) 731-0460 or Email: rasha@ibew234.org

COVID-19 Symptoms

The COVID-19 virus is not fully understood at this time. COVID-19 is a respiratory illness that can spread from person to person. The Centers for Disease Control and Prevention (CDC) states that coronavirus symptoms may appear in as few as two days, or as long as 14 days after exposure. Symptoms can vary by person, usually starting with a fever, followed by a dry cough. Some individuals may have some or none of the symptoms. In some cases, the symptoms may progress to severe acute respiratory infections.

Participants or your family members who may have been exposed to COVID-19 or who have symptoms, such as coughing or a fever, are encouraged to contact their healthcare provider. But, before going into a doctor's office or emergency room, call ahead and tell the facility about the symptoms and any recent travel. Appointments may be necessary.

Prevention

The CDC guidelines have indicated the same behaviors that will help prevent the spread of cold and flu will also help prevent COVID-19. These behaviors include:

- Avoid close contact with sick people.
- Stay home when you are sick. Respect others by minimizing exposure.
- Cover your mouth and nose when coughing or sneezing.
- Clean your hands. Wash with soap and water frequently for at least twenty seconds or use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Get plenty of sleep, eat nutritious food, drink plenty of fluids and get regular exercise.
- Clean and disinfect frequently touched objects and surfaces.

Questions?

If you have questions about this new benefit, please contact the Trust Office at the number below.