

## **Wellness Program:**

Since you have until October to get an annual checkup, we suggest that you wait until things start going back to normal again. If things have not improved over the coming months we will look into the requirement deadline but for now, it is too early in the year to determine. **We will have an announcement in June on this.**

## **Here are three different resources through your benefits that SMP has done in response to COVID-19:**

No cost for testing for treatment

### **ANTHEM--COVID-19 TESTING AND TREATMENT**

Standard Motor Products and Anthem's decision to cover COVID-19 testing and treatment without cost share is another way we are working to remove barriers to care along with the burden of costs to our members during these unprecedented times. This means there will be no cost to our employees and their families should they need to be tested for COVID-19 or test positive for COVID-19 and need any medical treatments that go along with a positive COVID-19 result. While treatment for COVID-19 continues to evolve, our coverage will include treatment such as inpatient and outpatient services, respiratory services, durable medical equipment, skilled care needs and FDA-approved drugs when they become available. The waiver of cost shares will be for both in and out-of-network providers. This will take place from April 1 through May 31 2020.

The Anthem Employee Assistance Program (EAP) is here to provide resources for you and your family during our current global health crisis. As many of us transition to working at home and find ourselves more socially isolated, we are discovering many ways to connect digitally that may be helpful for our mental health and well-being.

**Teladoc General Health & Behavioral Health will be available for \$0 for both HDHP and PPO members.**

### **Anthem Employee Assistance Program**

The EAP website offers a variety of tools and resources related to COVID-19 including:

- Online seminars with emotional support and practical information
- Regularly updated links to news outlets and health organization websites
- Links to articles and resources to help you stay informed

In addition, of course the EAP can help you manage all the changes that are occurring each day.

You can use the website for:

- Articles and tip sheets to help with everyday needs
- Information on child and elder care resources
- Legal and financial information

Visit Anthem's website for free confidential help at [AnthemEAP.com](https://www.anthem.com/eap)

Click on the Login button and enter, **EAP Can Help**

**\*Please note**, this service is for all SMP employees regardless of if you are enrolled in one of our medical plans.

## **Anthem**

### **Coverage Option – Live Health Online (LHO)**

- Anthem will be waiving copays, coinsurance and deductibles for Medical and Behavioral Health Live Health Online Visits for the next 90 days.
- This will reduce the burden on the healthcare system, prevents members from spreading a virus and can help protect members from getting a virus while waiting with others at a physical facility.
- Sign up through Anthem.com or the Sydney Care App. Please see the attached fliers for assistance.

### **Coverage Option – Telehealth or Virtual Care**

- Anthem will be waiving copays, coinsurance and deductibles for Medical and Behavioral Health virtual office visits, i.e. members consult their physician via audio and video (Skype, FaceTime, Zoom), both in and out of network for the next 90 days.
- This will reduce the burden on the healthcare system, prevents members from spreading a virus and can help protect members from getting a virus while waiting with others at a physical facility.
- This will be through your provider's services such as their patient portal.

### **Coverage Option Telephonic-only care**

Anthem will be waiving copays, coinsurance and deductibles for telephonic-only visits with in-network providers for 90 days.

- This includes visits for behavioral health
  - Exceptions include chiropractic services, physical, occupational, and speech therapies. These services require face-to-face interaction and therefore are not appropriate for telephone-only consultations.
- This will reduce the burden on the healthcare system, prevents members from spreading a virus and can help protect members from getting a virus while waiting with others at a physical facility.
- This will be through direct phone calls with your provider.

### **24/7 Nurse Line**

- Members also have access to the 24/7 Nurse Line.
- Nurse Line assesses a member's symptoms, and triages the member to the most appropriate level of care, based on those symptoms.
- If the member's history suggests the potential for COVID-19 infection or exposure, Nurse Line nurses will offer an assessment and recommend that they contact their provider for additional recommendations.

Please note, the Maven telemedicine option is available to all employees regardless if you are enrolled in one of our medical plans through Anthem.

## Maven

### COVID-19: Telemedicine support for you and your families!

Maven offers around-the-clock support at every stage of your parenthood journey. Due to increased needs at this time, they have expanded service to go beyond fertility, pregnancy and family health to help address any of your immediate concerns surrounding coronavirus.

#### **Follow these easy steps:**

[Sign up](https://mavenclinic.com/join/coronavirusresource) to create an account at, [mavenclinic.com/join/coronavirusresource](https://mavenclinic.com/join/coronavirusresource)

- Select your need: Are you having a baby, undergoing fertility or have general questions around coronavirus? *\*(this will be for all employees regardless if being enrolled in one of our medical plans or not)*
- Connect with a Care Advocate to make an appointment with one of our practitioners spanning 20+ specialties (mental health professionals, OB-GYNs, pediatricians, nutritionists and more)
- Maven is a free benefit for eligible employees. If you fall outside of the typical Maven offering, you will receive a \$70 credit to use towards your appointment.
- The health of our employees and their families are most important right now. Get the care you need with ease from the comfort of your own home

### COVID-19 Mental health resource hub

Anthem has joined **Psych Hub**, a free digital hub to help our members with the stress resulting from COVID-19. This hub brings together a variety of resources to help members cope with social isolation, job loss and mental health issues.

### Aunt Bertha social support services

During this time, we understand members may need help with food, housing, job training, transportation and other social support. Anthem is partnering with **Aunt Bertha** to connect individuals and families to social services in their communities. **Members can access these services by visiting Aunt Bertha and entering their ZIP code.**

### Locate a COVID-19 testing facility

Members can quickly locate a COVID-19 testing facility near them with Anthem's locator tool by **downloading the Sydney Care mobile app.**