

Covid-19 and Your Benefits April 14, 2020

This information is current as of today's date. We will post updates as they are released.

Kaiser Permanente HMO

Waiving all cost sharing, including copays and coinsurance, for COVID-19 diagnostic testing and treatment.

Need to see the doctor? Check out Virtual First:



OE 2020 Care
On-The-Go Flyer.pdf

www.kp.org

1-800-777-7902

United Healthcare EPO & POS

Waiving all cost sharing, including copays, coinsurance and deductibles, for COVID-19 diagnostic testing and treatment. <https://www.uhc.com/health-and-wellness/health-topics/covid-19>

Need to see the doctor? Check out Teledoc:



teladoc-coronavirus-faq.pdf

www.myuhc.com

1-800-697-3481

Caremark Pharmacy

Prior Authorizations (PA's)

- Extending PA's duration to maintain member access to prevent gaps in therapy.

Quantity Limits on Certain Medications

- Instituting limits on certain medications that potentially treat COVID-19 and are used for other conditions such as lupus, rheumatoid arthritis and HIV to prevent potential shortages of these key drugs.

www.caremark.com

1-888-790-4271

EyeMed Vision

Vision services are available, but we encourage you to read the Frequently Asked Questions before seeking services : [EYEMED MEMBER BENEFIT FAQ UPDATES 3.27.20](#) and/or go on eyemed.com/coronavirus.

www.eyemed.com

1-866-804-0982

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Benefit Strategies' Flexible Savings Accounts (FSA's)

Reinstatement of OTC drugs and medicines

- The CARES Act law permanently reinstates coverage of *Over the Counter (OTC)* drugs and medicines as items eligible for reimbursement under Code 213(d) for FSA plans. With this law, drugs and medicines will no longer require a prescription to prove eligibility. In addition to the reinstatement of OTC eligibility, the bill expands the eligible OTC definition to include menstrual care products (i.e. tampons, pads, etc.).
- This change is retroactive and effective for expenses incurred on or after January 1, 2020.
- Coding of the merchant codes on the debit cards and merchant systems will take some time. This means you could experience inconsistencies from merchant to merchant for 30 days or more after the update. If you are unable to use your FSA debit card to purchase the OTC drugs, medicines or menstrual care products, you are encouraged to use another form of payment and submit for reimbursement to Benefit Strategies through their secure online portal, mobile application or using a claim form.

Extension of 2019 Grace Period

- The *2019 Grace Period*, which ended March 15 of this year has been extended to May 15, 2020, to give you additional time to submit your expenses for reimbursement. All manual claims must be submitted to Benefit Strategies by May 31.

Losing access to childcare providers

- Losing access to childcare providers is a Qualifying Life Event (QLE) and allows employees who elected the Dependent Care Account (DCA) to change their DCA election for the remainder of the year.

www.benstrat.com

1-888-401-3539

ComPsych's GuidanceResources® Employee Assistance Program (EAP)

Available 24/7 when you need them – now all sessions are virtual!

- **Toll free: 1-855-737-8665** direct **24/7 access to highly trained clinicians** who will listen to your concerns and help you and/or your family members with any issues, including anxiety, depression, stress, grief, loss and relationship issues during this unsettling time.
- **The Mobile app** gives you fast and easy access to your Employee Assistance Program. Access the mobile app: search GuidanceResources(one word), then install: GuidanceNow.
- **Free On-Demand training sessions** through the mobile app on a variety of topics that you can listen to in the privacy of your home including; Coping with a Crisis, Living with Change and Using Reason to Resolve Conflict and so many more interesting topics.

www.guidanceresources.com (web id: WSSC)

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MyLife Welling

Progress Health Coaching

Reach out to Gail to arrange a time to speak with her or one of her coaches at a time that works for you. Coaching is personal and confidential.

Email: progress_health_coach1@bresnan.net or Text/Call: 1-970-946-1586

Advocates

For now, our advocates are just a phone call or email away. Reach out to Kayla, Anil & Monica to discuss ways to maintain your wellbeing, including tobacco cessation, during this stressful time.

Kayla - email advocate@welladvantage.com

Anil - email anilmanleymylife@gmail.com

Monica - call WSSC Water ext. 7785 or email monica@sp8strategies.com

Benefits Division Contacts

[Angela Costalas](#): 301-206-8695

Retiree Health, Dental & Vision, Life Insurance & Employee Assistance Program

[Lee McDonough](#): 301-206-8995

MyLife Wellbeing

[Miriam McMillan](#): 301-206-8692

Health, Dental, Oracle, Deferred Compensation & Fitness Center Reimbursement

[Susan Menefee](#): 301-206-8702

Family Medical Leave Act (FMLA), Sick Leave Bank Program (SLB), Personal Injury/Illness (Disability) & Legal Services ***and Expanded Paid Sick Leave (EPSL) and Families First Coronavirus Response Act (FFCRA)***

[Regina Rodriguez](#): 301-206-8696

Employee Health, Dental & Vision, Flexible Benefits, COBRA, Oracle & Deferred Compensation

[Carole Silberhorn](#): 301-206-8691

Benefits Email Address: Hr_benefits@wsscwater.com

Summary Disclaimer: The purpose of this update is to give you basic information about your benefits during the COVID-19 pandemic. We will forward updates as changes occur. Questions can be referred to your Benefits Team and/or your benefit provider. Every effort has been made to make this information accurate; however, if there are discrepancies between this document and the contract with the carrier(s), the contract will govern.