

Covid-19 and Your Benefits June 8, 2020

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

Kaiser Permanente HMO

- Continued \$0 out-of-pocket cost for members' treatment of Covid-19
- Register on KP.org to access KP's virtual visits for your medical and mental health questions
- Kaiser facilities will begin to re-open with significant health and safety changes over the next several weeks based on location and services provided

www.kp.org

1-800-777-7902

United Healthcare EPO & POS

- Continued \$0 out-of-pocket cost for members' treatment of Covid-19
- Register on myuhc.com to access UHC's virtual visits for your medical and mental health questions
- Covid-19 Information: <https://www.myuhc.org> and <https://www.uhc.com/health-and-wellness/health-topics/covid-19>

www.myuhc.com

1-800-697-3481

Caremark CVS Pharmacy

- CVS Health recently opened seventeen test sites at select CVS Pharmacy drive-thru locations across Maryland. NO testing will take place in store. The opening of additional test sites across the state and country will be announced by the end of the month.
- Self-swab tests will be available to individuals meeting Centers for Disease Control and Prevention criteria, in addition to age guidelines.
- Patients must register in advance at CVS.com to schedule an appointment. Testing must be scheduled online at <https://www.cvs.com>
- Patients will be required to stay in their vehicle and directed to the pharmacy drive-thru window where they will be provided with a test kit and given instructions, and a CVS Pharmacy team member will observe the self-swab process to ensure it is done properly.
- Tests will be sent to an independent, third-party lab for processing and the results will be available in approximately three days.
- More information on steps CVS Health has taken to address the COVID-19 pandemic, including support for health care providers and clinicians facing financial and administrative strain, is available at the CVS Health frequently updated [COVID-19 resource center](#).

www.caremark.com

1-888-790-4271

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Benefit Strategies' Flexible Savings Accounts (FSA's)

The following changes are effective immediately:

- Health FSA
Start, increase, decrease, or cancel health care FSA elections on a prospective basis **starting now** through **November 1, 2020**. Limited to two changes during this time.
- Dependent Care FSA
Start, increase, decrease, or cancel dependent care FSA elections on a prospective basis to end **November 1, 2020**. Limited to two changes during this time.
- Extension of 2019 Grace Period
Extend the grace period to spend down 2019 fund balances to avoid forfeiture to **December 31, 2020**. This gives you additional time to incur services and submit your expenses for reimbursement.

www.benestrat.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)

Family Resources

National Domestic Violence Hotline

Text or call 1-800-799-7233

Maryland Network Against Domestic Violence

Find help near you

Childhelp National Child Abuse Hotline

Call 1-800-422-4453

National Suicide Prevention Lifeline

Call 1-800-273-TALK (8255)

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MyLife Welling

Progress Health Coaching

Contact 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

InfoLines

Diabetes Coaching: Claudine – call WSSC Water ext. 7784 or text 301-246-0361

Nutrition Coaching: Ashley – call WSSC Water ext. 7783, text 301-337-8446 or email

nutritioninfoline@gmail.com

SleepCharge: call 877-615-7257 or visit www.sleepcharge.com/wsscmylife

Benefits Division Contacts

[Angela Costalas](mailto:Angela.Costalas@wsscwater.com): 301-206-8695

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

[Lee McDonough](mailto:Lee.McDonough@wsscwater.com): 301-206-8995

MyLife Wellbeing

[Miriam McMillan](mailto:Miriam.McMillan@wsscwater.com): 301-206-8692

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

[Susan Menefee](mailto:Susan.Menefee@wsscwater.com): 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](mailto:Regina.Rodriguez@wsscwater.com): 301-206-8696

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

[Carole Silberhorn](mailto:Carole.Silberhorn@wsscwater.com): 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.