

Covid-19 and Your Benefits September 16, 2020

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

Vaccinations are critical to population health. And, during the Covid-19 pandemic, access to high-quality, convenient vaccination programs is more important than ever.

The flu can produce symptoms that could be confused with Covid-19 presentation, which is of particular importance, since the second wave of the pandemic is expected to coincide with flu season, adding an even greater burden on the health care system. Additionally, it's important for those at higher risk for severe illness to receive recommended vaccinations against influenza and pneumococcal pneumonia.

The Centers for Disease Control and Prevention (CDC) recommends that individuals make plans to get vaccinated early in the fall, before flu season begins, and ideally no later than the end of October as it can take two weeks for the vaccine to build immunity.

Since WSSC Water cares about the safety of all employees, we want you to know there are multiple ways in which you can get vaccinated.

Caremark Pharmacy *Flu shots are now available at CVS Pharmacy and Minute Clinics*

- Both offer convenient options for people of all ages to get their flu shot, seven days a week with expanded evening and weekend hours.
- This year, they are taking additional steps to help patients feel safe during the entire immunization process. All patients must wear a face covering and have their temperature taken prior to the immunization. Pharmacists and providers administering vaccines will wear personal protection equipment (PPE) and observe enhanced cleaning protocols.
- You may now schedule an immunization appointment with a MinuteClinic provider at www.minuteclinic.com/cvs. CVS Pharmacy has walk-in appointments available throughout flu season.
- You may also be able to make vaccination appointments with a pharmacist by visiting CVS.com, the CVS app, or by texting FLU to 287898. You will also be able to complete a digital intake form prior to your visit to limit in-person contact at the time of vaccination.
- For a limited time while supplies last in participating states, you will receive a \$5 off \$20 shopping pass when you get a flu shot at CVS Pharmacy or MinuteClinic, valid through October 31. Patients who receive a flu shot at CVS Pharmacy or MinuteClinic location inside select Target stores will receive a \$5 Target coupon.

www.caremark.com

1-888-790-4271

Kaiser Permanente HMO *Four ways to get a flu shot at Kaiser*

- Drive-thru clinic, In medical center clinic, Walk-up clinic and Flu Saturdays.
- Schedule an appointment by visiting kp.org or calling the 24/7 appointments and advice line at 800-777-7904 (TTY 711). Appointments are **REQUIRED**.

www.kp.org

1-800-777-790

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United Healthcare EPO & POS *Utilize your UHC network provider*

- Your doctor can tell you which vaccinations may be right for you.
- You can get your flu shot for \$0 out-of-pocket at more than 50,000 locations, include your in-network doctor's office.
- Multiple locations include your network doctor, healthcare professional, retail pharmacies and convenience care clinics.
- Visit the website or call the number on your health plan ID card.
- Schedule a flu shot today by visiting uhc.com/flu to find a location near you.

www.myuhc.com

1-800-697-3481

WSSC Water Flu Vaccine Clinics

- MyLife Wellbeing is sponsoring onsite outdoor flu vaccine clinics at every WSSC Water location this fall.
- **CDC compliant to ensure everyone's safety.**
- High-quality, convenient, online registration and free for employees.
- More information will be announced soon.

Mylifewellbeing.com

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, financial and legal matters, 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.
- **Virtual services are available to you and your immediate household members!**

www.guidanceresources.com (web id: WSSC)

MyLife Wellbeing

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

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

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MyLife Wellbeing (cont'd.)

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

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)

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 (FSA), COBRA, Oracle & Deferred Compensation

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

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.